

CHECK

IN

1800 845 009

Mon-Fri 12-7pm, Sun 12-3pm

Participant Pathway

You are feeling overwhelmed and call VMIAC's CHECK-IN phone line (1800 845 009). You will encounter one of the following options:

You speak with a Peer Worker who has a 30-minute CHECK-IN with you about your distress and ability to cope.

You reach the CHECK-IN voicemail and leave your name and phone number. Our Admin Assistant returns your call within 1 day to schedule an appointment for you to have a 30-minute CHECK-IN with a Peer Worker about your distress and ability to cope.

You speak to our Admin Assistant who schedules in an appointment for you to have a 30-minute CHECK-IN with a Peer Worker about your distress and ability to cope.

You decide you do not need further support. You are welcome to call CHECK-IN (1800 845 009) whenever you need.

You feel like you need more support. You enrol in one, a few or all of the following options:

Peer Support:
With a Peer Worker over telephone or Zoom. Over 4 sessions, we use a strengths-based framework to explore your tools and strategies of coping, resilience and hope.

Peer Group Wellbeing:
In a group setting led by a Peer Worker over Zoom. Over 4 sessions, we use a strengths-based framework to explore collective tools and strategies of coping, resilience and hope.

Group Wellbeing Yoga:
In a group setting led by a qualified instructor over Zoom. Over 4 sessions, we explore body awareness, stress responses, yoga postures and community care.

Group Wellbeing Meditation:
In a group setting led by a qualified instructor over Zoom. Over 4 sessions, we deepen awareness and bring attention more fully and positively into the present.

Group Wayapa Wuurrk:
In a group setting led by a qualified instructor over Zoom. Over 4 sessions, we focus on Indigenous thinking, developing a relationship with our environment through the concept of ancient earth mindfulness.

You decide you do not need further support. You are welcome to call CHECK-IN (1800 845 009) whenever you need.

You feel like you need more support. You enrol in another wellbeing support session.