

CHECK

IN

# 1800 845 009

Monday -Thursday 9am-5pm

## 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 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 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) 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**  
8-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.

