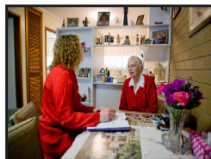




MITCHELL
Community Health



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.

Services available

Mitchell Community Health Service (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, please contact the Service Access and Care Coordination team on 1300 773 352.

Bushfire Counselling & Support

MCHS is responsible for coordinating counselling and personal support for people affected by the bushfires in 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 on 1300 773 352.

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.

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.

To be eligible for the program, participants must live in the Shire of Murrindindi, 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. For more information, contact the Service Access Care Coordination team on 1300 773 352 Fax: 03 5784 5525 e-mail: serviceaccess@mitchellchs.org.au

Rural Access Worker

MCHS has a Rural Access Worker available for the residents of the Murrindindi and Mitchell Shires.

The focus of a Rural Access Worker is to promote access and inclusion for anybody with a disability in the community be it access issues or being included in recreation activities.

Wendy Kelly, who has recently commenced in the role of Rural Access Worker, would like to encourage people with a disability and their families to contact her with any issues they would like addressed in the area.

Wendy would love to hear from you and she can be contacted on 5784 5555.

Men's Behaviour Change

Women and children have the right to determine their lives freely and to feel safe. When the men they love use their power as men to hurt, punish or control them, then that right is violated. If you're thinking about making changes to become a better partner or dad, or just a better person, you don't have to go it alone!

Mitchell Community Health Service's Men's Behaviour Change Group runs groups for men who have been violent and controlling towards family members and now want to change.

Participants talk, share information, and challenge and support each other to be better men, fathers and partners. These groups can help you to make things different and help to put an end to family violence.

When you contact us the first time we will:

- Meet with you at least twice so you can tell us about your situation and the behaviours that you want to change.
- Give you information about how our program operates and what will be expected of the participants.
- If you are eligible and willing, you can join our weekly sessions and work with other men who want to change their behaviours and improve their relationships and their families' lives.

When: every Monday night (next module to begin 29th March 2010 for eligible participants). Where: MCHS Seymour site - Callen Street (on Seymour District Memorial Hospital Grounds). Call 1300 773 352 for more information.



If you think you're eligible to access our HACC service, call us on 1300 773 352 to find out more.

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

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