

About Gunditjmarra

Gunditjmarra Aboriginal Cooperative Ltd is an independent community based not for profit Aboriginal Community Controlled Organization located in Southwest Victoria.

Gunditjmarra provides culturally safe, strength based, social, health and wellbeing programs and services at all life stages- from cradle to grave.

At Gunditjmarra we are committed to:

- ✓ Provide intensive support to clients, carers and families
- ✓ Client centered approach in all interactions
- ✓ Be active and strong advocates on behalf of clients and families
- ✓ Have culture at the centre of everything that we do
- ✓ Link community members in with wrap around service support.



GUNDITJMARA IS A CHILD SAFE ORGANISATION AND IS COMMITTED TO THE SAFETY OF CHILDREN AND PROTECTING CHILDREN FROM ABUSE.

GUNDITJMARA PROVIDES SUPPORT FOR CLIENTS EXPERIENCING AND OR NEEDING ASSISTANCE WITH:

- Family Violence
- Health via the Gunditjmarra Health Service
- Homelessness
- Social and Emotional Wellbeing
- Family Support Advocacy
- Justice system
- Alcohol and Other Drugs
- Leaving Care transition
- Playgroup (Kooramook)
- Maternal and Child Health
- In Home Care Support
- Social Engagement Activities



FAMILY AND COMMUNITY SERVICES

ADULT SOCIAL
& EMOTIONAL
WELLBEING (SEWB)

135 KEPLER ST WARRNAMBOOL VIC 3280
P 03 5559 1234 E ADMIN@GUNDITJMARA.ORG.AU
WWW.GUNDITJMARA.ORG.AU

ADULT SOCIAL & EMOTIONAL WELLBEING (SEWB)

The program provides holistic support for Aboriginal and Torres Strait Islander people that are experiencing social, emotional, cultural, and mental health challenges.

Our friendly workers are here to ensure you feel encouraged, empowered and supported. Our programs are designed for adults and youth. We have both male and female workers to support both men and women.

Our program helps you identify your strengths, reduce your worries and begin to set goals that can achieve positive changes in your life. In essence our role is to support clients to attain cultural connection, self-empowerment, and healthier and happier lives through self-determination.

- Connection to spirit, spirituality and ancestors
- Connection to land
- Connection to culture
- Connection to community
- Connection to family and kinship
- Connection to mind and emotions
- Connection to body.

Adult SEWB Aims and Objectives

- Support Aboriginal adults to be strong and stay strong
- Raise community awareness about the importance of being healthy in mind, body, spirit, and connecting with Aboriginal culture

- Provide support in line with the culturally informed Aboriginal Stay Strong Assessment Tool developed by indigenous people for indigenous people
- Support individuals to identify and build on their strengths while at the same time reducing their worries
- Encourage clients to develop a strong sense of cultural identity and cultural connection as a way to facilitate healing and growth

Referral pathway – please call 5559 1234 and ask to speak to SEWB team member or email sewb@gunditjmara.org.au for a referral form to complete.

IF THERE ARE IMMEDIATE CONCERNS FOR A PERSON'S LIFE OR SAFETY, OR MEDICAL ASSISTANCE IS NEEDED, 000 SHOULD BE CALLED.

If children are at significant and immediate risk of harm, contact the After-Hours Child Protection Emergency Service 13 12 78 (staffed 5pm-9am).

Statewide family violence 24/7 crisis service – safe steps Family Violence Response Centre. Call: 1800 015 188. Available 24 hours, 7 days a week.

Sexual assault support – Sexual Assault Crisis Line (SACL) Call: 1800 806 292

For perpetrators – Men's Referral Service (MRS) Helpline. Call: 1300 766 491 (available 9am - 9pm Monday-Friday).

For female victim survivors – Victim Support Agency (VSA) Victims of Crime Helpline Call: 1800 819 817 or Text: 0427 767 891. Available 8am – 11pm, 7 days a week.

For LGBTI victim survivors – Switchboard (QLife Counselling and Referral service). Call 1800 184 527. Available 3pm – midnight, 7 days a week.

Telephone Counselling – 1800RESPECT. Call: 1800 737 732. Available 24hrs, 7 days a week.

Djirra – Aboriginal Family Violence and Legal service. Free call 1800 105 303

West Division Intake – Rural and Regional only 1800 075 599. Business hours: 8:45am – 5pm

Outside of business hours if you want to have a yarn, contact Yarning Safe n Strong 1800 959 563. It is a 24/7 free and confidential phone crisis line for Aboriginal people and families who need to have a yarn with someone about their wellbeing.

