

Inside Trauma



A Word from the Editor

Where to get help?

Trauma is a part of modern day living. How we deal with it depends on the availability of support at the time, the degree of trauma and an individual's ability to cope. Quite often, family members or close friends will provide support. If, however, this support is not there, outside agencies may be required.

The purpose of this newsletter is to provide a guide, a "where to go" in times of emergency or even stress. A complete list of support agencies would be cumbersome so we have listed some options in detail and given links for further exploration. Important factors to consider when choosing a support option are: location, hours of availability, e.g 24/7, business hours, cost. We hope this is a useful reference chart.

NB: » denotes State service

Mary Casey
Clinical and Educational Supervisor of Trauma Centre Australia

TRAUMA

Trauma Centre of Australia

Services: Provides Trauma and Grief counselling, Critical Incident response, Employee assistance programs, coaching and mentoring, dispute resolution and mediation.

Avail: 24/7

Cost: There is a fee for service

Ph: 03 9205 9488

<http://www.traumacentre.com.au/>

DISABILITY

» Calvary Silver Circle

Services: Disability and elderly support services such as social care, house maintenance and community housing.

Availability & Cost: 24/7. Fees involves

Location: Moorabbin, Ringwood, Keilor East, Morwell and Shepparton

Ph: 1300 66 00 22

<http://www.calvarysilvercircle.org.au/>

Inside Trauma Newsletter

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In this edition:

A word from the Editor

Where to Get Help

Older editions of Inside Trauma are available through the [Archive](#)

***"Be the change you want to see in the world."
- Mahatma Ghandi***

***"Man stands in his own shadow and wonders why it's dark."
- Zen Proverb***



www.traumacentre.com.au

Able Australia

<http://www.ableaustralia.org.au>

LGBT

Gay and Lesbian Switchboard

Services: Telephone counselling, referrals for face to face counselling

Availability & Cost: Free telephone counselling service

Mon – Thurs 6pm – 10pm, Wed 2 – 10pm, Fri, Sat, Sun & Public Hols 6 – 9pm

Ph: (03) 9663 2939 (Melbourne)

Ph: 1800 184 527 (Regional Victoria & Tasmania)

<http://www.switchboard.org.au/Home/tabid/36/Default.aspx>

» Drummond Street Services Inc

<http://www.ds.org.au/>

RELATIONSHIPS

Relationships Australia

Services: Family dispute mediation, violence prevention, telephone counselling, gambling counselling

Cost: Gambling counselling is free, rest of services cost

Location: 450 Burke Road, Camberwell

Ph: 1300 364 277

<http://www.relationshipsvictoria.com.au/>

» Family Relations Institute Inc (Relatewell)

<http://www.relatewell.org.au/>

HEALTH

Nurse on Call

Services: Health advice, free medical advice and support via telephone

Cost: Local phone call, more from mobiles

Location: Telephone based service only

Ph: 1300 606 024

<http://www.health.vic.gov.au/nurseoncall/index.htm>

YOUTH

»Lighthouse Foundation

Services: Provides shelter and support for homeless and abused youth, ongoing counselling and support

Cost: Free

Location: 13 Adolph Street, Richmond

Ph: 90937500

<http://www.lighthousefoundation.org.au/>

» Ardoch Youth Foundation

<https://www.ardoch.asn.au/>

YOUTH LIFELINES/ONLINE COUNSELLING

Kids Helpline

Services: Confidential telephone, email and online counselling service specifically for young people aged between 5 and 25.

Availability & Cost :24 hour free service (Computer required for online counselling)

Ph: 1800 55 1800

<http://www.kidshelp.com.au/>

Headspace

<https://www.headspace.org.au/>

"Tis not enough to help the feeble up. But to support them after"

– William Shakespeare



"Your work is to discover your world and then with all your heart give yourself to it."

- Buddha

Where to get help:

- **Trauma Centre Australia (03) 9205 9488**
- **SANE Australia Tel: 1800 18 SANE (7263)**
- **Lifeline Tel. 13 11 14**
- **Kids Help Line Tel. 1800 551 800**
- **Your Doctor**
- **Community Health Centres**



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FAMILY/PARENT ASSISTANCE

Mackillop Family Services

Services: Out of home care for youth, short and long term respite & foster care, supported accommodation, outreach for at risk and homeless youth, early intervention services, living skills programs, family counselling, refugee and disability support
Location: Melbourne, Geelong, Warrnambool, Western Sydney and southern NSW.

Ph: 03 9699 9177 (VIC)

Ph: 02 8881 4800 (NSW)

<http://www.mackillop.org.au/>

Brotherhood of Saint Laurence

<http://www.bsl.org.au/>

YOUTH RESPITE/LOSS

» **Very Special Kids**

Services: Family support programs, planned and emergency respite and end-of-life care for families caring for a child with a life-threatening condition.

Location: Head office at Malvern

Cost: Free

Ph: 9804 6222 (Bus. Hours)

Ph: 1800 888 875

<http://www.vsk.org.au/>

SIDS and Kids Australia

<http://www.sidsandkids.org/>

DOMESTIC VIOLENCE

» **Centre Against Sexual Assault (CASA)**

Services: Crisis support, counselling, information for people who have been sexually assaulted as adults or as children.

Cost: Free short to medium term individual counselling

Ph: 03 9635 3600 (CASA House)

Ph: 1800 806 292 (After hours state-wide Sexual Assault Crisis Line (SACL))

<http://www.casa.org.au/>

» **Women's Information Centre**

<http://www.womenslegal.org.au/>

GERIATRIC

» **Senior Rights Victoria**

Services: Information, support, advice, a Helpline, specialist legal services, short-term support and advocacy for individuals and community education

Avail: Mon – Fri 10am – 5 pm Senior Rights Victoria

Ph. 1300 368 821

http://www.seniorsrights.org.au/index.php?option=com_content&view=article&id=27&Itemid=7

» **Annecto**

<http://annecto.org.au/>

Word Search

Z Z C S S E R T S V

D O W Z I D X B K T

H N Y T E I X N A Q

L O N E L I N E S S

G P L E H C Q Y D B

Z F Z T R A U M A Y

T E S U P P O R T S

E D I C I U S S C H

C O N N E C T I O N

N O I S S E R P E D

Words to find:

anxiety

loneliness

connection

stress

depression

suicide

help

support

trauma

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MALES

» Men's Referral Service

Services: Anonymous telephone service provided for men by men. Services for men wanting to stop violent or abusive behaviour. Availability and Cost: Mon – Fri 9am – 9pm. Free service
Ph: 03 9428 2899
Free call: 1800 065 973
<http://www.mrs.org.au/>

Men's Line

<http://www.mensline.org.au/Home.html>

SUBSTANCE ABUSE HELPLINES

» Alcoholics Anonymous

Services: AA offers help to recovering alcoholics through regular meetings throughout Victoria and across Australia and a helpline service. Availability and Cost: Meetings held 7 days a week, morning and night. Free service
National Ph: 1300 222 222
Ph: 03 9429 1833 (VIC 24 hour helpline)
<http://www.aavictoria.com.au/>

Narcotics Anonymous

<http://www.navic.net.au/>

Australian Drug Foundation

<http://www.adf.org.au/>

SUBSTANCE ABUSE

» AddEducation

Services: Alcohol and Drug Counselling, DHS Accredited Drink-Driver Education Courses, First Aid courses, Responsible Serving of Alcohol courses, Interlock assessments and removals, Hours and location: Various locations in Victoria
Ph: (03) 9205 9490
<http://www.addeducation.com.au/>

» Bouyancy

Services: Drug and alcohol counselling, support for housing, legal and care needs. Management of pain through insomnia, fear and stress through services such as tai chi, art, meditation and shiatsu massage. Availability and Cost: Mon –Fri 10 am – 5pm. Free Service
Location: 293 Punt Road, Richmond
Ph: 03 9429 3322
<http://buoyancy.org.au/>

ANXIETY

» Anxiety Recovery Centre Victoria (ARCVIC)

Services: Helpline offering information, support and referral for all forms of anxiety sufferers and their families. Support groups and recovery group programs run across VIC (details can be found on website)
Avail: Mon – Fri 10am – 4pm
Cost: Recovery Group Programs cost \$180 for a 6 week program
Ph 1300 269 438
Ph: 03 9830 0533
www.arcvic.org.au

"There has been much tragedy in my life; at least half of it actually happened"

– Mark Twain



"I went to a bookstore and asked the saleswoman, 'Where's the self-help section?' She said if she told me, it would defeat the purpose."

- George Carlin

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AUTISM

» Autism Victoria (Amaze)

Services: Online space where parents and professionals can access information about Autism Spectrum Disorder, information line, family and individual phone and face to face counselling. An online forum and links to parent support groups are also available.

Avail: Mon – Fri 9am – 5pm (except P.H)

Ph: 1300 308 699

<http://www.amaze.org.au/>

GAMBLING ADDICTION

Gambling Help Online

Services: Telephone support for problem gamblers, online counselling and access to face to face counselling across Australia. Availability and Cost: 24/7. All services are free (computer access required for the online counselling)

Ph: 1800 858 858

<http://www.gamblinghelponline.org.au/>

24/7 COUNSELLING HELPLINES

Suicide Line

Services: Information, suicide and bereavement counselling, support, intervention and prevention

Ph: 1300 651 251

<http://www.suicideline.org.au/index.html>

Lifeline

<http://www.lifeline.org.au/>

ROAD TRAUMA

Road Trauma Support Services

Services: Road based trauma, telephone counselling, peer support and work groups

Location: Suite 2, 109 Whitehorse Road, Blackburn

Cost: Free

Ph: 1300 367 797

<http://www.rtssv.org.au/>

HOMELESSNESS

» Salvation Army Crisis Support Services

Services: Support, information and referrals for people experiencing difficulties in areas of housing, family violence, substance abuse and mental health.

Avail: Crisis Contact Centre operates 9 am until 11 pm every day of the year

Location: 29 Grey Street, St Kilda (No appointment necessary)

Ph: 1800 627 727 (24 hour Homelessness support line)

Ph: 1800 825 955

<http://www.salvationarmy.org.au/en/Find-Us/Victoria/CrisisServices/Program-Information/Crisis-Support-Services/>

"Be faithful in small things because it is in them that your strength lies."

- Mother Teresa



"Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth."

- Oscar Wilde

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

- Winston Churchill

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OTHERS

» **ACSO (Australian Community Support Organisation)**

Services: Transitional and case management support, disability support, employment services, homelessness support programs, Alcohol and other Drugs assessment and treatment planning and outreach support.

Location: 1 Hoddle Street, Richmond (also located throughout Melbourne metropolitan area and many regional centres).

Ph: 03 9413 7000 (office hours)

<http://acso.org.au/>

» **Berry Street**

Services: Support to children, young people and their families. Services focus on community, education, training and employment, family Services, family violence, foster care, residential and therapeutic care.

Location: Central office in Richmond

Ph: 03 9429 9266

<http://www.berrystreet.org.au/>

Arbias (VIC/NSW)

Services: Support services to people with Acquired Brain Injury specialising in alcohol and drug related brain injury, case management, accommodation, and flexible support such as provocation, recreation, employment and Community support services

Cost: Fees are payable for flexible support and are means tested and funded through individual support packages

Location: Offices in Brunswick, VIC and Bankstown, NSW

Ph: 03 8388 1222 (VIC)

Ph: 02 9644 2869 (NSW)

www.arbias.org.au

» **Women's Information and Referral Exchange (WIRE)**

Services: Information, support and referral for women, including referral to counselling.

Availability and Cost: Mon – Fri 9am – 5pm. Free telephone service

Ph: 1300 134 130

TTY: 13 36 77

» **Women's Domestic Violence Crisis Service**

Services: Telephone support and information for women experiencing violence and abuse. Staffed by women

Avail: 24/7

Ph: 1800 015 188

Ph: 03 9322 3555

<http://www.wdvcs.org.au/>

Beyond Blue

Services: National information line and website with information, resources and links for people feeling depressed or anxious or for those who know others feeling this way

Ph: 1300 224 636 (24/7)

www.beyondblue.org.au

PRIZE OPPORTUNITY

**Trauma Centre Australia
in association with
TAPIG is offering a prize
of a \$50 book voucher
and free entry to a year
of TAPIG events.**

**Just write a 300-500
word article for the
Winter edition 'Inside
Trauma'.**

The topic is;

***Trauma of Modern Living
(NOISE)***

**The winner will be
decided by the Editorial
Committee.**

**Entries are due by
1st of May 2013.**

**To subscribe or unsubscribe, please
email;
newsletter@traumacentre.com.au**

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Life without Barriers

Services: Youth Justice, Refugees, Homelessness based programs and respite care.

Cost: Some services free to eligible clients via Centrelink

Location: 1-3 Brindalee Place Cranbourne East and 12 Bridge Street, Eltham

National Office: 02 4033 4500

Cranbourne Office: 03 5990 3200

Eltham Office: 03 9430 2500

www.lwb.org.au

For more information about the above services, full details will be available on the applicable website.

Peter Horton
Founding Director of Trauma Centre Australia



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