

Wings of Care (Kanfei Chesed) Inc.



Wings of Care (Kanfei Chesed) Inc. Resource Guide has been compiled for the Jewish and mainstream communities as a reference for anyone in the community seeking information in the area of community support services including mental health.

All data is current at the time of publication and will be updated as necessary. We hope and trust that this resource guide will be of some benefit to you or someone you know.

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1. Crisis & Help Lines

In emergency, please ring your local hospital psychiatric department. They will then refer you to the appropriate service for you problem and area.

For example; Box Hill – Upton House **contacted** 9895 4945/ 9895 4952
After 4.30pm and on weekends, 9843 5823
Bentleigh – Monash Medical Centre Triage 1300 369 012, 95946666
St Kilda – Alfred Psychiatry Triage **contacted** 9276 2357
All Hours 1300363746
Alfred Hospital – Physical Ailments 9076 2000
Royal Children’s Hospital 9345 5522 **contacted**
Nurse on Call 1300 606024

Taxis: Maxi 136294 Yellow Cabs 132227 Silvertop 131008

For immediate crisis:

Fire, Police & Ambulance 000

Hatzolah 9527 5111 (24hr emergency)
Jewish Ambulance

Poisons Information 131126

Lifeline 13 11 14 (24 hrs crisis line)

Victorian Suicide Helpline 1300 651 251 (24 hrs crisis line)

Child Protection Crisis Service 131278 (after hours service)

During business hours contact Department of Human Services
1300 360391 Eastern region
1300 655795 Southern region

Alcoholics Anonymous 9429 1833

Benetas FREE Aged Care Advice Line
1300 236382
www.benetas.com.au

Commonwealth Respite & Carelink Centre 1800 052 222 24 hr 7 days a week
Aged care and disability support information and referral

Care Source 9558 0719 Phone referral service

Counselling Online*	www.counsellingonline.org.au 1800 888236 Drug & Alcohol Counselling and Referral
Direct Line*	1800 888236 (24 hrs Drug & Alcohol referral service) phone counselling, referral service.
Family Drug Helpline	1300 660 068 Run by family members of drug users. Support groups available, education program For users – recovery support service 17-25yr olds 9573 1770
Family Relationships Advice Line	1800 050 321 8-8 pm, Mon-Fri 10am-4 pm Sat except public holidays www.familyrelationships.gov.au
Gamblers Helpline*	1800 858 858
Gay & Lesbian Switchboard Victoria	1800 184 527
Grief Line	9596 7799 (15 hrs 12 noon-3am) An anonymous telephone counselling service.
Interpreter Service	131450 TIS (Translator & Interpreter Services) National provides both telephone and on-site interpreting on a fee-for-service basis. (Free services available to approved groups and individuals – refer website) http://www.immi.gov.au/living-in-australia/help-with-english/help_with_translating/free-services.htm
Kids Help Line	Freecall: 1800 55 1800 (24 hrs a day, 7 days) It provides one-off and ongoing counselling Ages: 5-25 yrs. Counselling is also available via web chat. www.kidshelp.com.au counsellor@kidshelp.com.au KHL Counsellors are paid professionals (mental health included).
Lifeforce (National)	(02) 8922 9095 (Suicide prevention program) Educational Program for service providers & others. Training for Australian Community.
Jewish Taskforce Against Domestic Violence	9531 2100 Support Line Mon to Thursday 10am-5pm

- Mensline Australia** 1300 789 978
Family and relationships matters- Talk it over.
- Men's Referral Service (The)** (03)9428 2899
Regional Free Call 1800 065973 For men concerned about anger or violence toward their family
- Mental Health Advice Line** 1300 280737
The Mental Health Advice Line is a state-wide telephone information service available to all Victorians seeking mental health information, advice and referral for themselves or another person.
<http://www.health.vic.gov.au/mhal/>
- Nurse on Call** 1300 606024
<http://health.vic.gov.au/nurseoncall>
- Parentline** 13 22 89 (local call) 7 days a week, 8-12pm weekdays. 8-10pm weekends.
An Information and referral service. Anonymous. Telephone counselling available.
www.parentline.vic.gov.au Tip sheets available
- Sane Australia Helpline** 1800 18 SANE (7263) 9-5:15 Monday-Friday
- Salvation Army Telephone Counselling**
Salvo Care Line - Suicide Prevention & Crisis Intervention (02) 8736 3295
Salvo Care Line - Youth Line & Crisis Intervention (02) 8736 3293
Salvo Care Line - 24 hr Telephone Counselling Service (02) 8736 3292
Salvo Care Line - 24 hr Telephone Counselling Service (regional areas) 1300 363 622
- Centre Against Sexual Assault (CASA)** 1800 806 292 (24 hours)
- Violence Against Women** 1800 200 526
National Domestic Violence and Sexual Assault Line. National counselling & referral
- Women's Domestic Violence Crisis Service** 1800 015 188 24 hour assistance
9322 3555

* Linked services

2. Mental Health Community Health Services

a) CLINICAL

(i)Bayside

Alfred Psychiatry & Triage

Tel: Rural Victoria 9276 2357 24 hrs. Tel: 1300 363 746 (All hours)

Alfred Hospital – Inpatient Unit

Commercial Rd, Prahran Tel: 9276-2185

Level Ground - Waioara Clinic Tel: 9276-3912

Level One – Junction Clinic Tel: 9276-3922

Crisis Assessment and Treatment Team (CATT)

(Depending on where you reside)

Junction Clinic 2-12 St Kilda Rd, St Kilda 3182

Tel: 8517 9888

Waioara Clinic Level 2, 435 Malvern Road, South Yarra VIC 3141

Tel: (03) 9076 4700 Fax: (03) 9076 4788

Alfred Child & Adolescent Mental Health Service (CAMHS)

Alfred CAMHS is a non fee-paying service, which helps Children and adolescents (aged 0-17yrs and 11 months) with emotional, social, behavioral and developmental difficulties.

Level 2, 999 Nepean Highway, Moorabbin 3189

Tel 8552 0555 hrs; 8.30-5pm.M-F Fax; 9532 5631

Tel: 1300 363 746 (crisis assessment team)

Alma Road Community Care Unit

Alfred hospital psychiatric services

Rehabilitation program

Unit 2, 75 Alma Rd, St Kilda 3182

Tel: 9537 2052

Albert Road Centre for Health (Private)

60 Albert Rd, South Melbourne 3205

Tel: 9694 7110

Albert Road Clinic (Private)

31-33 Albert Rd, Melbourne 3004

Tel: 9256 8311

Melbourne Clinic

130 Church St, Richmond 3121

Tel: 9420 9280

The Victoria Clinic – Private hospital

324 Malvern Road, Prahran 3181

Tel: 9526 0200 Fax 9526 0222

Consulting Suites- 308 Malvern Rd Prahran, Tel 9521 2733

Caulfield General Medical Centre

Caulfield Aged Psychiatry service. For patients living in Glen Eira, Port Phillip, Stonnington, St Kilda, Port Melbourne and part of Prahran areas. Caulfield
260 – 294 Kooyong Road Caulfield South 3162
Tel: 9276 6000

(ii) Southern Health

Dandenong Area Mental Health Services

Child, Adult and Aged Care Psychiatry Outpatients.
Covers Dandenong, Springvale, Dovetone, Pakenham
Cleeland St, Dandenong 3175
Tel: 1300 369 012

Kingston Aged Mental Health Team

Warrigal Rd, Cheltenham 3192
Psychiatric Geriatric assessment team PGATS.
Provides psychogeriatric assessment and support. Has
Assessment ward, two nursing home facilities and one
Hostel specifically for people with a psychogeriatric illness. 65+
Tel 9265 1750 8.30-5pm AH Crisis 1300 369 012

Monash Adult Psychiatry

Clayton Community Mental Health Services
Psychiatric Triage Services/Community Assessment Team
24 Hours a day (part of MMC) included in CMHS
Covers Clayton, Dandenong, Casey-Cardinia
Tel: 1300 369 012

Monash Child and Adolescent Mental Health Service

Assessment and treatment for 0-18 years with a severe mental illness.
264 Clayton Rd, Clayton 3168
Tel: 1300 369 012

Non-Clinical/Outreach

(i) Bayside

Inner South Community Health Centre

Services including: Dentistry, Counselling, Physiotherapy, Podiatry, Dietetics
240 Malvern Rd Prahran
Tel: 9525 1300
18 Mitford Street StKilda
Tel: 9529 2366
10 Inkerman Street St Kilda
Southport
Tel: 9690 9144
341 Coventry Street South Melbourne
www.ischs.org.au

Prahran Mission: Second Story

Includes social group in conjunction with Jewish Care.
211 Chapel St, Prahran 3181
Tel: 9521 2711

Richmond Fellowship

Head Office: 2, Wellington Street, Collingwood 3066
Tel: 94182300

Inner South Outreach

Edith Pardy House
Residential Rehabilitation Service
84 St Vincent Place, Albert Park
Tel: 9690 4266

Southern Respite Service

86 St Vincent Place, Albert Park 3206
Tel: 9686 4900

Trelowarren House

Residential Rehabilitation Service
543 Orrong Road, Armadale 3143
Tel: 9510 1381
Inner South Outreach - as above

(ii) Southern**Conquest employment**

An open employment program to assist people back to work
Admin address: 2 Central Ave, Moorabbin
Tel: 9584 7944
Carer & Self Help group available

Reach Out Southern Mental Health

Admin Office: 8b Park Road, Cheltenham
Tel: 9585 5677
www.smha.org.au

Resource Centre

Psychosocial Rehab Services
3 Stanley Avenue, Cheltenham
Tel: 9585 5788

Sails

Supported housing & independent Living Skills
Admin Office Address
Tel: 9585 5744

Also refer to Wings of Care website for [Mental Health Hospital List](#)

3. Peak Mental Health Bodies

Beyondblue

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

info line 1300 22 4636

www.beyondblue.org.au; <http://www.youthbeyondblue.com/>

Mental Health Foundation of Australia (Victoria)

Mental Health House

270 Church Street Richmond 3121

Tel: 94270406 M-F 9-5pm Fax 9427 1294

www.mentalhealthvic.org.au

Aims to increase awareness of and for the care, treatment and support for people with a mental illness

Mental Illness Fellowship (Victoria) Ltd

For people with mental illness, their families and friends. Offers support programs for families and consumers. Provides advocacy and presents and discusses the issues that people with a mental illness face. A platform for people with a mental illness: school and tertiary education programs; accommodation; supportive services. (eg. Well Ways, see under Family Support/Carers)

276 Heidelberg Rd, Fairfield Vic 3078

Tel: 9482 4199

www.mifellowship.org

Richmond Fellowship

Refer above

www.rfv.org.au

info@rfv.org.au

Reach Out Southern Mental Health

Refer above

Sane Australia

National Organization which operates a free call

Helpline offering information on mental illness and

Referral to local services. Provide education on Mental illness

PO Box 226 South Melbourne 3205

Tel: 9682 5933

Helpline; Freecall 1800 18 SANE (7263) 9-5pm: Mon – Fri

Website www.sane.org Email: helpline@sane.org

Vicserv

VICSERV is a membership-based organization and the peak body representing community managed mental health services in Victoria.

Tel: 9519 7000

www.vicserv.org.au

4. Communal Facilities/Services

Refer to [Jewish Mental Health Network](#)

Also refer to [Mental Health Hospital List](#)

Kosher Meals on Wheels Association of Victoria

A non-profit organization cooking and freezing kosher meals under the rabbinic supervision of Rabbi Beck of Adass Israel. For distribution into the homes of pensioners, incapacitated & elderly persons: to private & government run hospitals & nursing homes.

Tel: 9527 5525 Fax: 9527 4844

572 Inkerman Road, Caulfield 3161

www.kmow.com.au

5. Domestic Violence

The Jewish Taskforce Against Domestic Violence. (Refer below for details in Jewish Mental Health Network)

<http://www.jewishtaskforce.com.au/>

Wire Women's Information

WIRE - Women's Information provides free information, support and referrals to women across Victoria.

Tel: 1300 134 130 9am to 5pm Monday to Friday

www.wire.org.au

Immigrant Women's Domestic Violence Service

IWDVS gives voice and provides culturally sensitive services, statewide, to meet the needs of women and children from Culturally and Linguistically Diverse backgrounds (CALD) backgrounds affected by domestic violence.

Tel: 8413 6800 9am to 5pm Monday to Friday

Office of Women's Policy - Reducing Violence

The Office of Women's Policy works to improve the quality of life for all Victorian women and to create a community where women contribute, have their voices heard, are represented equally, and are respected and valued as citizens.

Tel: 1800 015188

Domestic Violence and Incest Resource Centre

Provides a guide to some of the services in Victoria and Australia for people who are affected by family violence.

Tel: 9486 9866

www.dvrcv.org.au

CASA Forum (Victorian Centres Against Sexual Assault)

The Victorian CASA Forum Inc is the peak body of the 15 Centres Against Sexual Assault, and the Victorian Sexual Assault Crisis Line (after hours). Together we work to ensure that women, children and men who are victim/survivors of sexual assault have access to comprehensive and timely support and intervention to address their needs.

Tel: 9635 3610 Counselling line
Tel: 1800 806292

Sexual Assault Service
Tel: 9594 2289
Tel: 1800 806292

South Eastern CASA
www.secasa.com.au

6. Medical

Your Local GP

Australian Psychological Society

The largest professional association for psychologists in Australia, representing more than 18,000 members

Tel: 1800 333 497

<http://www.psychology.org.au/>

Cabrini Palliative Care

Cabrini acute palliative care centre provides comprehensive support that encompasses medical, nursing, pastoral services, counselling, physiotherapy and dietetics.

646 High Street,

Prahran, 3181

Tel: 9508 100

<http://www.cabrini.com.au/cabrinipalliativecare/index.asp>

Calvary Health Care Bethlehem offers specialist services in palliative care. Patients may be referred by their GP, specialist, another hospital or self-refer. Calvary Health Care Bethlehem provides in-patient, day care and community / home-based services.

Tel: 9596 2853

<http://www.bethlehem.org.au/>

The Domiciliary Dental Unit

8.30 -1pm Mon-Fri

Tel: 9341 1034

www.dhsv.org.au

Peter MacCallum Cancer Centre

Peter MacCallum Cancer Centre is a world leader in cancer treatment, research and education.

Tel: 9656 1111

<http://www.petermac.org>

Hatzolah (See below)

Poisons Line (See above)

***7. Jewish Mental Health Network**

See Below

8. Drug, Alcohol & Gambling

Direct Line

24 hour support and referrals

Tel: 1800 888 236

Drug Information (general)

Tel: 13 15 70

Dual Diagnosis Resource Centre

Specialist service focusing on individuals with a dual diagnosis of mental illness and a drug/alcohol problem. Dandenong based for the South-East regions of Melbourne.

Level 3 229 Thomas Street Dandenong 3175

Tel: 8792 2339

Families Anonymous

Support group for relatives and friends of drug and alcohol users

PO Box 86 Glen Waverly 3150

Tel: 9889 8112 (9am-9pm)

Jewish Gamblers Anonymous (GA)

Jewish GA is a group of Jewish men & women who share their experiences, strengths & hopes by talking about how gambling has effected them and stopping by learning from & supporting each other. We can also help friends, relatives, etc of gamblers.

Tel: 9570 7585 0407 858585

[jewishgamelbourne@gmail.com](mailto: jewishgamelbourne@gmail.com)

Narcotics Anonymous

Tel: 9525 2833 (8-1pm daily)

Southcity Clinic

First floor

61-69 Brighton Rd, Elwood 3184

Tel: 9525 7399; Fax 9525 7369

Specialist clinical services.

www.southcityclinic.com.au

South East Alcohol & Drug Services (SEADS)

Level 2 229 Thomas Street Dandenong 3175

Tel: 8792 2330 Fax 8792 2331

www.shcn.com.au

Turning Point Drug and Alcohol Centre

54-62 Gertrude St Fitzroy

Tel: Admin: 8413 8413. Clinic 84138444 Fax: 9416 3420

www.turningpoint.org.au

VIVAIDS

Support and information for drug users
Tel: 9419 3633 (10am-6pm) 1800 443 844
275b Smith Street Fitzroy 3065
vivaids@vivaids.org.au

9.Family Support/Carers

ARAFEMI Victoria

Self help groups for relatives and friends. Come together for mutual support and sharing information and experiences. A support-housing program exists.
Rehabilitation residential project.
Bridging the Gaps for families of younger people (16+)
Offspring group for people whose parents have a mental illness.
Camberwell Bi-polar group. For those experiencing Bipolar Disorder
Suite 1, 1091 Toorak Rd Camberwell, 3124
Tel: 9889 3733 Fax: 9889 2878
Care & Support line: As above (M-F 9-5pm)
www.arafemi.org.au
admin@arafemi.org.au

Carers Victoria

Peak Body for Carers in Victoria
Tel: 9396 9500
Level 1/37 Albert St. Footscray 3011
Freecall: Commonwealth Carer Resource Centre **1800 242 636**
Offers free carer support kits. Information and phone counselling
To access regional support and respite services
Tel: 1800 059 059 (24hrs) to contact your local service
www.carersvic.org.au

Commonwealth Carer Respite Centre Southern Region

Provides information, assistance, counselling and respite options for families, friends, partners who support someone living with a mental illness. Coverage includes the councils of Glen Eira, Port Phillip and Stonington.
Caulfield House
260 Kooyong Rd Caulfield 3162
Care Line 1800 059 059 (24hrs).
Website: www.caresouth.org.au

Carer Resource Centre

Information & resource for carers, service providers and the general public
Education and Training Programs; Counselling Program
37 Albert Street, Footscray 3011
Freecall: 1800 242 636 8.30-4.30pm M-F
Tel: 9396 9500 9-5pm M-F
Fax 9396 9595
www.carersvic.org.au
carersvic@carersvic.org.au

Carer Support Brokerage Fund

Can assist with meeting some of the costs of the caring role particularly during a period of actual or potential crisis. To be eligible, the person being cared for needs to be linked with a clinical case manager.

(eg. Alfred Psychiatry. Tel: 9508 4700).

Contact Department of Human Services for your appropriate area.

Carer Support Group (Inner South)

Inner South Parents and Friends

2nd Tuesday of every month at 7:30pm

Betty Day Centre 67 Argyle Street St Kilda

Tel: 95084723- Judith Rafferty

Camberwell Relatives and Friends Support Group

As above

GROW Better together (For Carers)

Tel: 1800 558268

Families Anonymous

(See Drug & Alcohol)

Southern Respite Services

Offers a range of respite options for consumers/carers.

Tel: 9686 4900

Well Ways

Well Ways is a range of support and information programs designed to help family, friends and carers of people with a mental illness.

<http://www.mifellowship.org/services-wellways.shtml>

wellwaysfamed@mifellowship.org

Tel: 8486 4232

10. Family and Individual Counselling Services**Australian Psychological Society Referral Line**

Tel: 1800 333497

Australian Counselling Association

Tel: 1300 784 333

Centacare

Catholic Family Services

For families, individuals and communities, providing counselling services that improve the lives of those in need.

Cabrini Centacare

Tel: 9576 2377

cabrini@centacaremelbourne.org.au

www.centacaremelbourne.org

Connections

A community welfare agency of the Uniting Church and the Uniting Care network supporting people in need.

Tel: (03) 9724 2222

enquiries@connections.org.au

www.connections.org.au

Men's Referral Service (The)

Tel: (03)9428 2899

Regional Free Call 1800 065973

For men concerned about their anger or violence toward their family

Psychological Clinic- Swinburne University of Technology

Probationary psychologists do their Masters and Doctorates Degree – under supervision

Tel: 9214 8653

www.swinburne.edu.au/clinic

Relationships Australia

Relationships counselling and mediation.

Tel: 1300 364 277

www.relationshipsvictoria.com.au

11. Anxiety & Obsessive Compulsive Disorder

Anxiety Disorders Association of Victoria (Inc) (ADAVIC)

Support, friendship, encouragement and recovery management for anxiety and mood disorders.

Monday to Friday 10.30am to 4.30pm

Tel : (03) 9853 8089

www.adavic.org.au

Email: adavic@adavic.org.au

Anxiety Online

Information and “virtual” treatment clinic for people with anxiety disorders

Email: contactus@anxietyonline.org.au

<http://www.anxietyonline.org.au/>

Anxiety Recovery Centre Victoria (ARC)

Community mental health organization providing support, recovery, early intervention and educational services to people and their families living with anxiety disorders. Contact for details on the range of support groups on offer.

PO Box 358 Mt Waverly 3149

Tel: 9886 9377 (Tue-Thu 10am-4pm)

Fax: 9886 9411

Email arcmail@arcvic.com.au

CRUFAD (Clinical Research Unit For Anxiety And Depression)

Information and internet based education and treatment programs for people with depression and anxiety.

For information Tel: (02) 8382 1408

<http://www.crufad.com>

MoodGYM

Online psychological therapy.

Email: moodgym@anu.edu.au

<http://moodgym.anu.edu.au>

OCD & Anxiety Helpline.

A service within ARC. Provides telephone counselling, information and referrals to people with obsessive compulsive disorder (OCD) and anxiety disorders and their families.

Tel: 9886 9377 (Mon - Thur, 10-4pm)

Reconnexion

Specialized treatment service for children and adults with anxiety, stress and depression

222 Burke Road Glen Iris 3146

Tel: 9886 9400 1300 273 266

Fax: 9886 0650

www.reconnexion.org.au

Email: info@reconnexion.org.au

12. Cross Cultural Services

Victorian Transcultural Psychiatry Unit (VTPU)

VTPU offers a wide range of programs within the fields of education and professional development, research, community and service development, and a library.

Address:

Level 2, Bolte Wing, St Vincent's Hospital

14 Nicholson Street

Fitzroy VIC 3065

Tel: 03 9288 3300

Email: info@vtpu.org.au

Website: <http://www.vtpu.org.au>

13. Miscellaneous Mental Health

Agoraphobia Support Group

c/- Crown St, Laverton 3028

Tel: 9369 4866

Eating Disorders Foundation of Victoria

Support, information, referral & education

for people with eating disorders, their Friends and families

1513 High St, Glen Iris, 3146

Tel: 1300 550 236

Tel: 9885 0318

Fax: 9885 1153

www.eatingdisorders.org.au

Email: edfv@eatingdisorders.org.au

GROW (Victoria)

Provides weekly mutual support self- help groups (2hrs) for people experiencing mental and/or emotional problems. No cost. No referral needed. Call for nearest group to you.

29 Erasmus St, Surrey Hills 3127

Tel: 9528 2977

Tel: 1800 558 268 9-5pm.

Email: vic@grow.net.au

www.grow.net.au

Medicines Line

1300 633 424

<http://www.nps.org.au/consumers>

Mental Health Foundation of Victoria

266 Church St, Richmond 3121

Tel: 9427 0407

Mental Health Research Institute of Victoria

155 Oak St, Parkville 3052

Tel: 9388 1633

Mental Health Review Board of Victoria

Level 30, Marland House,

570 Bourke St Melbourne 3000

Tel: 8601 5270 or 1800 242 703

Post and Ante Natal Depression Association (PANDA)

Provides telephone support referral and information

270 Church Street Richmond 3121

Tel 9428 4600

Fax: 9428 2400

www.panda.org.au

Email: info@panda.org.au

Psychotropic Drug Advisory Service

The Psychotropic Drug Advisory Service provides independent information on psychiatric medicines and other psychoactive substances to a broad customer base. Psychiatrists, general practitioners, allied health professionals, consumers, carers, and support organizations use the service.

Tel: 9389 2920 9388 1633

Fax: 9387 5061

Email cculhane@mhri.edu.au

<http://www.mhri.edu.au/psychotropic.htm>

St. Vincents Mental Health Service

1300 558 862 Triage (24 hrs a day)

PO Box 2900 Fitzroy 3065

Tel: 9288 2211

Fax: 9288 4147
Email: gioskog@svhm.org.au
www.svhm.org.au

Victorian Mental Health Awareness Council (VMIAAC)

23 Weston St, Brunswick 3056

Tel: 9387 8317

Fax: 9388 1445

Email: admin@vmiac.com.au

www.vmiac.com.au

Provide information education and advocacy services for those suffering from a mental illness

14. Recreation MH

Bromham Place Clubhouse

Helping to assist people back into the workforce who have been out of work for some time with a mental illness.

Psychosocial activities

Building confidence and social skills in a group setting.

10 Bromham Pl, Richmond 3121

PO Box 703 Richmond 3121

Tel: 9427 7377 Fax 9427 9308

Email bromham@mifellowship.org

Second Story – Prahran Mission

211 Chapel St, Prahran 3181

Tel: 9521 2711

15. Youth Services.

The Alannah and Madeline Foundation

The Alannah and Madeline Foundation is a national charity protecting children from violence and its devastating effects.

Tel: 9697 0666

www.amf.org.au

Bully Blocking

Evelyn Field

Bullying and social resilience resource

Tel: 9523 0300

www.bullying.com.au

Alfred Child & Adolescent Mental Health Service (CAMHS)

Alfred CAMHS is a non fee-paying service, which helps

Children and adolescents (aged 0-17yrs and 11 months) with emotional, social, behavioral and developmental difficulties.

Level 2, 999 Nepean Highway, Moorabbin 3189

Tel 8552 0555 hrs; 8.30-5pm.M-F Fax; 9532 5631

Tel: 1300 363 746 (crisis assessment team)

Headspace

Government established National Youth Mental Health Foundation, providing mental and health wellbeing support, information and services to young people and their families across Australia.

Contact Head office North Melbourne for a centre near you: Tel: 9027 0100

Tel: 9526 1600

332 Carlisle St, Balaclava 3183

<http://www.headspace.org.au>

Child protection (see above)

Kids Help (see above)

Orygen

Orygen Youth Health (OYH) is Australia's largest youth-focused mental health organisation. West and north-west region

Tel: 9342 2800

<http://www.oyh.org.au>.

EPPIC (a component of Orygen)

Early psychosis prevention and intervention centre.

West and north-west region

Monash Child and Adolescent Mental Health Service

Assessment and treatment for 0-18 years with a severe mental illness.

264 Clayton Rd, Clayton 3168

Tel: 1300 369 012

Youthbeyondblue

Info line **1300 224636**

16. Loss & Grief

Chevra Kadisha : 15 - 119 Inkerman Street St. Kilda,
Orthodox Burial Service.

Tel: 9534 0208 | <http://www.mck.org.au/>

Bet- Olam

Victorian Union of Progressive Judaism

24 Hours

Tel: 9883 6237

www.jewishfunerals.org.au

Adass Israel Chevra Kadisha Funeral Parlor

16 Horne St Elsternwick 3185

Tel: 9528 5424

Australian Centre for Grief and Bereavement

Tel: 9265 2111
www.grief.org.au

Jewish Bereaved Parents Support Group

We are a support group for Jewish parents who have suffered the devastating death of a child (whatever age or circumstance).

Marina Briskin [0404 054 434](tel:0404054434), msbriskin@hotmail.com
or Cynthia Pollak [0403 867 494](tel:0403867494), cl18pollak@optusnet.com.au

National Association for Loss and Grief

www.nalagvic.org.au

Tel: 9329 4003

The Compassionate Friends Victoria Inc.

Tel: 9888 4944

www.compassionatefriendsvictoria.org.au

17. Aged Care

Aged care assessment services

www.health.gov/acats

ACATs help older people and their carers work out what kind of care will best meet their needs when they are no longer able to manage at home without assistance. ACATs provide information on suitable care options and can help arrange access or referral to appropriate residential or community care. The Australian Government provides funds to the State and Territory Governments specifically to operate and manage the ACATs. The States and Territories also provide funding to the ACATs.

ACATs assess and approve older people for Australian Government subsidised aged care services.

ACATs cover all of Australia and are based in hospitals or in the local community

Aged Care Information Line on 1800 500 853

www.agedcareaustralia.gov.au

ACATs –

St Vincents hospital

Tel: 98160566

Caulfield Hospital

Tel: 95236666

Baringa Psychogeriatric Assessment Unit - Acute

Gate 3 260 Kooyong Rd, Caulfield 3162

Inpatients Tel: 9276 6387

Psychogeriatric Nursing Home Namarra

Outpatients Tel: 9276 6391

MAPS Mobile Aged Psychiatry Services (9-5pm M-F)

Tel: 9276 6012 Intake worker ext 66012

Mobile Aged Psychiatry Service

MAPS provides a clinical service to persons 65 years or over who suffer from or experience a mental illness requiring specialist psychiatric assessment and management. This service is available to see people in their own homes, which may include a hostel, nursing home, and/or supportive residential service.

Monday to Friday 8.30am - 5.00pm For referrals phone: 9076 6012

For after hours emergency crisis response, phone 1300 363 746

***18. Financial Assistance**

See below

19. Employment Services

Jewish Care: Always Moving Forward is a joint program of the Department of Victorian Communities (DVC), Orthodox community and Jewish Care which assists people to achieve financial independence through formal employment.

Employers: [Register a new job vacancy](#)

Training: [business and computer training course](#)

WCIG Employment Services

<http://www.wcig.org.au/jobseekers/preparation/mentalillness.html>

Job Access – job accommodations etc - <http://www.jobaccess.gov.au/joac/home>

The Employment Assistance Fund helps cover the costs of work related modifications, equipment and services for people with disability and mental illness. It can help with:

- * equipment and electronic devices
- * specialist support for employees with mental health conditions or learning difficulties
- * mental health first aid training
- * disability awareness training
- * modifications to work environments and workplace assessments
- * assistive technologies
- * Auslan interpreting services
- * deafness awareness training

For more information or to contact a Professional Advisor call JobAccess on 1800 464 800 or email jobaccessadvice@workfocus.com

Conquest employment

An open employment program to assist people back to work
8b Park Rd, Cheltenham, VIC, 3192
Tel: 9584 7944
Carer & Self Help group available

JobCo

<http://www.jobco.com.au>

JobCo. provides a range of quality Mental Health Services to Clients, Service providers and Employers. You can self refer or be referred by a Health Care professional.

<http://www.jobco.com.au/index.php?Mental%20Health:Mental%20Health:index::>

Mental Illness Fellowship of Victoria

MI Fellowship provides education and employment programs

Tel: 8486 4200

TAFE

Certificate in Community Services

Appropriate for support workers, caseworkers and client contact officers who may provide day-to-day support in community settings and/or provide assistance with entitlements and benefits under the broad direction of others.

<http://www.tafe.vic.gov.au/tafecourses/search/Courses/Detail.asp?ID=41337>

20. Information

Department of Human Services

555 Collins St, Melbourne 3000

Ask for Mental Health Publications area

General Inquiries for mental health:

Tel: 9616 7777

For Information regarding Victorian Mental Health services visit
Victorian Govt. Health Information:

www.health.vic.gov.au/mentalhealth

For consumer based health information

Better health channel:

www.betterhealth.vic.gov.au

Mental Health Branch

Metropolitan Health & Aged Care Services

www.dhs.vic.gov.au/ahs/mhbranch.hgm

www.health.vic.gov.au/mentalhealth/services

This site gives an outline of mental health services throughout the state of Victoria in Adolescent, Adult and Aged Care

Infoxchange

www.infoxchange.net.au

Mental Health Social Worker Directory

<http://www.aasw.asn.au/membersdirectory>

Service Seeker

The Infochange Service Seeker (ISS) allows citizens to be able to access up to date, accurate information on health & welfare support services at any time of the day and night.

<http://www.serviceseeker.com.au/>

21. **Legal**

Mental Health Legal Centre

Level 4/520 Collins St Melbourne

Tel: 9629 4422 Fax 9614 0488

For advice Mon, Wed, & Fri 3pm-5pm

Tel: 1800 555 887(country)

Legal advice given when specifically

www.communitylaw.org.au/mentalhealth

Email mentalhealthvic@fcl.fl.asn.au

Victorian Law Foundation

Victorian resource for law services.

Tel: 9604 8100

contact@victorialawfoundation.org.au

www.victorialawfoundation.org.au

Women's Legal Service Victoria

Telephone, advice and referral service

Tel: 9642 0877 1800 133 302 (country)

Court Network

Tel: 9603 7433 1800 681 614

The Victims Support Agency

Tel: 1800 819 817

22. **Accommodation**

Homeground

Providing a range of housing and support services in the inner urban, southern and northern suburbs of Melbourne

Tel: 95377711-East St Kilda

<http://www.homeground.org.au>

Hanover

Hanover is a leading Melbourne-based agency which provides services to people experiencing homelessness or housing crisis.

Tel: 95565700-Caulfield

<http://www.hanover.org.au/>

The Salvation Army Crisis Contact Centre

24 hours 7 days a week

Tel: 1800 627 727

Domestic Violence - Zoned

Domestic Violence shelter is available in your local area and is dependent on your residential address.

Mental Illness - Un-zoned

Mental Ill Health accommodation is not dependent on your locality or residential address.

23. Overseas

Mental Health Foundation

List of Internet resources on Mental Health. Vast listings including an analysis by continent.

mfh@mentalhealth.org.uk

***7. Jewish Mental Health Network**

The Jewish Mental Health Network is a group of Jewish Mental Health organisations sharing resources, expertise and knowledge. The member organisations provide services to the Jewish community and encourage community awareness raising the consciousness of mental health issues in the Jewish community.

Wings of Care

PROVIDING CARE FOR JEWISH PEOPLE WITH MENTAL ILLNESS
AND SUPPORT FOR THEIR FAMILIES

"Wings of Care" - Kanfei Chesed Inc, established in March 2000, is a voluntary not-for-profit organization consisting of a committee of enthusiastic members of the Jewish community in Melbourne, dedicated to helping the plight of people with a mental illness and their families.

We aim for the highest level of professionalism in our service provision, and endeavour to practise the greatest form of Chesed (Kindness) in our attitude towards the care of our clients. The backgrounds of those in our administration range from rabbis, psychiatrists, counsellors, psychologists, and social workers to consumers.

Our 'friendly visiting' is performed by two sectors of the community - rabbis, and our professionally trained volunteers. Our volunteers undergo a six-week, once a week, two hours a night, training program by mental health professionals. Visits are made to people in psychiatric wards of hospitals when it is requested or agreed upon. Confidentiality is maintained at all times between volunteers and their clients. Clients do not stay in hospital long these days, so visiting them adequately involves 'home' visits as well. We find this useful in assisting rehabilitation. Our volunteers are trained for most situations that may arise. If any difficulty presents itself, a volunteer may contact one of our readily accessible professional support people.

A person who has become mentally ill may be fearful and feel isolated and in need of the extra care and attention which a friendly visitor can give. Our visitors are now providing a slightly different service due to an increasing need by consumers - to help people cope and

be more motivated to cook, shop and do more organizational jobs for themselves. Some of our volunteers now spend time visiting clients on a weekly basis to provide this service.

Families of people with mental health problems and sometimes their friends need support also. It was with this in mind that we started to operate a help-line for consumers, family members and/or friends from 9am-5pm Monday to Thursday, 9:00am-3:00pm Fridays, and Sundays 1.30pm-5:00 pm. For urgent attention after-hours assistance including public holidays is available. Through the helpline we offer referrals, valuable resource information, professional help where needed, and/or simply someone to listen to callers' concerns. A professionally run Carer Support Group for family members of people with a mental illness will soon be available. This carer group is 'open' (you may enter it at any given time) and on going, and is available to suitable participants.

An Educational and Recreational Activities program (ERA) was formed to support rehabilitation needs for clients and includes such topics as traditional art, Jewish studies and creative writing as the core activities. Other activities such as dance, massage, human relations workshops, mental health and nutrition, energy healing, computer studies and planting and cultivating herbs, time management, anger management, a de-clutter program, and getting back into the workplace are some of the other programs offered currently. A Doctor's referral is required by clients to attend the ERA program.

We have a drop-in arrangement functioning every Sunday from 2pm-5 pm at which our occupational therapist specializing in mental illness provides sessions, skilfully work-shopped, on a variety of the social and other topics listed above from our extended ERA rehabilitation program. - or sometimes we may simply go for a walk!

We run conference calls every Wednesday afternoon between 2pm and 3pm. to bring clients into social contact with each other without them having to make the effort to leave their homes. This is a popular activity enjoyed by those who participate.

This year we will be tackling the issue where a number of clients that have been incarcerated will be re-entering the community. We look forward to being part of their rehabilitation.

Our Community Chest offers financial assistance to Jewish people with mental illness suffering financial hardship.

For further information about Wings of Care or the Jewish Mental Health Network (Vic): Social Justice for Jewish people with mental illness: Social Justice for Jewish people with a psychological disorders and the Community Chest here are the contact details:

Tel:: 03 9527 4866

Fax: 03 9527 4488

Consumer Website: www.vicnet.net.au/~msupport

Email: MSupport@swiftdsl.com.au

Lorraine GRUMD Levy President Wings of Care (Kanfei Chesed) Inc Hon Sec JMH Network

Founding Member JCCV Social Justice Committee

Coordinator of the Community Chest
Professional referrals are welcome

Jewish Care www.jewishcare.org.au

A trained team of qualified staff is on call between 9am and 5pm Monday to Thursday and 9am to 4pm Fridays. They assess callers' needs and direct them to Jewish Care's services and programs or make local referrals to services in the wider community.

For more information please call Jewish Care on 03 8517 5999 and ask to speak to an Intake Worker.

SERVICES

COMMUNITY SUPPORT SERVICES

Information on Always Moving Forward employment program, Counselling and Case Management, Housing, Intake and Assessment, Mental Health Program

Counselling and Case Management

Counsellors, social workers, psychologists and family therapists provide confidential, culturally-appropriate counselling, case management and life skills workshops.

Housing

The Housing Support Program provides practical solutions and consistent information to members of the Jewish community experiencing difficulties with housing, or who need support to continue living in their own houses.

Mental Health Program

Jewish Care's Mental Health program aims to strengthen the individual's sense of belonging and connection to the Jewish community by focusing on socialisation, therapy, recreation, health and wellbeing to complement clinical management.

Caring for Older People

Residential accommodation and Services for Older People

Disability Services

Jewish Care's disability services provide a wide range of supports to people with a disability. Available services include...

- Individual support
- Respite House
- Respite Recreation Groups
- School Integration Program
- Supported Accommodations

Holocaust Services

Holocaust Services incorporates an education program for Jewish Care staff, volunteers, and community service providers.

- Holocaust Survivor Program

The Jewish Taskforce Against Family Violence "CREATING AWARENESS - EFFECTING CHANGE"

Family Violence exists in every community and in every culture but only recently have we as a society resolved to confront the reality of family violence and sexual assault and its long-term repercussions on families. **The Jewish Taskforce Against Family Violence** actively advances community education and awareness by organizing instructive forums

presented by renowned world experts as well as educational initiatives utilizing creative tools such as theatre and the arts.

For the past 12 years the **Taskforce** has worked closely with the Rabbinate, Jewish Care and mainstream service providers including the Police. We have especially devoted many programs towards school age children promoting the recognition of healthy relationships, to ensure that young people maintain respectful relationships leading to the creation of safe, happy homes in the future.

The **JTAFV** liaises with communal and government bodies enabling us to provide support, appropriate information and referrals to those members of the Jewish community who find themselves in vulnerable circumstances as a result of family violence and sexual assault. Our services are extended with the utmost discretion and we always maintain the strictest level of confidentiality to anyone who reaches out to our members for assistance.

The **JTAFV** strives to break the cycle of violence whilst respecting the sensitivity and diversity of our community. Our experience over the last 12 years working in the community has shown us that it is essential that a culturally sensitive and Jewish specific response be available to all Jewish women and children from all sectors of the community

THE JEWISH TASKFORCE SUPPORT LINE

The **Taskforce** is moving forward and taking the next step in providing a practical and safe means of support to victims of violence. The launch of the "**The Jewish Taskforce Support Line**" is a venture of which we are very proud, as we believe it is of vital importance to address the needs of Jewish victims of family violence and sexual assault.

The Jewish Taskforce Support Line is a safe and confidential service, which allows a vulnerable member of our community the opportunity to reach out for help and understanding without the fear of repercussions. Too often victims of family violence are either afraid or ashamed to admit their "terrible secret" to people they know. ***"Anonymity allows them to reach out for help when under other circumstances they would not do so."*** Debbie Gross, Founder and Director of the Crisis Centre for Women in Jerusalem. The intention of the phone line is to [eventually] empower callers to find solutions to their problems thus reducing the prevalence of family violence and working to end the cycle of violence and sexual assault.

The help line is staffed by 20 highly trained volunteers who represent the broad spectrum of our very diverse community. CASA, DVIRC, WIRE, the Victorian Police and Women's Legal Services have trained the responders. They have attended a two-day training workshop given by Ms Debbie Gross, Founder and Director of the Crisis Centre for Women in Jerusalem, regarding Jewish specific issues, which may present [especially] in the Ultra-Orthodox community.

The **Taskforce** has received overwhelming acknowledgement and validation for this essential initiative from the Rabbinate, Jewish and mainstream professional service providers as well as individual members of the community.

CONTACT DETAILS:

The Jewish Taskforce Against Family Violence Inc.
P.O. Box 2439
Caulfield Junction, Vic 3161

Help-line:

Tel: 9523 2100
help@jewishtaskforce.com.au

Administration:

Phone: 9593-8822
Email: jewishtaskforce@gmail.com
Website: www.jewishtaskforce.com.au
ABN: 12 324 799 192

Sheiny New : 0408 365 707
Bev Restein: 9592-2547
Anne Lewin: 9509-3343
Lorraine Gold: 9527-2729
Marianne Cooklin: 0429 877 550
Vicky Lopo: 0425 816 336
Support Line: 9523 2100

Monday- Thursday 9am -5pm

H.A.T.T.S.

Holocaust and Trauma Support Services (H.A.T.S.S.) acknowledges that, for Holocaust survivors, the challenges of ageing may have special meaning in light of their war experiences, reactivating painful memories from the past. Our team aims to increase understanding of trauma-related issues through education and skills-based training (to community health care providers and professionals) and, in so doing, facilitate best possible service delivery to Holocaust survivors and to other groups in society who have suffered the effects of war and other trauma.

In response to the needs of survivors and their families H.A.T.S.S. also offers individual and family counselling, and Art Therapy.

The H.A.T.S.S. team, Julia Blum, Carmella Grynberg and Denise Same, has extensive experience in counselling and presenting workshops and tailor-made training programs to organisations with a significant part of our practice focusing on issues facing Holocaust survivors and their families.

Please phone 9500-0610 for further information and bookings
E-mail: hatss@counsellor.com

CHEVRA HATZOLAH

1. HISTORY OF HATZOLAH MELBOURNE

In early 1995, four members of the Adass community (an orthodox Jewish Community) in Melbourne, Australia identified the following:

- Melbourne had an ageing Jewish population.
- The general Jewish population was not seeking help in an emergency early enough. People were suffering with pain for a long period of time without doing anything about it.
- The Melbourne Jewish Community had specific cultural, religious and emotional needs.
- A large number of elderly people in the Jewish community did not speak English or have a good grasp of the English language.
- There were a large number of Holocaust Survivors who were reluctant to call the Metropolitan Ambulance Service for fear of being taken away and not returning.

These four members of the Adass Community approached the Melbourne Metropolitan Ambulance Service and raised the issues mentioned above. The Ambulance Service believed that we were the best people to deal with the issues that our community faced. After many meetings the concept of a Community Based Responder Group was born. We would become the FIRST link in the "Chain of Survival".

Following this, twelve Responders from the Community were chosen and a training program undertaken, run by the Ambulance Officers Training Centre (AOTC). This training included the following:

- Level One First Aid
- Level Two First Aid
- First Responder Program that included Semi Automatic Defibrillation Accreditation and Oxygen Therapy.

In August 1995, Hatzolah went "live" and on 29 October 1995, Hatzolah received its first call to a patient in Respiratory Distress.

2. MISSION STATEMENT

The Chevra Hatzolah Melbourne Inc Mission Statement is:

"To provide a professional, high level of emergency care, to members of the Jewish Community, in a predefined area, within an efficient timeframe."

3. AIMS OF HATZOLAH

Hatzolah's aims are as follows:

- To provide a timely and efficient response to all medical emergencies.
- To provide basic life support in those vital first few minutes, as part of the chain of survival concept, until the ambulance arrives.
- To facilitate training of all members of the identified community in first aid.
- To assist ambulance officers in dealing with patients whose first language is not English.

- To provide cultural and emotional support to members of the identified Jewish community in emergency situations.

4. TRAINING UNDERTAKEN BY RESPONDERS

All Responders must successfully complete the following courses, and then maintain their accreditations:

- Certificate in level One First Aid
- Certificate in Level Two First Aid
- Hatzolah First Responder course, which includes the ability to administer oxygen and operate a semi-automatic defibrillator.
- Mental Health First Aid Course
- Administration of GTN to Patients with Cardiac Related Chest Pain.
- Administration of Ventolin to Patients suffering an Asthma Attack.
- Administration of an Epipen to a Patient having a severe allergic reaction.
- Chest Auscultation
- Treatment of the Diabetic Patient
- Advanced Airway Management Skills

Accreditations in semi-automatic defibrillation are held every six months, and skills maintenance reviews are held every three months. Only Responders passing both these components are able to maintain their status as a Responder Member. The Melbourne Metropolitan Ambulance Service undertakes all Hatzolah training and accreditations.

5. HATZOLAH'S OPERATIONS AND CALL VOLUME

- Callers are advised to ring 000 first and to then call the Hatzolah number.
- Three Hatzolah Responders are allocated Calltakers for a specific week. They each carry a mobile phone and a Hatzolah Dispatch Log. One Responder is allocated Phone One, one is allocated Phone Two and the third is allocated Phone Three. The Hatzolah Number (9527 5111) rings first at phone one and if it is not answered it diverts to phone two and then if not answered diverts to phone three and if not answered diverts to a pager, worn by the Operations Manager. These three phones provide redundancy and allow us to deal with multiple calls at one time.
- When a Caller rings Hatzolah on 9527 5111, the Caller will speak to a Hatzolah Calltaker who speaks English, Hebrew and Yiddish.
- The Calltaker will request the following information from the Caller:
 - Phone number of the caller
 - Address of patient
 - Medical problem
 - Whether 000 has been called
- The Calltaker will then request that the Caller stay on the line whilst he dispatches the Responders, and calls 000 to confirm that they have been called.
- The Hatzolah Calltaker will then dispatch the closest three Responders to the address of the incident. Road Traffic Accidents, arrests or other major incidents obviously necessitates the dispatch of more Responders.

- All Hatzolah Responders respond in their own vehicles under normal road conditions.
- The Responders will be on scene within an average of three minutes.
- The Responders will treat the patient and stay with patient until ambulance arrives or the case is finished.
- There are currently twenty four Responders and Hatzolah currently responds to an average of three calls per day.
- Hatzolah has response boundaries, which have been set up purely so that we can meet our response times standards. As the Jewish community in Melbourne is growing and the Jewish area expanding we are finding it necessary to increase our boundaries and to recruit more Responders. We are currently servicing only about 10% of the Melbourne Jewish Community.
- Hatzolah operates in the suburbs of Caulfield, East St Kilda, Elsternwick, Elwood, Caulfield North, Caulfield South, Carnegie, Murrumbeena, Ripponlea, Balaclava and neighbouring suburbs if resources are available

6. HATZOLAH EQUIPMENT

Every Hatzolah Responder carries a Motorola GTX Two Way Radio, and the organisation pays a monthly access fee for connection to a public network. There is a Base Station at Hatzolah Headquarters that is used to monitor Responder movements during the daytime, to make sure adequate resources are available.

Each Hatzolah Responder carries a Medical/Trauma Bag, an Airway/Oxygen Bag and a semi-automatic defibrillator. The Medical bag includes oxygen equipment, suction equipment, airway management equipment, BP CUFF and stethoscope and other medical and trauma related supplies.

Seven of the local Shules have a medical/trauma bag and a defibrillator stored in a First Aid room for easy access.

7. RELATIONSHIP WITH THE MELBOURNE METROPOLITAN AMBULANCE SERVICE

Hatzolah has an excellent professional relationship with both management and the operational ambulance officers. Subject to a signed agreement between the two organisations, the Metropolitan Ambulance Service paramedics clinically train and audit Hatzolah Patient Care Records.

As part of this agreement, Hatzolah Responders observe on ambulance vehicles to improve our clinical skills, and Hatzolah Responders spend Wednesday and Thursday nights observing in the Alfred Trauma and Emergency Centre which is one of the biggest Hospitals in Melbourne.

Currently the Victorian Government is trying to "sell" the concept of the Hatzolah First Responder Model to other ethnic communities.

Hatzolah has signed a Memorandum of Understanding with the Metropolitan Ambulance Service.

THE JEWISH CHAPLAINCY

The Jewish Chaplaincy formed in the 1970's under Morris Miselowski and Max (Menashe) Kaltman (co-ordinators). There were few prisoners and the chaplaincy consisted of Yeshiva Gedola students and Rabbis. The proper "Beit Sohar" or Jewish chaplaincy services started in 1988 under the auspices of the Rabbinical College of Australia and New Zealand.

The provisos to being a chaplain are:

1. A belief in G-d
2. You can not be anti-Chabad
3. Basically a moral person
4. Good with people

Our Role:

1. The Lubavitcher Rebbe said that every Jewish neshoma (soul) no matter who, or where, no matter what he's done/she's done deserves to be supported by the Jewish community.
2. We visit, provide books siddurim, psalms and any Jewish material they may want. We ensure Kosher food if they want it and provide all their needs for Jewish holidays eg. Food for Pesach - 8 days.
3. We liaise with legal professionals.
4. We liaise with families and the consulates.

We help with accommodation afterwards and general rehabilitation.

JEWISH HOLOCAUST MUSEUM AND RESEARCH CENTRE Melbourne, Australia

Address: 13-15 SELWYN STREET, ELSTERWICK, VIC 3135

Tel: (03) 9528 1985

Fax: (03) 9528 3758

Email : admin@jhc.org.au

Website: <http://www.jhc.org.au>

WHAT'S ON AT THE MUSEUM

The Jewish Holocaust Museum and Research Centre is dedicated to the memory of the approximately six million Jews, who were murdered by the Nazis and their collaborators between 1933-1945. The Centre is committed to combating Racism and Anti-Semitism.

- Educational programs for Victorian Secondary Schools and adult groups are conducted through the Museum's Education Department. A group of volunteers, mainly survivors of the Holocaust, are guides at the Museum. The survivors relate their experiences and convey the tragedy of war and ethnic discrimination. Other programs include a course in Holocaust Studies and other lectures open to the public.
- A permanent exhibition of photographs, artworks, artifacts and models is open to the public.
- The Museum houses an archival collection that is available to researchers
- An ongoing testimony project records the experiences of survivors on video. More than 1100 testimonies have been collected to date.

- A 4,000 volume library of Holocaust related material is open to readers.
- A number of support groups associated with the Centre welcome members:
- Friends of the Holocaust Centre
- Child Survivors of the Holocaust
- Descendants of the Shoah
- The Museum is a non-profit organization, dependant on donations from the public. Volunteers, including survivors of the Holocaust, carry out most of the work.

Opening Hours:

Monday & Wednesday 10am - 4 pm

Tuesday, Thursday & Friday 10am - 2 pm

Sunday 12pm - 4 pm

THE INSTITUTE FOR JUDAISM AND CIVILISATION

The Institute for Judaism and Civilisation has a strong research interest in the relationship of Judaism and the practice of psychotherapy. The Director of the Institute in 1996 conducted a first all-day conference on Judaism and psychotherapy, attended by two hundred participants, with a large component of practitioners. Since then it has conducted a large number of seminars and seminar series, studying not only the relationship of major theoreticians of psychotherapy, but also practical clinical issues in the light of Jewish norms. These have included postnatal depression, anxiety, attention deficit hyperactivity disorder (ADHD), youth depression and post traumatic stress.

A group of prominent professionals has formed around the Institute for Judaism and Civilisation in its study area of Judaism and psychotherapy. It is hoped that the role which the Institute might play within the network is as a resource in training therapists to incorporate Jewish and spiritual dimensions and norms in their practice of psychotherapy. The institute publishes a journal, the Journal of Judaism and Civilisation, with a regular section on Judaism and psychotherapy in which a number of the results of the Institute's research can be inspected.

One of its strongest foci is the work of Viktor E. Frankl, founder of the school of Logotherapy. The Institute has published first translations of a number of seminal works of Frankl, and has conducted a number of seminars on his work. Many of these have also been published in the Journal of Judaism and Civilization. See the cumulative index on the website under products and publications: www.ijc.com.au.

Contact the director of the Institute for Judaism and Civilisation, Rabbi Dr. Shimon Cowen on (03) 9527 5902 or director@ijc.com.au.

Spiritgrow

Spiritgrow is a response to your requests for a wholistic approach to life through Jewish spiritual values. It seeks to attract so many of us who quest for wellness, insight, and leadership. It responds to the needs for personal and cosmic harmony in a troubled world. It aims to enhance people's lives through providing facilities and training programs for health, wellness, insight, balance, leadership, management, communications, fitness, creativity, and social responsibility. The teachings are provided by expert presenters and

consultants in all fields of endeavour and are conducted in a Jewish ethos.

Our Credo

"a little light can dispel a lot of darkness"

Menachem Wolf
spiritgrow Director
Tel: (03) 95097211
Website: www.spiritgrow.org

***18. Financial Assistance**

Some resources appropriate for people living in poverty who have a mental illness. This information was acquired through VMIAC - Victorian Mental Health Awareness Council – (03) 9387 8317

Centrelink -Disability support pension

Centrelink-for rental assistance for people who are on a disability pension

Centrelink Disability 132717 Aged Care 132300

Financial and Consumer Rights Council
(03) 9663 2000 - Mon Tues. (03) 9585 1955.Wed, Thurs.

Carlton/Fitzroy financial Counselling Services (03) 93492562

Pilch (public interest law clearing house)
- Provides free legal service (03) 9225 6680

Jewish Care: Information on Financial Aid, Jewish Mutual Loan Company (JMLC) and Saver Plus and Jumpstart

Jo Boltin
Port Phillip Community Group
St Kilda Community Centre
161 Chapel Street St Kilda 3182
Tel: 9534 0777 Email: joboltin@ppcg.org.au

I see people who live or work in St Kilda, Balaclava, St Kilda East, St Kilda West, Elwood, Ripponlea and the northern end of Elsternwick, close to Brighton Road/St Kilda/Ripponlea. (3182, 3183, 3184 and 3185)

The following are the financial counsellors in our area.

Anna Mandoki
Inner South Community Health Service South Melbourne.
Tel: 9690 9144 email: amandoki@ischs.org.au

She sees people who live in South and Port Melbourne, Albert Park, Middle Park, Beacon Cove, and the City end of St Kilda Road.

Maree Boehm
Moorabbin Mediation Centre
Tel: 9556 5333 Email: maree.boehm@mediation.com.au
She sees people from anywhere.

Angela Mitsopoulos
Uniting Care Connections Prahran.
Tel: 9521 5666 Email: angela.mitsopoulos@connections.org.au
She sees people from Prahran, Windsor, Stonnington, Port Phillip and Glen Eira.

Jill Com
Financial Counselling Vic Cheltenham.
Tel: 9585 1955 Email: jill@financial-counselling.org.au

There are four financial counsellors in the Cheltenham office.

They see people living in Cheltenham, Brighton, Oakleigh, Sandringham, Moorabbin, McKinnon, Glen Huntly, Caulfield, Carnegie, Mordialloc, Ormond, Gardenvale, Hampton, Glen Iris, & Elsternwick.

Moneycare Camberwell
7-11 Bowen Street Camberwell VIC 3124
Tel: (03) 9889 2468

www.freecycle.org.au

Where people can give away unwanted items and receive unwanted items for free.

Good Shepherd Youth and Family Services.
Tel: 1800 999712 Interest free loans.

THIRD PARTY SOURCES

This resource guide contains references to web sites owned or operated by third parties and other third party sources of information (**Third Party Sources**). The Third Party Sources are not under the control of [Wings of Care] and [Wings of Care] is not responsible for information obtained from Third Party Sources. [Wings of Care] is providing references to Third Party Sources to you for convenience only, and such references do not imply endorsement, approval or recommendation by [Wings of Care] of the Third Party Sources or, unless otherwise expressly stated herein, any association between [Wings of Care] and the Third Party Sources.

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If under the laws of any jurisdiction the liability of [Wings of Care] cannot be excluded but may be limited, the liability of [Wings of Care] will be limited in the way permitted under applicable law. If those laws permit liability to be limited in a number of alternative ways at the election, option or discretion of [Wings of Care], then the liability of [Wings of Care] will be limited in one of the permitted ways chosen by [Wings of Care] in its absolute discretion.