



Resource Booklet

This resource booklet is provided to participants of Migration and Motherhood, a University of Melbourne PhD project that seeks to understand the Mental Load of South Asian Migrant Mothers in Victoria, Australia.



If you have any queries:

Please contact **Mira Gunawansa**, the PhD Candidate for this research project, via email: a.gunawansa@student.unimelb.edu.au

For further information on this project:

Please visit the project website at _____.

This project has received University of Melbourne Ethics Approval No. 32346. If you have any concerns, please contact the Human Ethics Team at:

- Tel: +61 3 8344 2073
- Email: HumanEthics-complaints@unimelb.edu.au

Wellbeing Support Services

In the event that our discussion during the interview has raised any difficult or challenging issues for you, we suggest that you considering discussing these issues with a trusted person in your life, or seek independent advice and support from one of the following free services:

If you are in immediate danger, please call **000**.

If you are experiencing abuse and need a translator, please call the **Translating and Interpreting Service (TIS)** on **131 450** and ask them to call the service you wish to speak with.

For individuals that ...	Organisation	Contact Details
are from culturally or linguistically diverse communities that require mental health support	Transcultural Mental Health Centre	• Call 1800 648 911 to speak with a health professional (Monday-Friday 9am - 4.30pm AEST) • https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre
are feeling depressed or anxious	Beyond Blue	• Call 1300 22 4636 to speak with a trained mental health professional (24 hours, 7 days a week) or • Chat online at https://www.beyondblue.org.au/support-service/chat
are living with a mental illness	SANE Australia	• Call 1800 187 263 to speak with a qualified counsellor (Monday - Friday 10am-10pm AEST/AEDT) or • Chat online at https://www.sane.org/counselling-support#
have anxiety and depression	MindSpot	• Call 1800 61 44 34 to speak with team member (Monday - Friday 8am-8pm AEST, Saturday 8am-6pm AEST) • Website; https://www.mindspot.org.au/
want to talk about sexuality, identity, gender, bodies, feelings or relationships	QLife	• Call 1800 184 527 to speak with an LGBTIQ+ peer supporter (Monday - Sunday 3pm - Midnight AEST) or • Chat online at https://qlife.org.au/
are in the LGBTQIA+ community that require wellbeing support	Queerspace	• Call 03 9663 6733 to speak with a staff member (Monday - Friday 9am-5pm AEST) • Website: https://www.queerspace.org.au/
are LGBTQIA+ identifying with issues that may include suicidal thoughts, family and intimate partner violence (including elder abuse), alcohol and other drugs, relationship issues, sexual assault, social isolation, mental health and wellbeing.	Rainbow Door	• Call or text 1800 729 367 to speak with a helpline worker (7 days a week, 10am- 5pm) • Website: https://www.rainbowdoor.org.au/home

are migrants or refugees who have experienced or are at risk of family violence	InTouch - Multicultural Centre Against Family Violence	• Call 1800 755 988 to speak with a support staff member (Monday-Friday, 9am-5pm) • Website: https://intouch.org.au/
have experienced or are at risk of family and domestic violence and/or sexual assault ; including those with disabilities and non-English speakers	Safe Steps	• Call 1800 015 188 to speak with a specialist (24 hours, 7 days a week) or • Chat online at https://www.safesteps.org.au/ (Monday-Friday, 9am-Midnight)
are experiencing or affected by a family relationship or separation issue	Family Relationship Advice Line	• Call 1800 050 321 to speak with a support staff member (Monday - Friday, 8am - 8pm) • Website: https://www.familyrelationships.gov.au/
are experiencing problems specifically related to parenting	Parentline	• Call 13 22 89 to speak with a qualified counsellor (7 days a week, 8am - Midnight, including public holidays) • Website: https://services.dffh.vic.gov.au/parentline



Migrant Parent Support Services

In the event that our discussion during the interview has raised any difficult or challenging issues for you, we suggest that you considering discussing these issues with a trusted person in your life, or seek independent advice and support from one of the following free services:

If you are in immediate danger, please call **000**.

If you are experiencing abuse and need a translator, please call the **Translating and Interpreting Service (TIS)** on **131 450** and ask them to call the service you wish to speak with.

Organisation	Description	Contact Details
Multicultural Centre for Women's Health (MCWH)	Established in 1978, MCWH is a Victorian-based women's health service that works nationally and across the state to promote the health and wellbeing of migrant and refugee women. They offer multilingual health education, advocacy, and training programs.	Address: Suite 207, Level 2, Carringbush Building, 134 Cambridge Street, Collingwood VIC 3066 Phone: (03) 9418 0999 Email: reception@mcwh.com.au Website: mcwh.com.au
Australian Red Cross – Migration Support Programs	The Australian Red Cross provides assistance to refugees, people seeking asylum, and other migrants in transition. Their services include emergency relief, financial assistance for those experiencing domestic and family violence, and programs to support settlement and community integration.	Address: 23-47 Villiers Street, North Melbourne VIC 3051 Phone: (03) 8327 7700 Website: redcross.org.au/get-help/community-services/migration-support
Migrant Information Centre (Eastern Melbourne)	This center offers a range of services for migrants and refugees residing in the eastern suburbs of Melbourne, including Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse, and Yarra Ranges. Their services are free and confidential, focusing on assisting individuals to establish themselves and achieve their aspirations. Services include: • Support for individuals, families, and children • Youth services • Community leadership programs • Aged care and disability support; and • Family violence counseling	Address: Suite 2, 27 Bank Street, Box Hill VIC 3128 Phone: (03) 7049 1600 Website: miceastmelb.com.au
Migrant Resource Centre (Southern Region)	Located in Melbourne's southeast, this center empowers and assists migrants and refugees to establish themselves and achieve their aspirations. Services include family support programs, settlement services, aged care and carer services, and training and employment support.	Address: 39 Clow Street, Dandenong VIC 3175 Phone: (03) 9767 1900 Website: https://smrc.org.au
Community Legal Centres (CLCs)	CLCs are independent, not-for-profit organizations offering a range of services, including legal advice and casework, to individuals at little or no cost. Some centers focus on providing services for particular segments of the population, such as women, refugees, and asylum seekers	Address: Level 3, 225 Bourke Street, Melbourne VIC 3000 Phone: (03) 9652 1500 Website: fclc.org.au

Organisation	Description	Contact Details
Sacred Heart Mission – Women's Services	The Women's House in Robe St is an open-access center offering a safe place for women in need. Staff provide support and referrals for issues such as counseling, housing, drug and alcohol support, and parenting. Health and wellbeing activities are also organized, such as ceramics and yoga classes, provided by volunteers.	Women's House Address: 65 Robe Street, St Kilda VIC 3182 Phone: (03) 9537 1166 Website: sacredheartmission.org/services/womens-services
Refugee Health Program	This program offers healthcare services to refugees and asylum seekers in Victoria, including nurses, allied health professionals, interpreters, and bicultural workers in community health centers. Their services include: • public hospital services, • ambulance services in emergency situations, community health, • dental services, and • catch-up immunization.	Address: 17-23 Sackville Street, Collingwood VIC 3066 Phone: (03) 9418 9929 Website: refugeehealthnetwork.org.au
Youth Affairs Council Victoria (YACVic) – Multicultural Mental Health	YACVic provides resources to find mental health services, professional support, community groups, and resources that are culturally appropriate. They aim to offer safe, accessible, and inclusive mental health care that empowers individuals and helps them feel connected to their culture, faith, and community.	Address: Level 2, 235 Queen Street, Melbourne VIC 3000 Phone: (03) 9267 3799 Website: yacvic.org.au
Relationships Victoria	Relationships Australia (VIC) supports individuals to achieve positive and respectful relationships. Their services include: • Counselling, • Family dispute resolution, • Relationship education, and • Specialised programs for culturally and linguistically diverse communities.	Website: https://www.relationshipsvictoria.org.au/ Refer to the 'Contact us' page on their website to find a centre closest to you.
Shakti Australia	Shakti Australia empowers women of color and children to become agents of social change, speaking out against culturally sanctioned oppression and abuse. Their services include: • Support for women experiencing domestic violence, • Advocacy and counseling services	Website: https://shakti-international.org/shakti-aus/ Phone: 1800 SHAKTI (1800 742 584)
Spectrum (Migrant Rescue Centre)	Spectrum assists individuals and families from migrant and refugee backgrounds to feel at home in Australia. Their services include: • Aged care services • Disability services • Family services • Youth services • Settlement services	Website: https://spectrumvic.org.au/

Local Libraries and Community Centers

Many local libraries and community centers in Victoria offer programs such as playgroups, mother's groups, and cultural events. These programs provide opportunities for social connection and community support. It's advisable to check with your local council or library for specific programs tailored to South Asian communities.

City of Melbourne Playgroups: The City of Melbourne offers a range of playgroups for families with children from birth to 6 years, operating in venues around the municipality.

- Website: melbourne.vic.gov.au/playgroups

VICSEG New Futures Playgroups: VICSEG New Futures arranges playgroups for culturally and linguistically diverse (CALD) communities in Melbourne and Victoria, supporting children's development in a safe environment.

- Website: vicsegnewfutures.org.au/playgroups

Playgroup Victoria: Playgroup Victoria provides a platform to find local playgroups, including those tailored to specific cultural communities.

- Website: playgroup.org.au/find/

Whitehorse Neighbourhood Houses and Community Centres: Offers programs and services including computer classes, mother's groups, playgroups, and cultural-specific playgroups.

- Website: whitehorse.vic.gov.au/things-to-do/neighbourhood-houses-and-community-centres

Point Cook Community Learning Centre: Provides various early years programs and activities, including culturally specific playgroups.

- Website: wyndham.vic.gov.au/sites/default/files/2024-09/The%20Buzz%20Newsletter%20Community%20Centres%20-%20Point%20Cook.pdf

IndianCare

IndianCare is an ethno-specific community development and welfare organization addressing the needs of Indian-origin people in Victoria.

Their services include the provision of information and referral helpline for issues such as family violence, social isolation, substance misuse, parenting support, student support, emergency relief, family mediation and counseling, elderly support, financial hardship, mental health, health and disability resources, and employment support.

Current projects like "Project Maitri," focusing on systemic change to prevent and respond to family violence in South Asian communities.

Website: <https://www.indiancare.org.au/>
Address: Ross House, 247/251 Flinders Ln, Melbourne VIC 3000
Phone 1300 00 50 40
Email: help@indiancare.org.au

Australian Muslim Women's Centre for Human Rights	AMWCHR advocates for the rights of Muslim women in Australia, aiming to empower them and promote their participation in all aspects of life. Their services include: • Casework and support services. • Community-based programs and projects. • Research and advocacy on issues affecting Muslim women	Website: Australian Muslim Women's Centre for Human Rights Address: Level 1, 323-329 Sydney Road, Brunswick VIC 3056 Phone: (03) 9481 3000
Islamic Council of Victoria	ICV serves as the peak Muslim body representing the estimated 200,000 Muslims and over 60 member organizations in Victoria. Their services include: • Community advocacy and representation. • Educational programs and workshops. • Social and welfare services.	Website: Islamic Council of Victoria Address: 66-68 Jeffcott Street, West Melbourne VIC 3003 Phone: (03) 9328 2067

