

CHECK

IN

1800 845 009

Monday Friday 12pm – 7pm

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 to schedule a 30-minute CHECK-IN.

You speak to our Admin Assistant who schedules in a 30-minute CHECK-IN with a Peer Worker.

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

You feel like you need more support. Enrol in one or more of the following options.

CHECK-IN 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.

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

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

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.

VMIAC
by and for consumers