

HEALTH:

NAME OF AGENCY:	Action Centre
LOCATION:	Level 1, 92-94 Elizabeth St. Melbourne Vic 3000
MAILING ADDRESS;	Level 1, 92-94 Elizabeth St. Melbourne Vic. 3000
TELEPHONE NUMBER:	9654 4766
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	The centre provides information, relationship counselling, pregnancy counselling, free HIV / STD testing, referral service and support groups including: <ul style="list-style-type: none">• Young Women's Support Group - for women who have been sexually assaulted• Young Men's Clinic - for males up to 24 years of age• YAK Support Group - groups tackling sexual identity issues• Fertility awareness• Parenting testing, counselling and referral• Abortion referrals• Contraception information and supplies• STD testing and treatment• Sexual assault counselling• Young Men's Clinic• Telephone information service• Education and training in sexual health reproduction for youth workers, community groups, and young people
WAITING LIST:	Nil
REFERRAL METHOD:	Self-referred either by phone or visit
TARGET GROUP:	All young people within Yarra
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9:30 - 6:30pm Mon - Thurs, 9:30 - 5:30pm Fri, 4 - 7:30pm Fri (Young Men's Clinic), 9 - 12:30pm Sat
FEES:	Nil, however contraceptives and STD treatments are charged for.

HEALTH:

NAME OF AGENCY:

MAILING ADDRESS:

TELEPHONE NUMBER:

AIDSLINE

PO Box 96, Carlton South, 3053

9347 6133 (Carlton South)

9347 6099 AIDSLINE (Melbourne)

1800 133 392 (AIDSLINE (Country Victoria))

1800 032 665

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

The centre provides information, relationship counselling, pregnancy counselling, free HIV / STD testing, referral service and support groups including:

- Young Women's Support Group - for women who have been sexually assaulted
- Young Men's Clinic - for males up to 24 years of age
- YAK Support Group - groups tackling sexual identity issues
- Fertility awareness
- Parenting testing, counselling and referral
- Abortion referrals
- Contraception information and supplies
- STD testing and treatment
- Sexual assault counselling
- Young Men's Clinic
- Telephone information service
- Education and training in sexual health reproduction for youth workers, community groups, and young people

WAITING LIST:

Nil

REFERRAL METHOD:

Self-referred either by phone or visit

TARGET GROUP:

Young people, both male and female, who require the above assistance

DISABILITY ACCESS:

Yes

HOURS OF OPERATION:

9:30 - 6:30pm Mon - Thurs, 9:30 - 5:30pm Fri, 4 - 7:30pm Fri (Young Men's Clinic), 9 - 12:30pm Sat

FEES:

Nil, however contraceptives and STD treatments are charged for.

HEALTH:

NAME OF AGENCY:	Brotherhood of St. Laurence - The Cottage
LOCATION:	134 Napier Street, Fitzroy (The Cottage) 122 Napier Street, Fitzroy (HIPPY)
MAILING ADDRESS:	134 Napier Street, Fitzroy Vic 3065 (The Cottage) 122 Napier Street, Fitzroy Vic 3065 (HIPPY)
TELEPHONE NUMBER:	9417 2578 (The Cottage) 9415 8399 (HIPPY)
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>The Cottage Centre for Families and Children is located in Fitzroy with a range of activities to support families and help them develop better relationships. Services include occasional childcare, parenting and counselling workshops, development programs, playgroups and a toy library. The BSL also runs the Home Instruction Program for Preschool Youngsters (HIPPY) - where trained and supported parents become effective agents in their child's education. The HIPPY Program aims to:</p> <ul style="list-style-type: none">• Break the cycle of disadvantage not only for children but also for parents• Prepare the child for school success through fostering cognitive development and a love of learning• At the same time, the program empowers parents with the confidence and skills necessary to take an active role in their children's education, development and overall well being• Assist the family to realise their own potential as first and most important teachers of their own children. <p>HIPPY is a two-year program. In each of the two years, there are thirty weeks of activities for parents that are scheduled to fit into the school year. Participating parents have children who are eligible for kindergarten in the year they start HIPPY (four by April 30th). HIPPY is not an alternative to kindergarten but works well in conjunction with this valuable service.</p>
WAITING LIST:	Nil
REFERRAL METHOD:	Self-referred either by phone or visit
TARGET GROUP:	Families with a low level of education that fall into the low-income range
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	8:30 - 5:30pm Mon - Fri
FEES:	Depending on the services required.

HEALTH:

NAME OF AGENCY:

Centre for Adolescent Health

LOCATION:

William Buckland House, 2 - 8 Gatehouse Street,
Parkville

MAILING ADDRESS:

2 - 8 Gatehouse Street, Parkville Vic 3052

TELEPHONE NUMBER:

9345 5890

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

The Centre for Adolescent Health is a Victorian Health Promotion Foundation Centre that aims to improve the health and well being of young people from 10 - 24 years. It also aims to:

- Provide a relevant and innovative health service for adolescents with developmental concerns and physical problems at outpatient, in-patient and community levels
- Initiate and develop an interface between young people, the community, youth/health workers and relevant institutions
- Provide advocacy on health issues affecting young people
- Influence the development of policy as it relates to young people's health at the local, state and national and international levels
- Provide an environment for those health professionals or workers with young people in training that promotes the development of their skills and knowledge of young people and their health issues
- Encourage and assist in the professional development of staff members at the Centre for Adolescent Health.

Specialist Adolescent Health Clinics:

- Healthy Eating Clinic - Deals with a broad range of eating concerns in young people. Includes expert multi-disciplinary management of abnormal dieting behaviour, body image concerns, anorexia and bulimia nervosa and obesity.

Young Women's Health Service:

- Two consultant gynaecologists provide assessment and management for young women with sexual and reproductive health concerns.

Young People's Endocrine Clinic

- Specialist endocrinology care is provided for young people.

Young People's Asthma Clinic:

- Specialty respiratory clinic for young people with a particular focus on promoting greater responsibility with self care, adherence with an asthma management plan and responsibility with medication, and health risk behaviours such as smoking.

Adolescent Psychiatry Clinic:

- Psychiatric assessment and treatment is offered with emphasis on early intervention and

HEALTH:

involvement of parents. Secondary consultation to other clinical staff is provided on the regular basis.

PACE clinic:

- The Personal Assessment and Crisis Evaluation Clinic aims to identify young people aged from 14 to 30 years who are at risk of developing a psychotic illness. Referrals are accepted from all over Melbourne by telephoning the paging service on 9625 1226 (Mon-Fri 9am -5pm) Psychiatrists and psychologists from MHSKY (Mental Health Services for Kids and Youth)

Transition Clinics:

- A number of specialty medical teams hold transition clinics at the Centre for Adolescent Health. These services have been developed to assist young people move from the RCH into adult health care services.

Young People's Health Service:

- The Young People's Health Service (YPHS) provides primary health care in a co-located facility known as Frontyard Youth Service in the Central Business District of Melbourne as well as tertiary health care through networking, advocacy, education and training of other youth organisations. Its target population is the increasing number of homeless and disadvantaged youth who congregate in the city centre.

WAITING LIST:

REFERRAL METHOD:

TARGET GROUP:

DISABILITY ACCESS:

HOURS OF OPERATION:

FEES:

Yes - for clinical patients

Referrals are necessary, from doctors or the duty registrar (Available between 10am and 12noon on 9345 5890)

All young people under 25 within Yarra

Yes

9 - 5pm Mon - Fri

Nil - Bulkbilling applies

HEALTH:

NAME OF AGENCY:

LOCATION:

MAILING ADDRESS:

TELEPHONE NUMBER:

CONTACT PERSON(S):

DESCRIPTION OF SERVICES:

Choices

41 Somerville Road, Yarraville

41 Somerville Road, Yarraville, 3013

9687 5200

Duty staff

Choices is a program for young parents and their children and is specifically developed for young people who are:

- Under 25
- Pregnant or with a pre school aged child(ren)
- Single or a couple with no one to turn to
- Having financial problems
- Tired, lonely, stuck in a house all day
- Facing concerns about the welfare of their child(ren)
- Wanting to learn new or different ways to parent
- Making friends with other young parents

Services offered include:

- Information and Help
 - About parenting
 - Health
 - Housing
 - Money management
 - Legal rights
 - Child care
 - Recreation
 - Education and employment options.
- Group Programs
 - You can meet with other young parents and learn about pregnancy, parenting, how babies and toddlers develop, taking care of yourself and your child.
- Playgroups
 - Opportunity for parents to play and have fun with their children.
- Assistance and Support
 - Linking in with community resources, strengthening extended family and friendship networks, and forming new friendships.
- Counselling
 - As part of the program, confidential counselling is available to mothers and fathers about anything that worries them.
- Sexual Assault Counselling
 - Providing individual counselling to young women who have experienced sexual assault at some time throughout their lives.

WAITING LIST:

REFERRAL METHOD:

TARGET GROUP:

DISABILITY ACCESS:

HOURS OF OPERATION:

Yes - ring to inquire

Self-referred either by phone or visit

Young pregnant or parenting people under 25

No

9 - 5pm Mon - Fri

HEALTH:

FEES:

Nil

NAME OF AGENCY:

Clarendon Clinic

LOCATION:

52 Albert Street, East Melbourne

MAILING ADDRESS:

52 Albert Street, East Melbourne Vic 3002

TELEPHONE NUMBER:

9417 5696

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

Clarendon Clinic is a community mental health centre staffed by social workers, medical officers, psychiatrists, psychiatric nurses, occupational therapists, psychologists and pharmacists. Within a multi-disciplinary team setting, Clarendon offers the following clinical services:

- On-going psychiatric management
- Psychiatric assessment within the community
- Psychological testing
- Crisis intervention
- Individual psychotherapy
- Group therapy
- Child and adolescent assessments
- Family therapy
- Relaxation training
- Social skills training
- Advice and referral regarding accommodation and finance
- Advice regarding medication
- Interpreter service is available

Other services include:

- Community education in mental health
- Group home
- Mental health consultation
- Day centre activities

WAITING LIST:

Nil

REFERRAL METHOD:

Self-referred

TARGET GROUP:

All people needing a mental health service who work/live in Fitzroy, Collingwood, Richmond, Clifton Hill, Abbotsford, Burnley, and East Melbourne. Specialist services for young people are available.

DISABILITY ACCESS:

Yes

HOURS OF OPERATION:

9 - 5pm Mon - Fri

FEES:

Nil

HEALTH:

NAME OF AGENCY: **Diabetes Australia**
LOCATION: 3rd Floor, 100 Collins Street, Melbourne
MAILING ADDRESS: GPO Box 206D, Melbourne Vic 3001
TELEPHONE NUMBER: 9654 8777
CONTACT PERSON(S): Duty staff
DESCRIPTION OF SERVICES: Diabetes Australia is a community-based organisation that represents the health, welfare and interests of all people with diabetes. The organisation provides education for people with diabetes to assist them in achieving self-management and also enabling them to manage a crisis situation with confidence. It also provides on-going health professionals in order to maintain consistent standards and provide professional support for people with diabetes.

WAITING LIST: N/A
REFERRAL METHOD: Self-referred either by phone or visit
TARGET GROUP: All people suffering from diabetes and their families / friends (no age limits)
DISABILITY ACCESS: Yes
HOURS OF OPERATION: 9 - 5pm Mon - Fri
FEES: Most services are free
Membership can be obtained
(\$38.50 / year non-concession, \$19.80 / year concession card holders)

NAME OF AGENCY: **Eating Disorders Foundation of Victoria**
LOCATION: 1513 High St. Glen Iris
MAILING ADDRESS: 1513 High St. Glen Iris Vic. 3146
TELEPHONE NUMBER: 98850318
CONTACT PERSON: Person on duty
DESCRIPTION OF SERVICES: Information, Education, support and referral to Self help/mutual support groups and medical services. Referral to relevant services including private Practitioners.
Support groups include group for sufferers and group for relatives and friends of sufferers.
Community education
HOURS: Monday to Friday 9.30am –5pm
FEES: Telephone and written support are free. \$2 for support group meetings.
TARGET GROUP: Anyone needing information or support regarding eating disorders including Anorexia Nervosa, Bulimia, Binge Eating Disorder or any other disordered eating.
REFERRAL METHOD: Self -referral

HEALTH:

NAME OF AGENCY:	Frontyard Youth Services
NAME OF PROGRAM:	Young People's Health Service
LOCATION:	19 King St, Melbourne
MAILING ADDRESS:	19 King St,, Melbourne Vic 3000
TELEPHONE NUMBER:	9614 3688
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>Frontyard offers a range of services to young people in Melbourne. The Young People's Health Service offers primary health care to young homeless people, including those in refuges or other supported accommodation services. Access to nurses, doctors, youth workers & needle exchange. Services include - free immunisation, needle exchange, HIV pre and post counselling and support for pregnant women and young mothers.</p> <p>Melbourne Youth Support Service: Supporting Young people aged 15-25 with housing needs, help seeking emergency accommodation and with Centrelink enquires. Ombudsman Tuesday 10-4pm</p>
WAITING LIST:	Nil
REFERRAL METHOD:	Self-referred or by other agency / worker
TARGET GROUP:	Young people aged from 15 to 21 years
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	2 - 5.30pm Mon - Fri (except Tuesdays)
FEES:	Nil, no Medicare Card required

HEALTH:

NAME OF AGENCY:	Melbourne Sexual Health Centre
LOCATION:	580 Swanston Street, Carlton
MAILING ADDRESS:	580 Swanston Street, Carlton Vic 3053
TELEPHONE NUMBER:	9347 0244
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>The Centre offers a range of free services including:</p> <ul style="list-style-type: none">• Medical examination, laboratory testing and results• Individual counselling (male or female on request)• Information on all sexually transmitted diseases affecting men and women• Specialised HIV/AIDS services for HIV testing and treatment• Evening and lunchtime clinic on Thursdays• Well Women's Clinic (pap smear and/or STD check-up).• Free and anonymous needle exchange
WAITING LIST:	Appointments should be made 1 - 2 weeks in advance
REFERRAL METHOD:	Self-referred, phone for appointment
TARGET GROUP:	No age boundaries - all young people welcome
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 5pm Mon, Tues, Wed & Fri, 5 - 7pm Thurs
FEES:	Nil

HEALTH:

NAME OF AGENCY:	North Yarra Community Health Centre: Collingwood
LOCATION:	365 Hoddle Street, Collingwood
MAILING ADDRESS:	365 Hoddle Street, Collingwood Vic 3066
TELEPHONE NUMBER:	9419 6155
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	Health service to all residents, students and workers. Health and welfare services include: <ul style="list-style-type: none">• Medical doctors• Nursing• Physiotherapy (by appointment)• Podiatry• Pharmacy• Doctors• Nursing• Pharmacy• Counselling (by appointment)• Social work / Case work• Health Education Forums for internal and external organisations• Needle exchange facilities
WAITING LIST:	Nil - 2 weeks depending on service required Appointments necessary
REFERRAL METHOD:	Self-referred
TARGET GROUP:	All people within the City of Yarra
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	8:30 am - 6pm Mon, Tues & Fri, 9am - 6pm Wed, 8:30am - 7pm Thurs, 9am - 12 noon Sat & Sun
FEES:	Between \$6.50 and \$10 to cover the cost of physiotherapy if on a health care card

HEALTH:

NAME OF AGENCY:	North Yarra Community Health Centre: Fitzroy
LOCATION:	75 Brunswick Street, Fitzroy
MAILING ADDRESS:	75 Brunswick Street, Fitzroy Vic 3065
TELEPHONE NUMBER:	9419 5266
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	Health service to all residents, students and workers. Services include: <ul style="list-style-type: none">• Social workers / Case workers• Medical doctors• Midwifery• Dentist (4-6 month waiting list, emergencies are tended to within 24 hours)• Physiotherapist• Podiatrist• Needle and syringe disposal• Duty workers assist with personal problems, financial counselling, legal services, housing, and provide referrals.
WAITING LIST:	Nil - 2 weeks depending on service required
REFERRAL METHOD:	Appointments necessary Self-referred, appointments required
TARGET GROUP:	All people within the City of Yarra
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9am - 6pm Mon, Tues, Thurs & Fri, 11am - 6pm Wed, 9am - 12pm Sat
FEES:	Between \$6.50 and \$10 to cover the cost of physiotherapy if on a health care card, \$20 / visit (up to \$80 maximum for treatment) if on a health care or pension card to cover the costs of dental services

HEALTH:

NAME OF AGENCY:	North Yarra Community Health Centre: North Carlton
LOCATION:	622 Lygon Street, North Carlton
MAILING ADDRESS:	622 Lygon Street, North Carlton Vic 3054
TELEPHONE NUMBER:	9347 0022
DESCRIPTION OF SERVICES:	A health service to residents, workers and students including: <ul style="list-style-type: none">• Podiatry• Physiotherapy• Family counselling• Social work / Casework• Doctors• Family counselling• Women's health clinic• Needle and syringe disposal• The Yarra Community Support Service aims to support those with psychiatric disability to live as independently as possible within the community.
WAITING LIST:	Nil - 2 weeks depending on service required
REFERRAL METHOD:	Appointments necessary Self-referred either by phone or visit
TARGET GROUP:	All people within the City of Yarra
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9am - 5pm Mon, Tues, Thurs & Fri, 11am - 5pm Wed, Closed each day between 12 & 1pm
FEES:	Between \$6.50 and \$10 to cover the cost of physiotherapy if on a health care card

HEALTH:

NAME OF AGENCY:	North Yarra Community Health Centre: Richmond
LOCATION:	283 Church Street, Richmond
MAILING ADDRESS:	283 Church Street, Richmond Vic 3121
TELEPHONE NUMBER:	9429 1811
DESCRIPTION OF SERVICES:	Provides a range of medical services, health promotion and education programs. Services include: <ul style="list-style-type: none">• General medical consultations• Pharmaceutical prescriptions for patients of the centre• Community health nursing• Podiatry• Social welfare work• Physiotherapy• Occupational therapy• Audiology• Speech pathology• Dietetics• Pre pregnancy information service• Acupuncture• Health screenings• The Austin Child and Adolescent Psychiatry unit has an outpost service two days per week for young people in Yarra with mental health issues. A shared care antenatal program is run in conjunction with the Royal Women's and Mercy Hospitals
WAITING LIST:	Nil
REFERRAL METHOD:	Self-referred either by phone or visit
TARGET GROUP:	All people within the City of Yarra
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 6pm Mon - Fri
FEES:	Prices differ depending on services required, discounts apply to people with health care / pension cards

HEALTH:

NAME OF AGENCY:	North Richmond Community Health Centre Inc
LOCATION:	23 Lennox Street, North Richmond
MAILING ADDRESS:	23 Lennox Street, North Richmond Vic 3121
TELEPHONE NUMBER:	9429 5477
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>The Centre offers a range of Health and Community services including:</p> <ul style="list-style-type: none">• Youth workers• Social workers• Ethnic workers (Vietnamese worker based at the North Richmond CHC provides info, referral, support, short term programs for Richmond based young people and their families with drug, alcohol and mental health issues)• Financial counselling• Legal advice• A medical clinic• Interpreters• Well Women's Clinic• Dental Services• Shared Ante & Post Natal Care• English classes• Arts groups• Psychiatric disability program• Midwifery• Yoga• Needle exchange service
WAITING LIST:	General dental waiting list is between 6 and 8 months Emergencies are attended to within 24 hours
REFERRAL METHOD:	Self-referred either by phone or visit
TARGET GROUP:	All people within Yarra, however priority is given to people aged under 21 years
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 5pm Mon - Fri Dental Mon - Thurs 9 - 8pm, Fri 9 - 4:30pm
FEES:	Dental fees are \$20 / visit (up to \$80 maximum for treatment) if on a health care or pension card

HEALTH:

NAME OF AGENCY:	Out Doors Inc.
LOCATION:	124 Napier Street, Fitzroy (ground floor, rear of Uniting Church)
MAILING ADDRESS:	PO Box 147, Fitzroy Vic 3065
TELEPHONE NUMBER:	9417 2111
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>Out Doors Inc. is a non-profit, community managed, mental health organisation providing a number of services, which assist in improving people's mental health. Out Doors Inc. aim to assist people to get outside and participate in community life. Their main purposes are to:</p> <ul style="list-style-type: none">• Provide programs and services which improve people's mental health particularly the health of people with a psychiatric disability• Provide information, education and training in order to improve the mental health of sufferers• Specialise in programs which emphasise outdoor education, recreation and community integration• Advocate for the needs of people with a psychiatric disability and the value of recreation and outdoor education <p>Other services offered include:</p> <ul style="list-style-type: none">• 'Adventure options'• 'Getaways'• 'Going places'• 'Access for all abilities' <p>(To find out more call Out Doors Inc.)</p>
WAITING LIST:	Yes - length of waiting time depends on the activity
REFERRAL METHOD:	Self-referred or by other workers
TARGET GROUP:	People from the cities of Yarra and Darebin
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 5pm Mon - Fri
FEES:	The cost is approximately \$5 for a day activity and \$10 for a night activity (eg. a two day camp costs \$20)

HEALTH:

NAME OF AGENCY:	St. Vincent's Mental Health Service In-Patient Unit
LOCATION:	41 Victoria Parade Fitzroy Vic 3065
MAILING ADDRESS:	41 Victoria Parade Fitzroy Vic 3065
TELEPHONE NUMBER:	9288 4416
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	St. Vincent's Mental Health Service is a 39-bed unit specialising in the treatment of acute mental illness. The Unit provides in-patient services for people aged over 16 years who reside within the cities of Yarra and Boroondara. The Unit also contains 5 statewide Koori beds.
WAITING LIST:	Nil
REFERRAL METHOD:	Other worker(s) or self
TARGET GROUP:	People aged 16 years and above, who live within Yarra or Boroondara and experience mental health issues
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 5pm Mon - Fri Nil - Bulkbilling applies

HEALTH:

NAME OF AGENCY:

Mental Illness Fellowship

LOCATION:

276 Heidelberg Rd. Fairfield 3078

MAILING ADDRESS:

P.O. Box 359 Clifton Hill 3068

TELEPHONE NUMBER:

9482 4199

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

The Fellowship offers a range of services including:

- Breakaway - is a group of residential and home based respite programs for people living in the Northern, Southern and Eastern Metropolitan Regions of Melbourne. It provides holidays, regular home visits and activities. Breakaway is of mutual benefit to the person going on a holiday or being visited, and to their family.

Day Programs:

- Clubhouses - SFV Services operates 5 Day Programs in Shepparton, Wonthaggi, Hoppers Crossing, Footscray and Richmond. The programs are based on the Clubhouse Model, which is designed to empower people to achieve their optimal health, and return to work or study. Staff and members run the programs together. Members may "drop in" and/or become involved in the structured part of the day to regain social, living and pre-vocational skills. The program offers a range of employment opportunities, including group work, and individual supported work placement in open employment. These opportunities help give purpose to some of the day program activities.
- Home Based Outreach Support - HBOS services operate in the Eastern, Southern and Western metropolitan regions of Melbourne and the Hume region. These psychiatric disability support services are provided in the client's own home or unit. This social and living skills program aims to empower people to increase their independence through a range of activities that focus on everyday life situations. In addition, the program provides information and support to carers of program participants.
- Other areas of interest for SFV include a number of supported accommodation units in the Eastern Metropolitan and Hume regions.

Residential Rehabilitation:

- Rossdale - This program provides twenty-four hour support to people living in the Southern Metropolitan Region who experience significant levels of dependence. Each person is allocated an apartment and is involved in developing their own rehabilitation plan to foster independent living skills. For information call 9510 2338

Mutual Support and Self Help:

- The Mutual Support and Self Help Program provide information support and counselling to people with

HEALTH:

a mental illness their families and friends through individual counselling, group based support and counselling as well as community and professional education, and provision of resources.

WAITING LIST:

Yes - In-patients only

REFERRAL METHOD:

Self-referred or through other agencies

TARGET GROUP:

Any person suffering from schizophrenia

DISABILITY ACCESS:

Yes

HOURS OF OPERATION:

9:30 - 5pm Mon - Fri

FEES:

Counselling is free, some services incur a cost

HEALTH:

NAME OF AGENCY:	The Albert Road Clinic
LOCATION:	31 Albert Road South Melbourne
MAILING ADDRESS:	31 Albert Road, South Melbourne Vic 3205
TELEPHONE NUMBER:	9256 8311
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	<p>The Albert Road Clinic offers specialist services that particularly cater for the needs of young people. These services include:</p> <p>Adolescent Unit:</p> <ul style="list-style-type: none">• A 15 bed unit for young people who are experiencing psychological and behavioural problems including:<ul style="list-style-type: none">• Feeling depressed• Anxious• Angry• Worthless• Constant conflict with parents or siblings• Being withdrawn, aggressive or disruptive• Running away• Having difficulties at school <p>Within the adolescent unit, there is also a specialist eating disorder program, which helps young people whose excessive preoccupation with food or weight has led to anorexia nervosa or bulimia.</p> <p>Parent and infant Unit:</p> <ul style="list-style-type: none">• A 9-bed unit for parents and babies in distress. Problems may include:<ul style="list-style-type: none">• Continually feeling exhausted• Depressed• Anxious• Angry• Unable to cope• Relationship difficulties• Not being confident about caring for the baby• Difficulty in bonding• Having a baby with feeding problems• Constant crying• Delays in development
WAITING LIST:	Nil
REFERRAL METHOD:	Self-referred or from other workers / organisations
TARGET GROUP:	Young people with psychiatric illnesses
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	24-hour service
FEES:	Private hospital, patients incur private hospital rates (Private Health Insurance recommended)

HEALTH:

NAME OF AGENCY:

The Melbourne Clinic

LOCATION:

130 Church Street, Richmond

Visit the web site:

<http://www.melbclinic.com.au/intro.htm>

MAILING ADDRESS:

130 Church Street, Richmond Vic 3121

TELEPHONE NUMBER:

9429 4688

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

The Melbourne Clinic is a private psychiatric hospital and provides many services for people suffering from mental health including:

- Intensive psychiatric care
- Alcoholism treatment
- Specialised psychiatric unit for the elderly
- Pain management
- Phobic disorders

Treatment Programs:

- Treatment is provided through an extensive range of multi-disciplinary in-patient and day patient treatment programs under the care of an accredited psychiatrist

Referrals:

- Accredited Psychiatrists may arrange for their patients to be admitted by contacting Patient Services on 9429 4688
- General Practitioners may refer patients directly to one of The Clinic's accredited psychiatrists

Professorial Unit:

- The unit provides expertise in the area of mood disorders, conducts research of new treatments and provides teaching for medical students, and psychiatric registrars.

WAITING LIST:

Nil to 2 days

REFERRAL METHOD:

Referred by a GP

TARGET GROUP:

People suffering from mental illness

DISABILITY ACCESS:

Yes

HOURS OF OPERATION:

24-hour service

FEES:

Private hospital rates apply

(Private Health Insurance recommended)

HEALTH:

NAME OF AGENCY:	The Melbourne Optometry Clinic
LOCATION:	Corner of Cardigan and Keppel Streets, Carlton 3053
MAILING ADDRESS:	as above
TELEPHONE NUMBER:	9349 7400
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	The clinic provides low cost optometry care to people on low incomes. Optometry consultations and subsidised visual aids to eligible people. Optometry services to children, people with disabilities, reduced vision and colour vision defects and contact lens care. Regional metropolitan clinics in East Preston, Broadmeadows, Doveton Hallam and Braybrook. Please contact Carlton for details.
WAITING LIST:	Approximately 8 weeks for routine examination.
REFERRAL METHOD:	Patients under care of eye practitioners require written letter of information. Otherwise self-referral.
TARGET GROUP:	Permanent residents of Victoria with a current Pensioner or Health Care Card, and full time students.
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	8:30am - 5:45pm Mon – Fri 8:30am - 5pm Sat
FEES:	Examinations are bulk billed to Medicare. Reduced charge for glasses and contact lenses if clinically necessary to eligible patients.

HEALTH:

NAME OF AGENCY:

The Young Mother's Clinic

LOCATION:

Special Clinics Area, First Floor,
The Royal Women's Hospital
1st Floor, Special Clinics area, 132 Grattan Street,
Carlton

Visit the web site:

<http://wellwomen.rwh.org.au/young.htm>

MAILING ADDRESS:

Young Mother's Clinic, C/o The Royal Women's
Hospital

132 Grattan Street, Carlton 3053

TELEPHONE NUMBER:

9344 2189 / 9344 2183 (Appointments)

CONTACT PERSON(S):

Duty staff

DESCRIPTION OF SERVICES:

The clinic provides an opportunity for young pregnant /
mothering women to meet other young women in
similar situations in a supportive environment.

Midwives, an obstetrician, a peer educator, and young
women's health co-ordinator are also available at the
clinic. Workshop and childbirth education classes are
held regularly. Specialty services offered through the
Young Mother's Clinic include:

- Childbirth Education: A series of evening classes
are run every six weeks on Tuesdays from 5.00pm
to 7.00pm. Individual childbirth education classes
for young women with special needs are also
conducted.
- The Peer Educator: A young mother who is able to
offer support and help you access other services
within the Hospital and community.
- The Social Worker: Available Monday to Friday
between 8.30 a.m. and 5.00 p.m. The Hospital's
Social Work Department is located on the Ground
Floor.
- The Dietitian: Available to discuss any problems or
questions about diet, weight and health.
- Teacher and Job Search Support: Available during
Monday Clinic to provide information about options
for education and employment.

WAITING LIST:

Nil

REFERRAL METHOD:

Self-referred

TARGET GROUP:

Any young pregnant women aged 20 and under, their
partners, friends and family.

DISABILITY ACCESS:

Yes

HOURS OF OPERATION:

12:30 - 4:30pm every Mon (except public holidays)

FEES:

Nil

HEALTH:

NAME OF AGENCY:	Victorian Aboriginal Health Services Co-operative Ltd
LOCATION:	186 Nicholson Street, Fitzroy
MAILING ADDRESS:	186 Nicholson Street, Fitzroy Vic 3065
TELEPHONE NUMBER:	9419 3000
CONTACT PERSON(S):	Duty staff
DESCRIPTION OF SERVICES:	Medical and dental care for Aboriginal people and any person supporting an Aboriginal child.
WAITING LIST:	Nil - appointments necessary
REFERRAL METHOD:	Other agency/worker or self-referred
TARGET GROUP:	Aboriginal people of all ages
DISABILITY ACCESS:	Yes
HOURS OF OPERATION:	9 - 5pm Mon - Thurs, 9 - 6pm Fri
FEES:	Glasses cost up to \$40, dental services (checkups, fillings, extractions) are free however, charges for dentures apply.