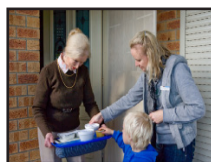
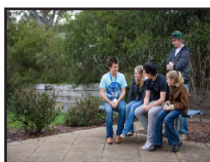




MITCHELL
Community Health



Providers of health and social support services within the shires of Mitchell and Murrindindi. Working actively with communities to improve health and wellbeing outcomes and to prevent illness.

Bushfire Counselling and Support



Murrindindi & Mitchell Shires

MCHS is responsible for coordinating counselling and personal support for people affected by the bushfires in Mitchell and Murrindindi.

MCHS is continuing to provide a coordinating presence at the community hubs in: Alexandra, Buxton, Flowerdale, Kinglake Ranges, Marysville and Narbethong.

Appointments for counselling can be arranged at any of the above sites by contacting the Service Access & Care Coordination team Monday to Friday 9.00am – 5.00pm.

T: 1300 773 352 F: 5784 5525

E: serviceaccess@mitchellchs.org.au

DHS Case Management Services can be contacted on 1800 050 400.

Recovery Database

The Mitchell Community Health Service website contains information about the health and counselling services being provided to residents of bushfire affected areas in the Hume region.

There is also a calendar of Community Events and Psychosocial Recovery programs. Searches can be done by location, service or provider. All available at:

www.mitchellchs.org.au

Personal Helpers & Mentors Scheme (PHaMs)

Mitchell Community Health Service is introducing a new program that supports people whose lives are severely affected by mental illness. PHaMs was developed as part of The National Action Plan on Mental Health 2006-2011. It aims to improve mental health service provision across Australia.

The program was designed as a result of consultations Australia wide with consumers, carers, clinicians and service providers and is underpinned by three key outcomes including: increased access to appropriate support services; increased personal capacity and self-reliance; and increased community participation.

PHaMs case workers can provide clients assistance with employment or training opportunities, housing, advocacy, personal development, improving family relationships, seeking clinical support, improved self care and promotion of independence and resilience by using a strength-based method of facilitation. Included in the team of Outreach Workers are two Peer Support Workers who have a lived experience of serious mental illness and recovery.

Their role enriches the team as they share their personal experiences and perspectives, adding a new dimension to the mentoring of participants.

To be eligible for the program, participants must be 16 years of age or older, display evidence of serious mental illness (no clinical diagnosis required), and limited functional ability to manage daily activities and live independently in the community.

The PHaMs participant must reside within the Mitchell Community Health Service designated areas which covers towns and locations across the central northern region of Victoria in the Shires of Mitchell, Murrindindi, Strathbogie, Moira and the City of Greater Shepparton.

For clarification of areas facilitated by this program, referrals or any other enquiries please contact: Mitchell Community Health Service Access Care Coordination team: Ph: 1300 773 352 Fax: 03 5784 5525 e-mail: serviceaccess@mitchellchs.org.au

Fire Danger Days

Please note the following important information about our service provision during the fire season:

On declared **Code Red** fire danger days, all client services will be cancelled.

The Seymour, Wallan, Kinglake, Flowerdale and Marysville sites will be closed (this includes the Kinglake Ranges Health Centre). Alternative service arrangements will be made prior to the day for clients who rely on essential services.

On declared **Extreme** fire danger days, only essential services, centre or town based services will operate.

Bushfire Financial Counselling

Mitchell Community Health Service currently provides a financial counselling service tailored specifically for the needs of people affected by the bushfires.

The service is available across the Mitchell and Murrindindi Shires at locations to suit the client, i.e. Alexandra, Broadford, Buxton, Flowerdale, Kinglake Ranges, Marysville, Narbethong, Seymour, Wallan and Yea; at community hubs, etc.

The service is free and confidential and can support people requiring advocacy in such areas as: insurance/mortgage/credit/utility/telecommunication disputes and ongoing debt.

Three financial counsellors make up the team, their availability is as follows:

- Ian Liddell: Mon – Fri
- Jonathan Hemingway: Mon – Wed
- Linda Samson: Mon – Wed

To access Financial Counselling, call the Service Access and Care Coordination team on 1300 773 352.

Is this your time to Quit?



If you want to know more about quitting smoking or are ready to QUIT please call Kylie on 5784 5555.

Looking for a challenge?

MCHS is currently seeking applications from interested individuals who are over the age of 18 and either live, work or study in the Mitchell or Murrindindi Shires, to join the current Board all of whom volunteer their time and expertise.

The MCHS membership register is also now open and application forms are available.

If you would like more information, or you would like a form posted to you, please contact Debbie Angelino on 5784 5555.

Services Available at MCHS

Clinical Services: Community Health Nurse, Continence Nurse Advisor, Dietetics, District Nursing, Occupational Therapy, Podiatry, Speech Pathology.

Home Care Services: Home Help, Allied Health Services, Meals on Wheels, Veterans' Home Care Program.

Counselling Services: Bushfire, Generalist, Financial, & Problem Gambling, Drug & Alcohol Services, Family Violence Services and Disability Services.

Community Education: Asthma & Diabetes Education and Health Promotion Programs.



Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: serviceaccess@mitchellchs.org.au

Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea and other sites in Murrindindi by negotiation.

Broadford Reception: 5784 5555 Web: www.mitchellchs.org.au