

# 2024 Term 2 Wellbeing Newsletter



Hello Lovely Community,

It is the most beautiful season in the hills, sunny days and the stunning colours all around us. It is what keeps us going through these renovations, heading outside or looking out the window and seeing nature at its best, it is rejuvenating on those days when it all seems a little too hard!

On that note, I would really like to acknowledge the amazing staff at our school, lets be honest we are working in some very difficult conditions, in a job that is already emotionally and physically exhausting. It doesn't seem to matter what gets thrown at the staff, they adapt and adjust and make sure all of the little people in our care are ok. From our office staff and Jim and Michelle, all squashed in a room trying to manage the renovations and run a school, to our amazing Grade 1 team that have had to lug furniture from one end of the school to the other, to our ES that are having to be extra vigilant on duty with our little people, to our tutors that do 50km a day getting kids and returning them, to our specialists who have to lug all of their things with them to teach lessons in classrooms or PE with no indoor space to shelter, to our teachers that have to hike around the place just to get a cup of tea.....but are in despair because they forgot to bring a cup from home when they get there!

All the while, keeping everything running as usual, with a grade of little people in tow learning as they always have and enjoying all the extras as they always have.....

Our staff are not perfect, we don't always get it right, but one thing I know and see is that they all LOVE the kids and give everything they have to ensure their time at school is productive and happy. A pretty special bunch. ....Alesha x

## REMINDERS

- ✓ **Please email any contributions for next Term's Wellbeing Newsletter to:**  
[alesha.sangster@education.vic.gov.au](mailto:alesha.sangster@education.vic.gov.au) 😊

### Contributions include:

- ✓ **-Recipes**
- Poems**
- Articles**
- Infographics/ images that have resonated with you**
- Any other wellness related content that you think the community would benefit from seeing.**

## UPCOMING DATES

### June 28th

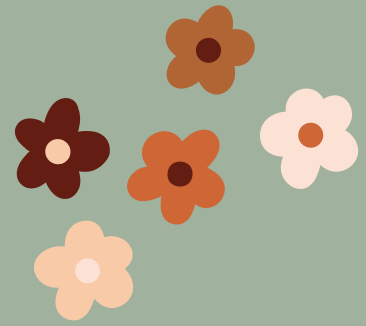
Last day of Term 1  
2.30pm finish

### April 15th

FIRST DAY OF TERM 2



# GRATITUDE SHOUT OUT PAGE



## GRATITUDE SHOUT OUT:

**Lukas-** he's done an amazing job with first aid situations and we all feel so safe with him taking care of our health and wellbeing when we're not feeling good

## GRATITUDE SHOUT OUT: To our thoughtful parents....

We have had some lovely emails and gratitude sent through lately, we just want you to know how much those positive words fill the buckets of staff. To open an email with a nugget of positivity inside is a gift, so thank you to those that have taken time recently to do that, it is much appreciated.

## GRATITUDE SHOUT OUT: ES Staff-

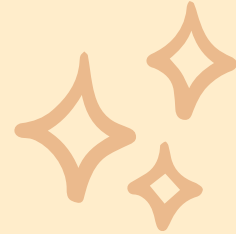
To all our ES staff. The way they look out for ALL the kids, and give them another safe person is invaluable.



# GRATITUDE SHOUT OUT PAGE CONT.....

## GRATITUDE SHOUT OUT:

**Jayde:** What a win to get such an incredible graduate teacher, she has a giant heart and the kids all adore her. We see how hard you work and just know your time is coming when you will have your own classroom to decorate and nest in....every graduate teacher's dream!!!! Thanks for all the positive energy you bring to the school.



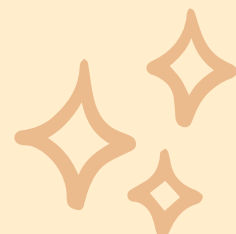
## GRATITUDE SHOUT OUT:

**Jim-** his email communication is top notch, and his regular updates - always with the kids' wellbeing in mind - are truly appreciated!

## GRATITUDE SHOUT OUT:

### Grade 2 team-

Hearty thanks and gratitude to all the kids and staff who have made Mali (2H) feel so welcome at the Patch. The warmth and friendliness of the kids has been so heart warming, special thanks to Jim and Gemma for taking Mali under their wings and making all the difference in his transition back to Hills life and school



# GRATITUDE SHOUT OUT PAGE CONT.....

## Gratitude Shout Out: -Deb A

A huge thank-you to Deb A for bringing some light to our corridor, fidgets and hand-sewn weighted blankets for our kids AND ensuring all our first aid equipment is well-stocked and organized. Thanks for everything you do beautiful Deb.

**Gratitude Shout Out:  
Specialist Team**  
Thanks to our specialist teachers who continue to deliver fabulous learning experiences to all our students despite missing working from their own learning spaces.

## Gratitude Shout Out:

Thanks to Jess Dunn for all the work, love and passion you put into creating musical opportunities for our kids! The smiles on all those kids' faces performing at the Ukelele Festival last week are testimony to the joy the children experience playing and performing music with you.

**Gratitude Shout Out:**  
To ALL the staff! ❤️ You are so amazing coping with all the current disruptions and displacement, and doing it all with a smile!

# GRATITUDE SHOUT OUT PAGE

## CONT.....

**KIM, YOU RECEIVED SO MANY WE HAD TO GIVE YOU YOUR OWN PAGE. PROOF OF JUST HOW MANY OF US YOU HELP EVERY DAY!**

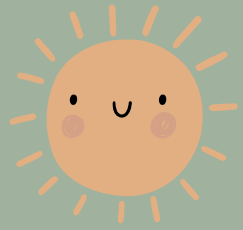
**Gratitude Shout Out:**  
Kim S- Always answering all the questions, concerns and queries with a smile! You're an absolute champion Kim!! Thanks for taking care of all the kids and parents!

**Gratitude Shout Out:**  
Kim Small- for solving all our problems. Nothing is ever too much trouble. Thank you Kim for your calm presence amongst the chaos.

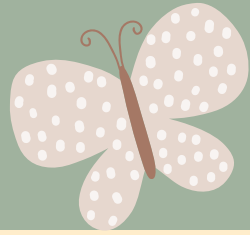
**Gratitude Shout Out:**  
Kim in the office- No matter what is happening, no matter the chaos around her, she will always answer the phone with a smile and greet you in the office like an old friend.

**Gratitude Shout Out:**  
Kim in the office- Over the years Kim has always helped me with any queries I have with a friendly calm demeanour even when obviously juggling many tasks/ phone calls at once.. Such a asset to the Patch primary.. Great job Kim..

**Gratitude Shout Out:**  
Kim (office) became she's amazing, and calm, and nothing is too much trouble, and basically deserves a big clap 🙌 thank you Kim!



# **INTRODUCING SARAH OUR WELLBEING OFFICER**



We would like to welcome Sarah to The Patch as part of our Wellbeing Team! Sarah is taking over from our lovely Anne and will be here for students/parents and staff on Wednesdays and Thursdays. Sarah can only see students with an opt in form, if you would like your child to have some time with Sarah and you have not filled in the form please follow the link below and return via email to Kim @ [the.patch.ps@education.vic.gov.au](mailto:the.patch.ps@education.vic.gov.au)

[https://drive.google.com/file/d/1ShAlujjJQjZkLSOodlAk9d6e\\_xSOLtKi/view?usp=drive\\_link](https://drive.google.com/file/d/1ShAlujjJQjZkLSOodlAk9d6e_xSOLtKi/view?usp=drive_link)

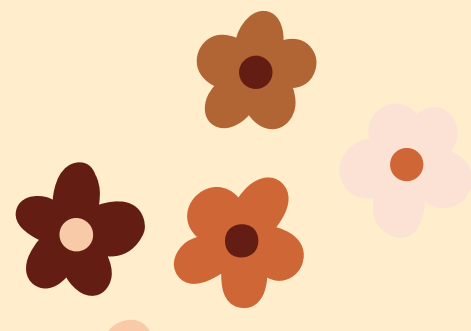
**I am excited to start working with the Patch Primary School Community as a wellbeing officer.**

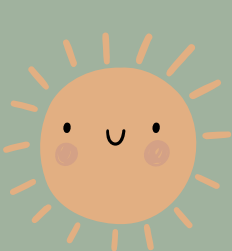
**I have a history of working in various schools including Heathmont College, Ferntree Gully North P.S. and even the Patch Primary back in 2008-2012 as a guitar/piano teacher!**

**I have also worked for Each, Mind and Gladly and Co as a mental health support worker, running some art and music groups and working one on one with adults in psychosocial recovery.**

**I also do some counselling/music teaching from my home practice.**

**I also have a 16 month old daughter**





# SARAH'S NEW SOCIAL GROUP



**Sarah will be starting a new Social Group for students:**

**When:** 11am Wednesdays (first play)- starting from Week 7 (29nd May)

**Where:** the 2/3/4 deck area

**Who can join:** all year levels are welcome.

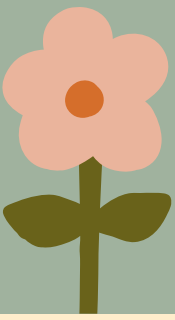
Get to know you activities and games.

Great way for students to make new connections with each other.

This group may be modified based on numbers- this is just to get us started!



# A BOOK FOR OUR AMAZING AND KIDS WHO WILL CHANGE THE WORLD!!



“

We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter their color; equal in importance, no matter their texture.

~ Maya Angelou

## EARVIN "MAGIC" JOHNSON

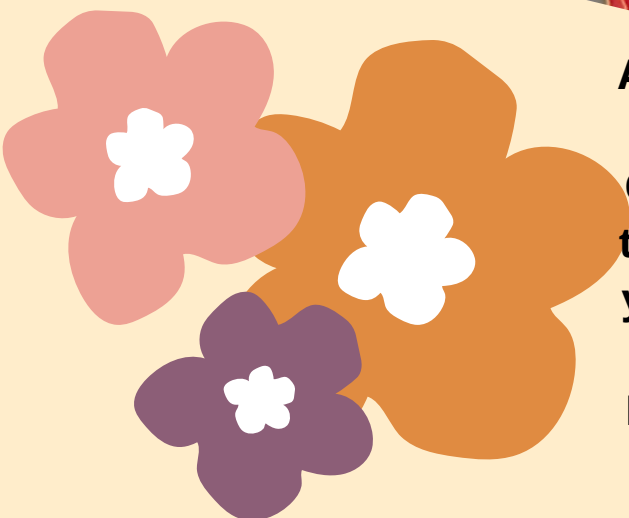
Basketballer  
(Born 14 August, 1959)

For young Earvin Johnson, school wasn't an easy place. Thanks to his dyslexia, he struggled with reading and writing. The other children laughed at Earvin and called him names. They tried to make him feel bad about himself. But instead, Earvin decided he would prove them wrong. He would do better.

A highlight of Earvin's childhood was receiving his first basketball from his father. He took that ball everywhere! The neighbours would complain about the constant bouncing, but Earvin just had to play. On rainy days, he would practise throwing socks into the clothes basket. He lived and breathed basketball.

Earvin attended a mostly "white" high school where he was sadly exposed to racism. When he joined the basketball team, his new teammates refused to throw him the ball until the coach intervened. The school security officer even said, "No black kid ever comes out of here and is successful. You're just like the rest of them". These words didn't pull him down; they became his greatest motivator.

A wonderful book that lives in the Wellbeing Support Office with Sarah. Feel free to borrow it to look at with your child. Many thanks to Ange our School Council President for this donation to our school.





# A BOOK FOR OUR AMAZING AND KIDS WHO WILL CHANGE THE WORLD!!



## 100% not-for-profit

Smiling Mind is Australia's leading digital-led, prevention focussed mental health not-for-profit. Smiling Mind has been helping minds thrive for over 10 years and are the innovators behind Australia's most trusted mental wellbeing app. Our evidence-based tools support people to

## Try the Smiling Mind app.

Practice your daily meditation and  
mindfulness exercises from any device.



A fantastic tool used in our classroom  
and by many parents as part of their  
morning routine!

[https://www.smilingmind.com.au  
/smiling-mind-app](https://www.smilingmind.com.au/smiling-mind-app)



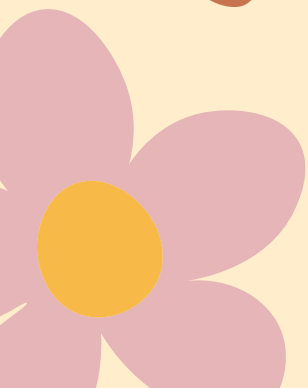
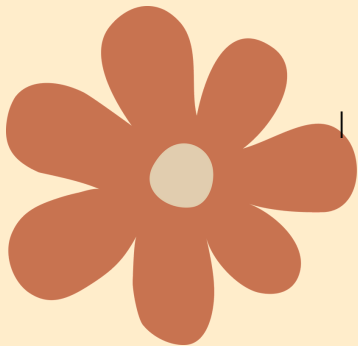
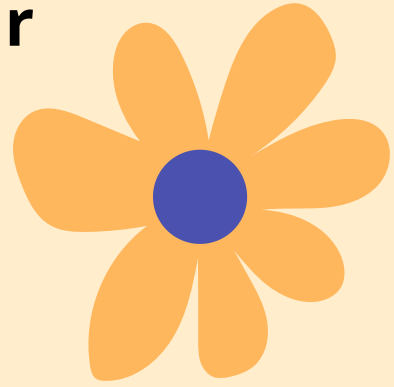


# A beautiful poem...



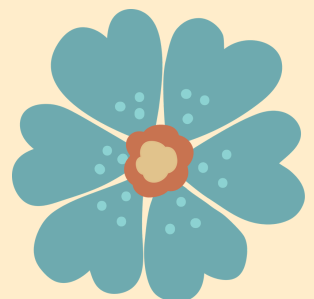
## Space on the Calendar

Sometimes I spy a little square of white,  
A little square of delight just for me.  
A little blank space with nowhere to be,  
No jobs pressed for urgent, just me.  
No voices at me, no tasks in the air,  
No running with the minutes as my counter.  
No phones ringing at me, no have tos, no shoulds,  
Just me and the space and the sounds.  
I put on my summer skirt and lie to the sun,  
My pen and paper is all that I need.  
The froth of my coffee and my mind can run free,  
The verandah light and me.  
I have dropped from the world - no one has me placed,  
I can dream all my dreams and fly.  
I can open to the space and open to life,  
Space on the calendar, just for me.



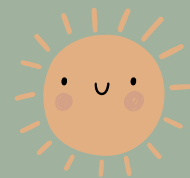
Jodie Cameron

(Charlie & Henry's mum)





# Art Therapy



## Art Therapy Available in 2024

### Grace

“ Art Therapy provides a safe and experimental space where the process of creating art can assist in regulation, expressing our emotions, and exploring those experiences that may be hard to put into words. New perspectives and resolutions are formed using art modalities including drawing, painting, collage, clay, and sculpting. You do not need to be “good” at art as the focus is on your process and representing your experience that is unique to you. ”

**Age Range:** Children (7+), Adolescents, and Adults.

**Experience:** Anxiety, Depression, Life and Identity Transitions, Trauma, Grief and Loss, Relationship Issues, Social/Emotional Challenges.

**Treatment Approach:** Gestalt, Psychodynamic, Humanistic, Mindfulness-based, Trauma-informed, Neurodiversity-Affirming.

**Availability:** Monday to Wednesday

**NDIS self- or plan-managed funding available.**

## Aspect Clinic

For your mental health.

hello@aspectclinic.com.au

P: 9751 0282



## Cognitive, Educational, ADHD, & Autism Assessments

**This is a new service so no current wait list!**

Book your assessment straight into our calendar

- Primary school students (7 y.o. +)
- Secondary school students
- Adults

Cognitive assessments provide many benefits for you and your child including:

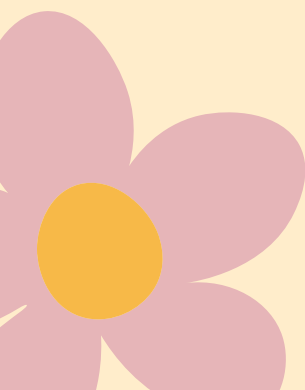
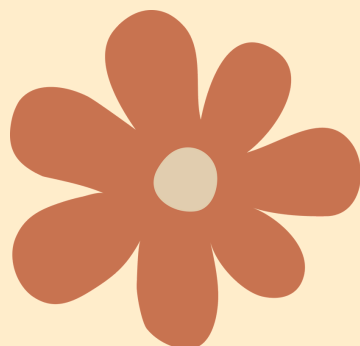
- Increased understanding of cognitive and learning abilities
- Specifically tailored recommendations and strategies to support learning and everyday life
- Providing support for NDIS or school funding (if eligibility criteria are met)

Get in contact with our office to start finalising dates

 9751 0282

 hello@aspectclinic.com.au

**Aspect Clinic**  
For your mental health.



# Art Therapy Holiday Program

Aspect Clinic

MON 1/7 & WED 3/7

Ages 7 - 12

10AM - 12PM

Engage in therapeutic art making and connect with new people through our new program at Aspect Clinic! The group aims to promote social and emotional wellbeing in a supportive and inclusive environment, lead by our Arts Therapist.



Limited spaces available!

\*Must be available to attend both sessions

Please call 9751 0282 to book or  
email [hello@aspectclinic.com.au](mailto:hello@aspectclinic.com.au) for more info.

WHERE:

Aspect Clinic  
31 Monash Ave,  
Olinda 3788

# School Refusal

## It's tough and I understand.....

**Thank you so much to Aaron Lamb for this heartfelt and personal account of what it can be like behind the scenes.....**

I recently saw an ABC piece on School Refusal or School Can't. I felt seen. My children are wonderful, funny little people who I adore completely. Sometimes that is challenging! Every morning is a struggle to get our youngest out of the house to school. Well, that's the sugar-coated little lie we tell ourselves and anyone that asks. Every morning is a nightmare. My wife and I are met with a daily barrage of abuse, verbal and physical. We've done everything: rewards, threats, declarative language, and recently, tendril theory. My heart aches every morning as his anxiety grows, no matter how we approach the subject. I want to help him. I would do anything to help him. Yet, I can't. It's a paradox that I struggle with every single morning. He has a battle raging inside of him; I can soothe him. I can create a psychologically safe space for him to let his rage, confusion and embarrassment out. But I can't get in there with him, hold his hand and fight the battle with him.

I feel like I'm balancing on a very sharp double-edged sword. Go too far one way with 'tough love' and I'll add to his trauma, go too far the other way and I can't go to work. It's emotionally, mentally and physically exhausting... and it's 9am.

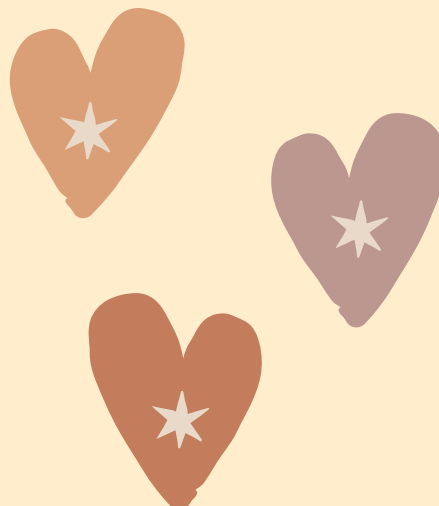
Every child is different, and this is a multidimensional challenge. Things we've found help are acknowledging his anxiety and sharing stories of our own anxiety. Circuit breakers, like this morning, we weren't going to school; we were going to the park in his school uniform, it's like a stepping stone.

Planning a mental health day in the future so he can see it in the calendar. Being kind to ourselves so we can be there for him. When he is in a calm, safe space, we do a gratitude diary about what was good in his day.

All I wanted to say to anyone who is dealing with this is that I hear you. You are seen. You are amazing.

Here is the link to the national Facebook group.

<https://www.facebook.com/groups/schoolphobiaschoolrefusalaustralia/>



Community Seminar Series 2024

ONLINE SEMINAR

# WORKING WITH PARENTS AROUND SCHOOL REFUSAL AND ENGAGEMENTS

DATE THURSDAY 30 MAY 2024

The workshop will be presented by: **Nicky Lou** (Senior Mental Health Clinician | Family Therapist | RPN5) and **Rhiannon Thomas** (Senior Clinical Psychologist)

This workshop will focus on:

- Learning what is School Refusal?
- How families can support a child who may be at risk of school refusal.
- Why early intervention is important to prevent chronic school refusal.

Target audience:

Staff working in a range of settings including education, child and family services and youth services

Time:

9.30 AM to 12.30 PM

Cost:

\$40.00 (including GST, and seminar materials)

Bookings &

Registration:

Pay direct

Eventbrite Link: <https://www.eventbrite.com/e/working-with-parents-around-school-refusal-engagement-tickets-871452436697>

Group bookings can request a registration form and pay via invoice. Email to:

[CommunitySeminarCYMHS@easternhealth.org.au](mailto:CommunitySeminarCYMHS@easternhealth.org.au)

Seminar Location:

ONLINE DELIVERY

For further information, contact: **Marion Bernard**  
Community Engagement Seminars on 9871 7710

All prices and dates quoted are subject to change by CYMHS. Seminar fees are kept as low as possible. Enrolled participants will be notified of any changes to advertised programs when necessary. Participants are not entitled to a refund unless WRITTEN cancellation has been received at least 24 hours prior to the event. The department reserves the right to cancel any scheduled programs when necessary and course fees will be refunded if the course is cancelled. [www.easternhealth.org.au](http://www.easternhealth.org.au)

# Parents Night Out- book your tickets now!

## LIVE COMEDY

The Patch PS Parent & Staff Night Out

Thursday June 13th

**Book on QKR now!**  
Ticket includes pre-show snacks, a glass of bubbles in the cafe @ 6:45pm & comedy show @ 7:30pm!  
QKR closes Monday 27th May  
Location: Barrinjo Cultural Centre  
351 Glenfern Rd Upwey



season one 2024  
**.GREECE LIGHTENING  
GARRY STAR**

EVERY CHILD SHOULD HAVE A  
caring adult IN THEIR LIVES.  
AND THAT'S NOT ALWAYS A  
BIOLOGICAL PARENT OR FAMILY  
MEMBER. IT MAY BE A friend OR  
neighbor. OFTEN TIMES IT IS A  
teacher.

- Joe Manchin -



The world is changed by your  
example not by your opinion.  
Paulo Coelho

A community is  
a group of people  
who agree to grow together.



# Boundary Setting with your Child

## SETTING HEALTHY BOUNDARIES WITH YOUR CHILD OR ADOLESCENT

Below are common scenarios for today's parents/caregivers. What we see here is what we may say out aloud and what we may be thinking privately (in italics) when we are feeling at the end of our tether with managing children's behaviours. What we often don't know is that we are not alone in this kind of stormy weather.

- 'My kids are running the roost'  
*(it's exhausting)*
- 'I put my foot down, they nag and nag, it's easier to just give in for some quiet'  
*(I hate them sometimes)*
- 'I say no and then cave in'  
*(I feel guilty when I see their faces, I want them to love me)*
- 'My parents expected me to obey their every word, no questions asked. Why won't my kids?'  
*(I feel bewildered, I can't make them listen to me)*
- 'If we don't smack our kids to bring them into line, they'll never learn to respect us'  
*(I should be in control).*

Click on the link to read the rest of the article:

<https://cottesloecounselling.com.au/healthy-boundarie>



If children feel safe, they can take risks, ask questions, make mistakes, learn to trust, share their feelings, and grow.

Alfie Kohn

It's okay to say ....

- NO, if you don't want to do it.
  - NO, if you're already overscheduled.
  - NO, if you don't have the time.
  - NO, if you feel forced to say "yes."
  - NO, if it doesn't make you happy.
  - NO, if you'd rather relax.
- It's okay to say no.

Limits and boundaries create a consistent, trusting, safe space for your child to develop. Don't be deterred when they resist; your child needs it.

#theparentingskill



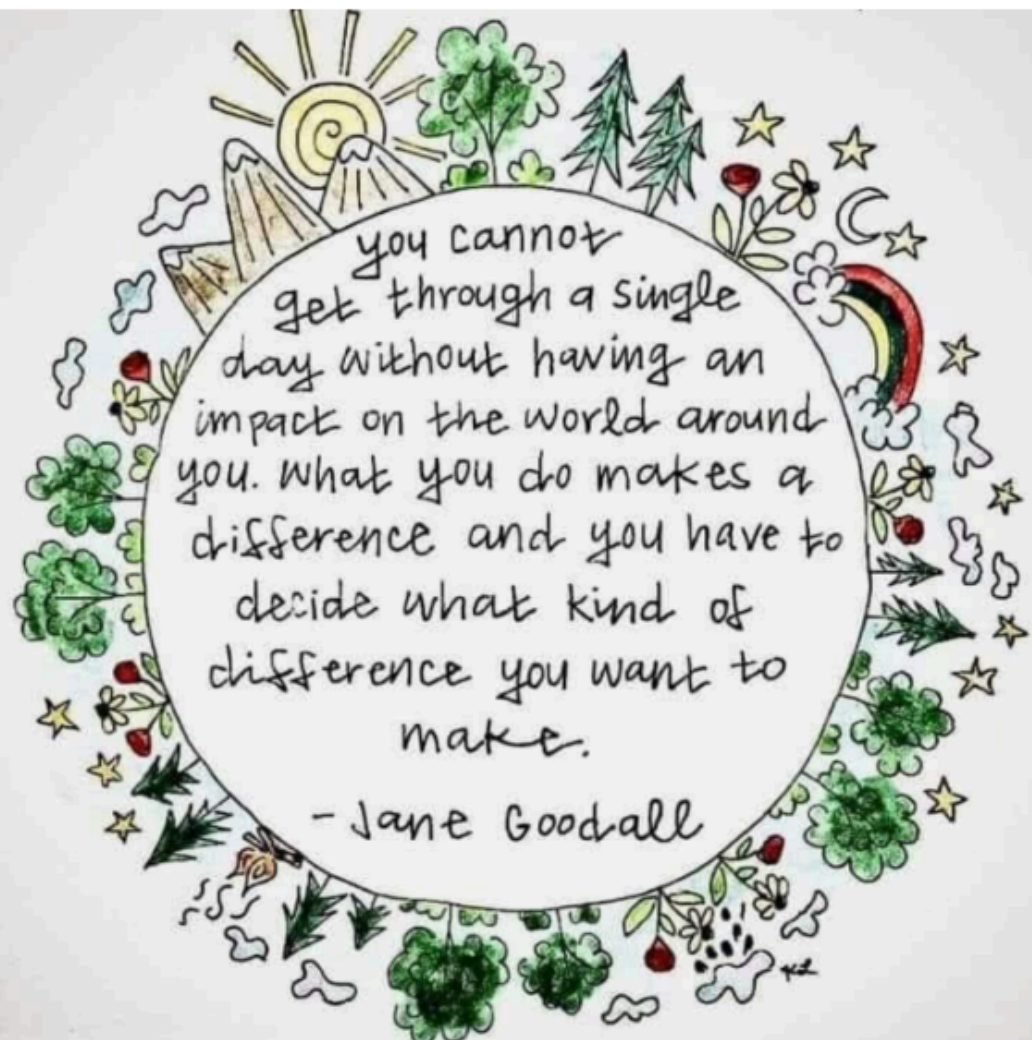
THE BEST WAY TO  
CHEER YOURSELF UP  
IS TO TRY TO CHEER  
SOMEBODY ELSE UP.

-MARK TWAIN



you cannot  
get through a single  
day without having an  
impact on the world around  
you. What you do makes a  
difference and you have to  
decide what kind of  
difference you want to  
make.

- Jane Goodall





# Parent Zone

## Welcome to the ParentZone newsletter for Term 2 2024!

ParentZone Eastern is a parenting resource centre for all parents, carers and professionals working with parents in the Eastern Region. ParentZone offer a variety of in person and online parent education programs, as well as one on one support via their intake line all FREE of cost.

Find us at ParentZone Eastern: 03 9721 3646

email: [parentzone.eastern@anglicarevic.org.au](mailto:parentzone.eastern@anglicarevic.org.au)

For more parenting resources in your local area, click the link to the ParentZone ['What's On Guide'](#)

Welcome to  
the **ParentZone**  
newsletter

PARENTZONE



[https://mailchi.mp/28a117a736ec/  
parentzone-eastern-newsletter?  
e=441f0455aa](https://mailchi.mp/28a117a736ec/parentzone-eastern-newsletter?e=441f0455aa)

you don't have  
to be perfect  
to be amazing.



“

The best way to  
make children  
good is to make  
them happy.

—  
OSCAR WILDE

you're  
**AMAZING**  
just the way  
**YOU ARE**

# Coffee Catch up to bring community together!

You are invited to come along to a coffee catch up after school drop off  
on

**Thursday 6th June**  
**@The Patch Store**

with a hope to make this a regular catch up!!

**Kate our lovely School Council Vice President**  
will be there to greet you and have a cuppa and a chat!!!

With the school redevelopment making connection a little tricky, Kate thought it would be lovely to bring people together!



# RESPECTFUL RELATIONSHIPS



## FAMILY VIOLENCE SERVICES

### 1800RESPECT

24/7 telephone counselling service for people who have experienced family violence or sexual assault. Ph: 1800 426 820

### ORANGE DOOR In OUTER EAST

Free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children. Ph: 1800 271 150 Email: [oema@orangedoor.vic.gov.au](mailto:oema@orangedoor.vic.gov.au) Address: 4-16 Devon Street, Croydon, 3136

### DJIRRA

Djirra is a place where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

Email: [info@djirra.org.au](mailto:info@djirra.org.au)

Phone: [03 9244 3333](tel:0392443333)

Freecall: [1800 105 303](tel:1800105303)

<https://djirra.org.au/>



### VICTIMS OF CRIME HELPLINE

For adult male victims of family violence and victims of violent crime.

Ph: 1800 819 817 or text 0427 767 891

8am -11pm 7 days a week

### RAINBOW DOOR

Specialist advice to LGBTIQ+ people and their friends and families.

Ph: 1800 729 367 or text 0480017246

10am-7pm 7 days a week

### KIDS HELPLINE

A free, private and confidential, telephone and online counseling service for young people aged between 5 and 25.

Ph: 1800551800 24/7

[Homepage | Kids Helpline](#)

### SAFE STEPS

Victoria's 24/7 family violence crisis response centre.

Ph: 1800 015 188. Services offered for women and children who are victims of family violence.

[Web chat support service](#)

Monday to Friday 9am until midnight

### SEXUAL ASSAULT CRISIS LINE

24/7 service for victims of sexual assault

Ph: 1800 806 292

### MENS REFERRAL SERVICE

Support for men at risk of using family violence. Free, confidential, support for men and their family and friends.

Ph: 1300 766 491

8am to 9pm Monday to Friday

9am to 5pm Saturday and Sunday

### MENSLINE AUSTRALIA

Telephone and online counseling service for men with family and relationship concerns.

Ph: 1300 78 99 78

24hrs a day 7 days a week

### \*NEW TERM 2\*

#### EMPLOYEE ASSISTANCE

From Monday 15 April 2024 new Employee Wellbeing Support Services delivered by Converge International have replaced the Employee Assistance Program, delivered by TELUS Health.

Phone 1300 291 071 or book online through the

[Converge International](#) portal, using the organisational code: mywellbeing.

Free, short term, solution focused and strictly confidential counseling service for DE staff and their immediate family. The EAP is available 24/7 for up to four sessions to discuss any personal or work-related issues.

# RESPECTFUL RELATIONSHIPS

For further information please contact the Outer East Respectful Relationships Team:

Anna Francis Ph: 8565 8231

[Anna.Francis2@education.vic.gov.au](mailto:Anna.Francis2@education.vic.gov.au)

Janelle Dymock Ph: 7022 1801

[Janelle.Dymock@education.vic.gov.au](mailto:Janelle.Dymock@education.vic.gov.au)

Mandy Stevens Ph: 7505 3621

[Mandy.Stevens2@education.vic.gov.au](mailto:Mandy.Stevens2@education.vic.gov.au)



**REMEMBER, IT IS  
OK TO NOT BE OK...**

**SEE THE PAGE'S BELOW FOR SOME HELPFUL  
CONTACTS FOR THOSE WHO MAY NEED THEM:**



## **If you or anyone you know needs help:**

- [Lifeline](#) on 13 11 14
- [Beyond Blue](#) on 1300 224 636
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Kids Helpline](#) on 1800 551 800
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527
- [Relationships Australia](#) on 1300 364 277
- [ReachOut Australia](#)

## **Specifically for men:**

### **No To Violence: Male Family Violence Prevention Association**

Peak body for individuals and organisations who want to contribute to male family violence prevention.

03 9487 4500

[www.ntv.org.au](http://www.ntv.org.au)

### **Men's Referral Service**

Anonymous and confidential telephone service provided by men for men. It offers a central point of contact for men who want to stop violent or abusive behaviour towards their family members.

1300 766 491 (Mon-Fri 8am-10pm, Sat-Sun 10am-4pm)

### **MensLine Australia**

Professional telephone and online support, information and referral service for men, specialising in family and relationship concerns.

1300 789 978

[www.mensline.org.au](http://www.mensline.org.au)

## Specifically for women:

### **Women's Safety After Separation**

Information for women facing separation, particularly where there is violence and abuse.

[ncsmc.org.au/wsas/welcome.htm](http://ncsmc.org.au/wsas/welcome.htm)

**WIRE (Women's Information and Referral Exchange) is a Victoria-wide free generalist** information, support and referral service run by women for women.

1300 134 130 (9am – 5pm)

[wire.org.au](http://wire.org.au)

### **Women's Health Victoria**

Free, confidential and statewide health service offering information, support, a library and referral options for women. Run from the Royal Women's Hospital.

[thewomens.org.au/WomensHealthInformationCentre](http://thewomens.org.au/WomensHealthInformationCentre)

### **Centres Against Sexual Assault (CASAs)**

Centres offer 24 hour crisis support to recent victims of sexual assault, as well as counselling, legal and medical support and information.

[www.casa.org.au](http://www.casa.org.au)

1800 806 292 (all callers are automatically transferred to their local CASA within Victoria)

(Eastern CASA is in East Ringwood – 9870 7330)

### **Adults Surviving Child Abuse (ASCA)**

Counselling support line, information, support, referral for survivors, supporters and health professionals.

1300 657 380 (7 days, 9am-5pm)

## For LGBTQIA+:

### **QLife Australia (formerly Switchboard Victoria)**

Australia's first nationally-oriented counselling and referral service for people of diverse sex, genders and sexualities. Provides nationwide early intervention, peer supported telephone and web-based services to support LGBTIQ people of all ages.

[www.qlife.org.au](http://www.qlife.org.au)

1800 184 527 (3pm-midnight, 7 days)

### **Gay and Lesbian Health Victoria (GLHV)**

GLHV is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

[www.glhv.org.au/](http://www.glhv.org.au/)

03 9479 8760



## For Children and Young People:

### **DHS Child Protection Crisis Line**

131 278 (24 hours/7 days) – statewide

### **Australian Childhood Foundation**

[www.childhood.org.au](http://www.childhood.org.au)

1800 176 453 or 03 9874 3922

### **Parentline Victoria**

[www.parentline.vic.gov.au](http://www.parentline.vic.gov.au)

132 289 (8am-midnight, 7 days)

### **Kids Helpline**

<https://kidshelpline.com.au/>

1800 551 800 (24 hours/7 days)

### **Australian Childhood Foundation**

Works to protect the rights and ensure the safety of children. Provides trauma counselling, professional training, advocacy, research and parent support.

[www.childhood.org.au](http://www.childhood.org.au)



ARE  
YOU  
OK?



### **Outer Eastern Melbourne**

1800 271 150

[oema@orangedoor.vic.gov.au](mailto:oema@orangedoor.vic.gov.au)

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136

### **Who is The Orange Door for?**

The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.