

Agency	Description	Contact/Referral	Website
Community Support (Children and Family)			
Monash Community Health Services	<p>Monash Health Community supports our community in order to improve and maintain health, independence and well-being. We do this by coordinating and/or providing integrated, multidisciplinary care across multiple settings within the local community. Our aim is to empower and prepare clients to self-manage their health and health care.</p> <p>Working with clients across the age spectrum, Monash Health Community provides care which supports clients through all stages of non-acute care from prevention through to rehabilitation. We provide services which support clients in their homes, community based facilities and dedicated Monash Health Community hubs. Our services are offered face to face and in group settings and include clinical (eg: nursing, dental, medicine, physiotherapy, occupational and other therapies) and non-clinical (eg: counselling, community development, social work, case management) services.</p>	(03) 8572 5631	https://monashhealth.org/services/monash-health-community/
Relationship Australia	<p>Relationships Australia works in a variety of ways to support respectful relationships across Australia.</p> <p>Respectful Relationships We support the development and nurturing of respectful relationships, which has proven to be a crucial foundation for mental health, general wellbeing, and overall resilience.</p> <p>Advocacy We advocate for respectful relationships across all levels of society. Relationships Australia advocates across many stakeholder groups via policy, research, media and community engagement.</p>	1300 364 277	https://relationships.org.au

Link Health and Community	Link Health & Community is owned by Latrobe Community Health Service. Link Health and Community is a not-for-profit community organisation providing a range of medical, health and support services at subsidised cost to improve the health and wellbeing of people in Melbourne's east and south east suburbs.	1300 552 509 (03) 8822 8399	https://www.linkhc.org.au
Beyond Blue	We provide information and support for anxiety, depression and suicide prevention for everyone in Australia.	1300 224 636	https://www.beyondblue.org.au
Uniting (Ashwood location)	<p>Family and Youth support services.</p> <p>We walk alongside families to help overcome issues and ensure a safe and stable home.</p> <p>We provide:</p> <ul style="list-style-type: none"> - Support to parents to develop the skills they need to raise children with love and resilience - Counselling, mentoring and life skills development for children and young people experiencing personal or family challenges - Out-of-home care services - Support to children, young people and families in domestic violence situations. 	(03) 3794 3000	https://www.unitingvictas.org.au
Youth Services			

<p>City of Monash Youth Services</p>	<p>Monash Youth Services (MYS) is part of the broad range of services that Monash Council provides to the local community.</p> <p>MYS provides programs, events and services to young people and families living and accessing the City of Monash. MYS services and programs are free and confidential.</p> <p>MYS offers individual support for young people aged 10 to 25 years. The team also facilitates youth development and participation programs. A range of youth events are planned and developed by young people participating in programs including music, volunteering and a film festival.</p>	<p>(03) 9518 3900</p>	<p>https://www.monashyouth.org.au/Home</p>
<p>Headspace</p>	<p>Headspace is the National Youth Mental Health Foundation. We began in 2006, and ever since we've provided early intervention mental health services to 12-25-year-olds.</p> <p>Each year, we help thousands of young people, and their family and friends, access vital support through our headspace services in over 145 communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools.</p> <p>We support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.</p> <p>In everything we do, we aim to meet the evolving and unique needs of young people and those who support them. That's why our youth reference groups are at the heart of our work, and they play an active role in designing, developing and evaluating our programs.</p>	<p>(03) 9027 0100</p>	<p>https://headspace.org.au</p>

<p>Youth Support and Advocacy Services (YSAS)</p>	<p>The Youth Support + Advocacy Service (YSAS) is one of Australia's largest, youth-specific community service organisation. Operating since 1998 as Victoria's flagship Youth AOD service, YSAS now employs over 350 skilled staff across 19 sites in metropolitan and regional Victoria.</p> <p>While the prime focus of YSAS remains on effective Youth AOD Treatment and sector leadership, the organisation also has extensive experience in providing young people and families with services that support improved mental health and improve meaningful community participation.</p>	<p>(03) 9415 8881</p>	<p>https://vsas.org.au</p>
<p>Migrants and Refugees</p>			

<p>Centre for Multicultural Youth (Dandenong location)</p>	<p>The Centre for Multicultural Youth is a not-for-profit organisation based in Victoria, providing specialist knowledge and support to young people from migrant and refugee backgrounds.</p> <p>The young people we work with tell us they prefer not to be defined by labels. It is important, however, to explain that most of our work focuses on young people from migrant and refugee backgrounds, 12-25 years of age. Young people can encounter significant barriers as they try to settle in Australia or navigate life as multicultural young people. Alongside the challenges of growing up, they are adjusting to different cultural, academic and social expectations – and often shifting between cultures, at home and outside of the home. Their sense of wellbeing and belonging can be considerably diminished by factors such as racism and discrimination. These barriers are often compounded and magnified by services and systems that are ill-equipped to provide the specialist support they need.</p> <p>Despite these complex issues, we know that multicultural young people have the enterprise, resilience and optimism to contribute to the continued prosperity of Australia. By engaging them as experts in their own lives and focusing on their strengths, they can be empowered to adapt and thrive.</p>	<p>(03) 8594 1561</p>	<p>https://www.cmy.net.au</p>
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Foundation House	<p>A specialist refugee trauma agency supporting survivors of torture and other traumatic events.</p> <p>Foundation House provides a range of specialist programs for young people from refugee backgrounds who have recently arrived in Australia, which have been developed in partnership with AMES Australia and the Centre for Multicultural Youth (CMY):</p> <p>Ucan2 An education and settlement program, which aims to facilitate and support the social inclusion of recently arrived young people of refugee background aged 16–25.</p> <p>Ucan2 Active A work-readiness program specifically for young people not currently engaged in education, training or employment. Each program assists with recovery from trauma and settlement in Australia, and builds on the strengths of young participants, integrating their past and present experiences while supporting their future through: access to, and engagement in education, training and employment, mental health and wellbeing support Social connections and networks</p>	(03) 9389 8900	https://foundationhouse.org.au
Housing Support			
Launch Housing	<p>To make a home for all a reality, Launch Housing offers innovative housing solutions with on-going support. We also manage a range of transitional, social and affordable housing to help tackle homelessness across Melbourne.</p> <p>Life-changing housing initiatives like Harris Transportable Housing, Elizabeth Street Common Ground, and Education First Youth Foyers give disadvantaged Melbournians permanent homes, continual support and care.</p>	1800 825 955	https://www.launchhousing.org.au/housingsupport
Department of Family Fairness, and Housing - crisis accommodation	Help if you are homeless or at risk of homelessness or family violence.	1800 825 955 (03) 9536 7777	https://www.housing.vic.gov.au/crisis-emergency-accommodation

Parent Support			
Anglicare Victoria (ParentZone)	<p>At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills and create positive change in their family. We provide free parenting groups, workshops, resources, and training for parents and the professionals who work with them. Our skilled and experienced facilitators tailor the sessions to meet the interests of each group.</p> <p>ParentZone programs cater to all ages and stages, from newborns to teenagers. Programs address the stages and challenges faced by parents including family violence and mental health. Key programs are also offered in multiple languages. They are usually held across the state in schools, kindergartens, community houses, and churches but due to current restrictions are being held online.</p>	1800 809 722	https://www.anglicarevic.org.au/our-services/family-and-parenting-support/parentzone/#contact
Legal Services			
Community Legal Centres	<p>Community Legal Centres are independent community organisations that provide free legal services to the public. Community legal centres exist to enable a strong collective voice for justice and equality, using the law as a tool to achieving this.</p> <p>The main areas of work for Community Legal Centres are: legal advice and casework, community legal education, and systemic advocacy.</p>	(03) 9652 1501	https://www.fclc.org.au
Alcohol and Other Drugs			
Taskforce Community Agency	<p>TaskForce Community Agency plays an important role across communities in south east Melbourne, whether helping individuals and families due to challenges with alcohol and other drugs or family violence, or enabling people through education, training, and employment. Operating for 50 years, we aim to help realise the potential of every client, through achieving outcomes and working towards healthier lives, relationships, and communities.</p>	(03) 9532 0811	https://taskforce.org.au

LGBTQIA+			
Qlife	<p>QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.</p> <p>QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. Our services are for LGBTI individuals, their friends and families, and health professionals in Australia.</p> <p>Beyond the telephone, QLife offers webchat for people who prefer online interactions or for whom the phone is impractical.</p> <p>QLife is continually working to be inclusive and respectful of diversity - we will always strive to ask about your identity, gender or relationship and will not assume that we already know.</p>	1800 184 527	https://qlife.org.au