



# 1800 845 009

Monday -Friday 12-7pm

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## Do you have lived experience of mental and / or emotional distress' and are having trouble coping during COVID-19

VMIAC is offering CHECK-IN, a free connection and peer support program for people aged 18+, living in Victoria, with lived experience of emotional distress or mental illness, who would benefit from peer support.

CHECK-IN is strengths-based, assisting you through a structured model to improve your strategies to cope with issues related to COVID-19 and more easily manage your distress or anxiety.

### How does CHECK-IN work?

You are feeling overwhelmed and call CHECK-IN to have a 30-minute conversation with a peer worker, informed by Intentional Peer Support and Narrative Therapy. If after that you need further support, you can access a few, or all of the following options:

#### Peer Support

6-week program offering weekly sessions with a Peer Support Worker over Zoom or telephone, for 45- minutes.

#### CHECK-IN Wellbeing:

12-week program offering weekly sessions of artmaking, meditation, yoga, Wayapa Wuurrk, and reflection practices over Zoom or in-person, for 1.5 hours.



CHECK-IN is not a counselling program; we help you use your lived experience to understand what works for you and how to do more of that. If you need additional support after working with the CHECK-IN program, we can assist you to find the best fit through external services.

**For emergency and crisis services, please call triple zero (000).**



For any additional information about this service, please contact VMIAC on 03 9380 3900, or to participate in the service, please call 1800 845 009.

