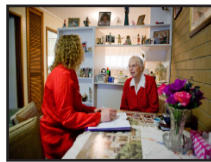




MITCHELL
Community Health



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.

Welcome

Welcome to the first edition of Community Health News for Murrindindi which will appear each month in the Alexandra Standard.

Residents of Murrindindi are encouraged to refer to the page for information about the services available to them through Mitchell Community Health Service (MCHS).

MCHS provides a range of services to the Murrindindi community. These include:

- Bushfire Counselling & Support Services
- Bushfire Case Management
- Family Violence Outreach Service
- Problem Gambling Counselling
- Disability Case Management
- Rural Access Project
- Financial Counselling
- Drug and Alcohol Treatment Services
- Rural Allied Health Team (available to aged, frail and disabled members of the community and their carers) including: Podiatry, Occupational Therapy, Physiotherapy, Speech Pathology, Continence Nurse Advisor and a Dietitian.

Services are currently available in Alexandra, Yea, Marysville, Flowerdale, Kinglake Ranges and other sites by arrangement.

For more information about how we can help you, please contact the Service Access and Care Coordination team on 1300 773 352.

Bushfire Counselling and Support

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 and Care Coordination team Monday to Friday 9.00am – 5.00pm.

T: 1300 773 352 F: 5784 5525

E: serviceaccess@mitchellchs.org.au

Department of Human Services Case Management Services can be contacted on 1800 050 400.

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.

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.

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 Shire of Murrindindi.

For 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.

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

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.

Are you eligible to access our HACC service?



Did you know that Mitchell Community Health Service provides speech therapy, physiotherapy, occupational therapy, continence nursing and dietetics to HACC eligible residents in the Shire of Murrindindi? Well, we do, and it's easy to find out if we can support you.

A referral is not needed. Just telephone our Service Access and Care Coordination team on 1300 773 352 to find out more.

Mitchell Community Health Service: supporting health and wellbeing in the communities of Mitchell and Murrindindi.



Service Access and Care Coordination (SACC)

For all MCHS enquiries and bookings, phone the SACC team on: 1300 773 352

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

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