

WHHE

Women's Health East

Guide to Services for

Women



This booklet contains information regarding a range of services that are provided by health and community organisations to support women who work, live or study in the Eastern Metropolitan Region. Some of the organisations work across the state and some work more locally.

For further assistance or information, women can contact Women's Health East. Women's Health East **does not provide direct services to women** however we can refer them to people/organisations that can assist them.

For a more comprehensive list of more links to local services, visit the Women's Health East website. This booklet is not a complete list and does not imply our 'endorsement' of a particular service or program.

Guide to Services for Women

Local Government Areas of the Eastern Metropolitan Region

Yarra Ranges

Ph: 1300 368 333

www.yarraranges.vic.gov.au

Knox

Ph: (03) 9298 8000

www.knox.vic.gov.au

Whitehorse

Ph: (03) 9262 6333

www.whitehorse.vic.gov.au

Monash

Ph: (03) 9518 3555

www.monash.vic.gov.au

Boroondara

Ph: (03) 9278 4444

www.boroondara.vic.gov.au

Maroondah

Ph: (03) 1300 88 22 33

www.maroondah.vic.gov.au

Manningham

Ph: (03) 9840 9333

www.manningham.vic.gov.au

Women's Health Organisations

Women's Health East

Women's Health East is a regional non-profit women's health promotion agency working across the Eastern Metropolitan Region of Melbourne. We work to improve the health and wellbeing of girls and women. Our catchment area covers the seven Local Government Areas of Yarra Ranges, Maroondah, Knox, Whitehorse, Monash, Boroondara and Manningham.

Women's Health East has 4 main priority areas. These include;

- Gender Equity
- Prevention of Violence against Women
- Promotion of Mental Health and Wellbeing
- Enhancing Sexual and Reproductive Health

The health promotion team at Women's Health East works exclusively in gender-based health promotion, which involves:

- Working in partnership with other health and community agencies to promote gender-based planning in health promotion and service delivery, and to improve service system access and responsiveness for women
- Training and education programs for service providers on women's health issues and gender awareness in planning and service delivery
- Research into women's health needs
- Advocacy and consultancy within the health and community sector to promote women's health and wellbeing
- Raising awareness of health and wellbeing issues experienced by women
- Partnerships with service providers and establishing networks to improve services for women

Address: Suite 5/37 Heatherdale Road, Ringwood 3134

Ph: (03) 8873 3700

Fax: (03) 9874 8169

Website: www.whe.org.au

Email: health@whe.org.au



Women's Health Clinics/Services

Family Planning Victoria

Confidential service providing clinical care support and advice regarding sexual health issues such as infertility, unplanned pregnancy, sexual relationships, women's health screening & STI testing. Support and advice to people with disabilities.

Appointments available: Mon-Fri mornings.
Drop-in service operating Mon-Fri 1.00pm to 4.00pm.

Address: Ground floor, 901 Whitehorse Rd
Box Hill, 3128
Ph: (03) 9257 0100
www.fpv.org.au

Eastern Health Breast Cancer Support Group

A support group for women who have or have had breast cancer, & their carers/ family. The group provides a forum to share feelings and experiences & to provide support and positive engagement. Anyone can refer. Available at two locations:

<i>Maroondah Hospital Breast Clinic</i>	<i>Angliss Hospital- Community Rehab Centre</i>
Address: 20 Gray Street, Ringwood East, 3135 Ph: (03) 9871 3582	Address: Albert Street Upper Ferntree Gully, 3156 Ph: (03) 9764 6170

Bulk-billing available.

Women's Domestic Violence Crisis Service

24 hour state-wide support and intervention for women experiencing violence and abuse.

Ph: (03) 9322 3555 or 1800 015 188 (Toll Free)

Email: admin@wdvcs.org.au

Website: www.wdvcs.org.au

Eastern Domestic Violence Service (EDVOS)

Provides individual counselling, support, information, referral and advocacy to women and children who are experiencing domestic violence.

Ph: (03) 9259 4200

Email: edvos@edvos.org.au

Well Women's Clinic

Provides low cost confidential medical services, information, counselling, referral and education to all women. The clinic is held at Maroondah Social and Community Health Centre.

Address: 75 Patterson St
Ringwood East, 3135
Ph: (03) 9837 3999
www.each.com.au/well-womans-clinic

Marie Stopes International Maroondah Centre

Provides reproductive healthcare and family planning information and support on issues such as women's health screening, unplanned pregnancy, STI testing and contraception

Address: 411 Dorset Rd
Croydon, 3136
Ph: 1800 003 707
www.mariestopes.org.au

Eastern Centre Against Sexual Assault (ECASA)

Free counselling and support to women who have experienced sexual assault and to non-offending family and friends of victims.

Address: 17 Ware Crescent

East Ringwood, 3135

Ph: (03) 9870 7330 or 1800 806 292 (24 hours)

Jean Hailes Foundation for Women's Health

The Jean Hailes Foundation for Women's Health provides research, community and professional education and clinical care.

Address: 173 Carinish Road

Clayton, 3168

Ph: (03) 9562 7555

Email: clinic@jeanhailes.org.au

www.jeanhailes.org.au

Community Health Services

Community Health Services provide a range of low cost health services including allied health services, counselling for individuals and families, social support and group programs.

Eastern Access Community Health (EACH)

Provides a range of integrated community health, disability and general support services to people living in Melbourne's eastern region.
Website: www.each.com.au

Head Office
46 Warrandyte Rd
Ringwood, 3134
Ph: (03) 9871 1800

Outreach Location
75 Patterson Street
East Ringwood, 3135
Phone: (03) 9837 3999

For a complete list of outreach locations in the Eastern Metropolitan Region, please visit the EACH website - www.each.com.au

Knox Community Health Service

www.kchs.org.au
To access a range of services, please call
(03) 9757 6200

Head Office *Wantirna Site*
1063 Burwood Hwy Unit 1, 603 Boronia Road
Ferntree Gully, 3156 Wantirna, 3152

Manningham Community Health Services

Unit 1, 1020 Doncaster Road
Doncaster East, 3109
Ph: (03) 8841 3000
Fax: (03) 8841 3030
www.mannchs.org.au

Ranges Community Health Service

www.rangeschs.org.au
Outreach locations listed below.

Lilydale Office *Belgrave Office*
17 Clarke Street 1624 Burwood Hwy
Lilydale, 3140 Belgrave, 3160
Ph: (03) 9738 8801 Ph: (03) 9754 8963
Fax: (03) 9739 4689 Fax: (03) 9754 3257

Monashlink Community Health Service

Provides services from a number of outreach locations - listed below.
Ph: 1300 552 509 to access services
www.monashlink.org.au

Whitehorse Community Health Service

Level 2, 43 Carrington Rd
Box Hill, 3128
Ph: (03) 9890 2220
Fax: (03) 9898 8010

Inner East Community Health Service

www.iechs.com.au
Outreach locations listed below.

<i>Boroondara Community Health Centre Hawthorn</i> 378 Burwood Rd Hawthorn, 3122 Ph: (03) 9818 6703 Fax: (03) 9818 6714 Bulk-billing available	<i>Craig Community Health Centre Ashburton</i> 7 Samarinda Avenue Ashburton, 3147 Ph: (03) 9885 6822 Fax: (03) 9885 6844 Bulk-billing available
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Glen Waverley
7 Dunscombe Ave
Glen Waverley, 3150
Ph: 1300 552 509
Fax: (03) 9563 2893

Ashwood
219 High St Road
Ashwood, 3147
Ph: 1300 552 509
Fax: (03) 9563 2893

Hughesdale
568 Neerim Rd
Hughesdale, 3166
Ph: 1300 552 509
Fax: (03) 9563 2893

Clayton
Level 1, 9-15 Cooke St
Clayton, 3168
Ph: 1300 552 509
Fax: (03) 9563 2893

Neighbourhood Houses, Community Centres and Learning Centres

Neighbourhood Houses, Community Centres and Learning Centres provide educational, training and support programs to improve the skills and knowledge of individuals in a supportive and social community environment.

**Alamein Neighbourhood House
and Learning Centre**

Phone: (03) 9885 9162
www.alameinnlc.org.au

Waverley Community Learning Centre Inc.

Ph: (03) 9807 6011
www.waverleycommunitylearningcentre.org.au

Orana Neighbourhood House

Ph: (03) 9801 1895
www.orananh.org.au

Amaroo Neighbourhood Centre

Ph: (03) 9807 0570 or 9807 2625
www.amaroonc.org.au

Warrandyte Neighbourhood House

Ph: (03) 9844 1839
www.warrandyteneighbourhoodhouse.org.au

Pines Learning

Ph: (03) 9842 6726
<http://pineslearning.com.au>

Coonara Community House

Ph: (03) 9758 7081
www.coonarahouse.org.au

Yarrunga Community Centre

Ph: (03) 9722 8942
www.yarrunga.org.au

Arrabri Community Centre

Ph: (03) 9294 7530
<http://arrabri.org/>

Glen Park Community Centre

Ph: (03) 9294 7525
www.glenparkcc.com.au

Uniting Care Harrison

Ph: (03) 9871 8700
www.harrison.org.au

Park Orchards Learning Centre

Ph: (03) 9876 4381
www.parkorchards.org.au

Box Hill South Neighbourhood House

Ph: (03) 9898 8270
<http://home.vicnet.net.au/~bhsnh/>

Mitcham Community House

Ph: (03) 9873 4587
www.mitchamcommunityhouse.org

The Basin Community House

Ph: (03) 9761 0209
<http://thebasincommunityhouse.wikispaces.com>

Bulleen & Templestowe Community House Inc.

Ph: (03) 9850 3687
www.batch.org.au

St Stephen's Community Living Centre

Ph: 0423 728 864
www.ssclc.websytc.com.au

Seville Community House

Ph: (03) 5964 3987
www.sevillecommhouse.org.au

Healesville Living & Learning Centre

Ph: (03) 59625982
www.healesvillelearningcentre.org

Central Ringwood Community Centre Inc.

Ph: (03) 9870 2602
www.crcinc.org.au

North Ringwood Community House Inc.

Ph: (03) 9876 3421
www.nrch.org.au

Wyreana Community Centre

Ph: (03) 9294 5590
www.artsinmaroondah.com.au/Wyreana.htm

Mountain District Learning Centre

Ph: (03) 97587859
www.mdlc.com.au

Kew Neighbourhood Learning Centre

Ph: (03) 9853 3126
<http://kewnlc.org.au>

This is not a complete list of Neighbourhood Houses, Community Centres & Learning Centres in the Eastern Metropolitan Region and does not imply our 'endorsement' of a particular service or program.

Please visit your local government website to access a more comprehensive list.

Mental Health & Wellbeing Services

Inner East Mental Health Services Association

Provides psychosocial rehabilitation and support for people experiencing a mental illness

Address: 423 Station Street

Box Hill, 3128

Ph: (03) 9890 9248

Fax: (03) 9890 3822

www.iemhsa.com.au

Anxiety Recovery Centre

Provides support & recovery services for people with anxiety disorders & their families, friends & carers.

Address: 42 High Street Road

Ashwood, 3147

Ph: (03) 9886 9233

www.arcvic.com.au

Open Doors Counselling and Education Centre

Provides counselling support and education to women regarding issues around pregnancy, miscarriage and abortion.

Address: 5 Greenwood Avenue

Ringwood, 3134

Ph: (03) 9870 7044

www.opendoors.com.au

NEAMI

Provides information, group work & outreach support to people with a serious mental illness.

Address: 1/888 Doncaster Road

Doncaster East, 3109

Ph: (03) 9848 2465

Email: doncaster@neami.org.au

Hawthorn Community Mental Health Centre

Address: 642 Burwood Road

Hawthorn, 3123

Ph: (03) 9882 9299

Fax: (03) 9882 9637

ARAFEMI

Provides support, prevention & recovery services for people with a mental illness & their carers, families & friends.

Address: 270 Auburn Road

Hawthorn, 3122

Ph: (03) 9810 9300

www.arafemi.org.au

Youth Services

Child & Adolescent Mental Health Services

Provides assessment & case management

For young people ages 0-18 years experiencing mental health issues.

Address: 3/43 Carrington Road

Box Hill, 3128

Ph: (03) 9843 1200

Fax: (03) 9843 1299

AH: 1300 721 927

Boroondara Youth Services

Address: 35 Fairholm Grove

Camberwell, 3124

Ph: (03) 9835 7824

Fax: (03) 9882 2910

www.boroondara.vic.gov.au/residents/youth-services

Interchange Outer East

Interchange Outer East provides programs and services to families of children and young adults with disabilities who live in the outer eastern suburbs of Melbourne. Services include respite care, recreation based services and post school options.

Address: 5-7 Yose Street, Ferntree Gully, 3156

Ph: (03) 9758 5522

Fax: (03) 9758 5899

Email: ioe@ioe.org.au

www.ioe.org.au

Other Services

Eastern Drug & Alcohol Services

Free & confidential alcohol & drug counselling, support and education
Ph: 1300 650 705
www.edas.org.au

Connections

Supports marginalised and disadvantaged children, young people & families.
Address: 31 Hardner Road
Mount Waverley, 3149
Ph: (03) 9271 0800
www.connections.org.au

Boroondara Police Complex

Address: 34 Harp Road
Kew East, 3101
Ph: (03) 8851 1111
Fax: (03) 9859 9204
Email: boroondara.uniC@police.vic.gov.au

Doncare Community Services

Doncare provides support to families, the aged, youth and disadvantaged.
Address: 8 Montgomery Street
East Doncaster, 3109
Ph: (03) 9841 4215
Fax: (03) 9841 4281
Email: doncare@doncare.org.au
www.doncare.org.au

Eastern Community Legal Centre

Suite 3, Town Hall Hub
27 Bank Street
Box Hill, 3128
Ph: (03) 9285 4822
Fax: (03) 9285 4833
www.eclc.org.au

Camcare

Meets a range of support needs which result from adversities such as unemployment, food insecurity, homelessness, & financial stress.

51 St John's Avenue
Camberwell, 3124
Ph: (03) 9882 2216

4 Y Street
Ashburton, 3147
Ph: (03) 9885 0366

Gambler's Help Eastern

Address: 46 Warrandyte Road
Ringwood, 3134
Ph: 1300 131 973
www.each.com.au/gamblers-help-eastern/

Eastern Domestic Violence Service

Ph: (03) 9259 4200
Email: edvos@edvos.org.au

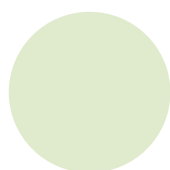
The Royal Women's Hospital

Address: Grattan & Flemington Street
Parkville, 3052
Ph: (03) 8345 2000
www.thewomens.org.au

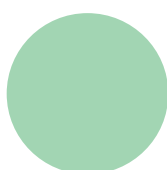
Migrant Information Centre (MIC)

provides a range of services for migrants and refugees living in the eastern suburbs of Melbourne.
Ph: (03) 9285 4888
Fax: (03) 9285 4882
Email: mic@miceastmelb.com.au
www.miceastmelb.com.au

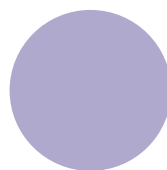
For a list of more links to local services, visit the Women's Health East website. This booklet is not a complete list and does not imply our 'endorsement' of a particular service or program.



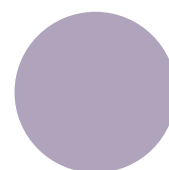
Address:
Suite 5/37
Heatherdale Road,
Ringwood



Phone:
(03) 8873 3700



E-Mail:
health@whe.org.au



Website:
www.whe.org.au

Victorian Support Services

Women's Health Services

WIRE—Women's Information & Referral

www.wire.org.au

The Royal Women's Hospital

Ph: (03) 8345 2000

www.thewomens.org.au

Women with Disabilities Victoria

www.wdv.org.au

Mental Health & Wellbeing Services

Beyond Blue

www.beyondblue.org.au

Mental Illness Fellowship Victoria

www.mifellowship.org

Victorian Mental Illness Awareness Council (VMIAC)

www.vmiac.org.au

Lifeline Australia

www.lifeline.org.au

Post & Antenatal Depression Association

www.panda.org.au

Youth Services

Kids Helpline

www.kidshelp.com.au

When Love Hurts

A guide on love, respect & relationships.

www.lovegoodbadugly.com

Reach Out

Provides mental health information to young people.

www.reachout.com.au

Eating Disorder Foundation of Victoria

www.eatingdisorders.org.au

Marie Stopes International

Their library provides 'sexplanations' for children and teenagers.

www.mariestopes.org.au

Other Services

Seniors Rights Victoria

Ph: 1300 368 821

www.seniorsrights.org.au

Domestic Violence Resource Centre

www.dvirc.org.au

The Heart Foundation

www.heartfoundation.org.au

Legal Aid

Ph: (03) 9269 0120

www.legalaid.vic.gov.au

Domestic Violence Victoria

www.dvvic.org.au

Telephone Helplines

Lifeline Australia	13 11 14
Suiceline	1300 651 251
Carer Helpline	1300 550 265
Kids Helpline	1800 55 1800
Anxiety Recovery Helpline	1300 269 438
Eating Disorders Helpline	1300 550 236
Cancer Helpline	13 11 20
Grief Line	(03) 9935 7400

