



Women's Health East
Investing in Equality and Wellbeing for Women

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: 1/125 George Street, Doncaster East, 3109

Ph: (03) 9851 3700

Fax: (03) 9848 3160

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 9.00am to 5.00pm.
Drop-in service operating Mon-Fri 1.00pm to 5.00pm.

Address: Ground floor, 901 Whitehorse Road
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, and their carers/ family. The group provides a forum to share feelings and experiences, and to provide support & positive engagement.

Anyone can refer. Available at two locations:

*Maroondah Hospital
Breast Clinic*

Address: 20 Grey Street,
Ringwood East, 3135

Ph: (03) 9871 3582

Bulk-billing available.

*Angliss Hospital-
Community Rehab Centre*

Address: Albert Street
Upper Ferntree Gully, 3156

Ph: (03) 9764 6170

Hospital: 1300 342 255

Safe Steps

Family Violence Response Centre

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@safesteps.org.au

Website: www.safesteps.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 - EACH

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 Street
Ringwood East, 3135

Ph: (03) 9837 3999

<http://www.each.com.au/service/well-womens-clinic/>

Marie Stopes International

Maroondah Centre (Dr Marie)

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 Road
Croydon South, 3136

Ph: 1300 336 043

www.drmarie.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)

<http://www.easternhealth.org.au/services/item/174-eastern-centre-against-sexual-assault-ecasa>

Jean Hailes for Women's Health

The Jean Hailes 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.

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

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

Knox Social and Community Health Service

www.kchs.org.au

To access a range of services, please call
(03) 9757 6200

Head Office

1063 Burwood Hwy
Ferntree Gully, 3156

Wantirna Site

Unit 1, 603 Boronia Road
Wantirna, 3152

Carrington Community Health Service

Level 2, 43 Carrington Road
Box Hill, 3128

Ph: (03) 9890 2220

Fax: (03) 9898 8010

www.wchs.org.au

Inner East Community Health Service

www.iechs.com.au

Outreach locations listed below.

*Boroondara Community
Health Centre Hawthorn*

378 Burwood Road
Hawthorn, 3122

Ph: (03) 9818 6703

Fax: (03) 9818 6714

Bulk-billing available

*Craig Community Health
Centre Ashburton*

7 Samarinda Avenue
Ashburton, 3147

Ph: (03) 9885 6822

Fax: (03) 9885 6844

Bulk-billing available

ACCESS Health & Community

Unit 1, 1020 Doncaster Road
Doncaster East, 3109

Ph: (03) 8841 3000

Fax: (03) 8841 3030

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

Inspiro

www.inspiro.org.au

Outreach locations listed below.

Lilydale Office

17 Clarke Street
Lilydale, 3140

Ph: (03) 9738 8801

Fax: (03) 9739 4689

Belgrave Office

1624 Burwood Hwy
Belgrave, 3160

Ph: (03) 9738 8801

Fax: (03) 9739 4689

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

Glen Waverley

2 Euneva Avenue
Glen Waverley, 3150

Ph: 1300 552 509

Fax: (03) 9563 2893

Batesford Community HUB

94 Batesford Road
Chadstone, 3148

Ph: 1300 552 509

Fax: (03) 9563 2893

Oakleigh

8-10 Johnson Street
Oakleigh, 3166

Ph: 1300 552 509

Fax: (03) 9564 6100

Clayton

Level 1, 9-15 Cooke Street
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 and Learning Centre

Phone: (03) 9885 9401

www.alameinnlc.com.au

Waverley Community Learning Centre Inc.

Ph: (03) 9807 6011

www.wclc.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

www.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

www.arrabri.org

Glen Park Community Centre

Ph: (03) 9720 5097 or (03) 9720 9549

www.glenparkcc.com.au

Uniting Care Harrison

Ph: (03) 9871 8700

www.unitingcareharrison.org.au

Park Orchards Learning Centre

Ph: (03) 9876 4381

www.parkorchards.org.au

Box Hill South Neighbourhood House

Ph: (03) 9898 8270

www.bhsnh.org.au

Mitcham Community House

Ph: (03) 9873 4587

www.mitchamcommunityhouse.org

The Basin Community House

Ph: (03) 9761 0209

www.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.websyte.com.au

Seville Community House

Ph: (03) 5964 3987

www.sevillecommhouse.org.au

Healesville Living & Learning Centre

Ph: (03) 5962 5982

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

Wyreena Community Arts Centre

Ph: (03) 9294 5590

www.artsinmaroonah.com.au/Wyreena.aspx

Mountain District Learning Centre

Ph: (03) 9758 7859

www.mdlc.com.au

Kew Neighbourhood Learning Centre

Ph: (03) 9853 3126

www.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

NEAMI

Provides information, group work & outreach support to people with a serious mental illness, from 4 sites within the Eastern Metropolitan Region, with varying service hours.

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

- Suite 4, 39 Railway Road, Blackburn 3130
Ph: (03) 9890 9248
- 5/37 Heatherdale Road, Ringwood 3134
Ph: (03) 9873 4777
- 1/16-18 Croydon Road, Croydon 3136
Ph: (03) 8736 9527
- 11 Malmsbury St, Kew 3101
Ph: (03) 9855 1421

Anxiety Recovery Centre

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

Address: 292 Canterbury Road

Surrey Hills, 3127

Ph: (03) 9830 0566

www.arcvic.org.au

Hawthorn Community Mental Health Centre

Address: 642 Burwood Road

Hawthorn East, 3123

Ph: (03) 9882 9299

Fax: (03) 9882 9637

Mind Australia – Previously known as ARAFEMI

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

Ph: 1300 286 463

www.mindaustralia.org.au

Youth Services

Child & Adolescent Mental Health Services

Provides assessment & case management for young people aged 0-25 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: Level 1, 360 Burwood Road

Hawthorn, 3122

Ph: (03) 9835 7824

Fax: (03) 9835 7835

<https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre>

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: 03 9843 1288

<https://www.easternhealth.org.au/services/item/86-alcohol-and-drug-services-ehads>

Connections

Supports marginalised and disadvantaged children, young people & families.

Address: 48 Blackburn Road, Blackburn 3130

Ph: (03) 9875 4222

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: Suite 4, Level 1, 687 Doncaster Road

Doncaster 3108

Ph: (03) 9856 1500

Fax: (03) 9856 1599

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) 9831 1900

www.camcare.org.au

4 Y Street

Ashburton 3147

Ph: (03) 9809 9100

Gambler's Help Eastern

Address: 46 Warrandyte Road

Ringwood, 3134

Ph: 1300 131 973

<http://communications.each.com.au/gamblers-help-eastern/>

Eastern Domestic Violence Service

Ph: (03) 9259 4200

Email: edvos@edvos.org.au

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

The Royal Women's Hospital

Address: 20 Flemington Road

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.

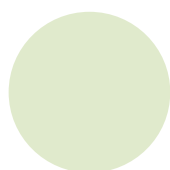
Address: Suite 2, 27 Bank Street, Box Hill, 3128

Ph: (03) 9285 4888

Email: mic@miceastmelb.com.au

www.miceastmelb.com.au

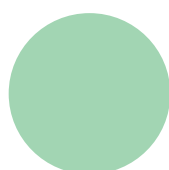
For a list of more links to local services, visit the Women's Health East website. This booklet is not a complete list and does not imply our 'endorsement' of a particular service or program.



Address:

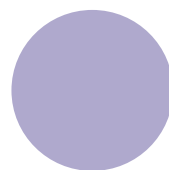
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George Street,
Doncaster East



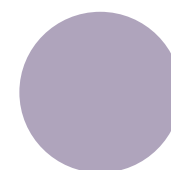
Phone:

(03) 9851 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

Perinatal Anxiety & Depression Australia

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 support to young people about a range of issues.

www.reachout.com.au

Eating Disorder 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.dvrcv.org.au

The Heart Foundation

www.heartfoundation.org.au

Legal Aid

Ph: 1300 792 387

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



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