

About Gunditjmara

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

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

At Gunditjmara 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 Gunditjmara 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



PRIMARY HEALTHCARE

ALCOHOL AND OTHER DRUGS (AOD)

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

ALCOHOL AND OTHER DRUGS (AOD)

To ensure best outcomes for our clients we use a multidisciplinary approach and work between the Banyan Street health clinic and our Kepler Street offices.

We work under a harm minimisation framework and endeavour to support community and individuals to achieve healthy goals. Our alcohol and drug team partners together with the local and state services to provide options for our community members who are motivated to reduce or cease their alcohol or drug use.

We are passionate about strengthening individuals and building their resilience in self-managing their future. We provide support and encourage a reduction in substance use to improve health.

We can act on your behalf and can refer you to other specialist services for detox or rehabilitation if required. We offer a range of prevention, early intervention, counselling programs, and ongoing support. We also provide support to carers and family members affected by a loved one who may be using alcohol or other drugs.

Aims and Objectives

- Provide Aboriginal people and families with a range of prevention, early intervention and group support services
- Offer choice and support that is clinical, professional, and practical
- Have a range of intervention options for withdrawal and rehabilitation locally
- Provide care co-ordination and ongoing support throughout the client's journey

Types of Support

- ✓ Providing structured assessments of Alcohol & Other Drugs consumption, health and psychological factor.
- ✓ Provide referral to counselling, withdrawal, post-withdrawal support and other funded treatment interventions.
- ✓ Provide other appropriate services, where relevant, for carers and families of those affected by Alcohol & Other Drug use.
- ✓ Ensure strong linkages with other health and welfare services in the community.
- ✓ We aim to empower individuals and provide assistance to achieve your aims and goals.
- ✓ We assist with advocacy and to build your individual resilience in self managing your future.

Referrals can come from professionals, or you can call Gunditjmara on 5559 1234 and ask to speak to the Alcohol and Other Drugs worker who will be able to assist you or email aod@gunditjmara.org.au. Alternatively pop into the Health Service at 3 Banyan St or 135 Kepler St Warrnambool to have a Yarn on how we can best support you.

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.

