

## Our approach

We're Neami. We're big believers in everyone having the opportunity to live a full life. For some people, this means having a stronger sense of self. For others, it may mean nurturing relationships or building the confidence to tackle tomorrow. We support people to achieve wellbeing and mental health outcomes that matter to them.

Our approach is based on evidence: what people tell us helps and has been proven to work. We adjust and improve our approach to make sure we're doing the very best we can for others.

We value lived and living experience. We try to learn from people's personal experiences of mental health challenges, adversity and interactions with support services. We use what we learn to design and influence our programs and services.

## We work with you

The way we work with people is responsive and flexible to suit you. This means being supportive and working at your pace.

We respect your choices and how you want to be supported. We work together through ups and downs and when there are no clear answers.

People's reasons for accessing support from Neami are diverse. Our role is to support people, and we know that different people require different supports.

## Contact Wadamba Wilam – Fairfield

☎ 03 9481 0323

🕒 Monday to Friday 8:30am – 5:30pm

✉ [wadambawilam@neaminational.org.au](mailto:wadambawilam@neaminational.org.au)

### About Neami National

Neami supports people to achieve wellbeing and mental health outcomes that matter to them. We provide services across Australia for mental health and wellbeing, housing and homelessness, and suicide prevention.

[www.neaminational.org.au](http://www.neaminational.org.au)

Front cover artwork titled 'Survival' by Zacharie Marshall.

Wadamba Wilam is a partnership between Neami National, Uniting AOD and the Northern Area Mental Health Service (NAMHS).

Northern Health

Uniting



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



# Wadamba Wilam

**Wellbeing support for mob**

Fairfield

# About Wadamba Wilam

Wadamba Wilam (Renew Shelter) supports Aboriginal and Torres Strait Islander peoples who don't have a safe home and/or want to live a healthy life.

We provide support with many things like:

- homelessness support and advocacy
- feeling better in body and mind
- connection to culture and Country
- connection to (chosen) family, kinship and Community
- connection to spirit, spirituality and ancestors
- learning
- working.

We build relationships of trust, and we meet with people in their Community. We can also help connect people with other local services that they feel suit their needs.

Wadamba Wilam is a voluntary program that offers support to people, depending on eligibility and service capacity.

## Support to suit your needs

### Housing

We advocate and support people to secure and maintain safe, stable housing. Our assertive outreach programs and housing support services work together to understand your needs. We also support you to address many of the challenges that come with homelessness by connecting you with practical physical, financial and emotional support.

### Justice

We support and advocate for people who are going through the justice system. Our goal is for people to feel safe and supported, and to work with them to attend court, liaise with legal services, complete correction orders and reduce reoffending.

### Physical health

We support people to improve the management of chronic health conditions, and to access and engage with culturally safe and accessible primary healthcare services such as General Practitioners (GPs) and other allied health services. We also assist people with treatment plans for their health and wellbeing conditions with the support of our partners at Northern Health.

### Education

Wadamba Wilam supports people who want to learn new things or go back to study. This might mean returning to school, doing volunteer work, helping others as a peer worker, joining in group activities, or signing up for courses like TAFE or university.

### Alcohol and other drugs

People accessing Wadamba Wilam can explore the impact of drug and alcohol use on their healing and wellbeing. Our team can do assessments and refer people at their request to detox or rehab programs. We stay in touch and support them the whole way through.

### Cultural connection

The Wadamba Wilam team can assist people to connect to culture and Community. This may include participation in community events and exploring cultural identity.

### Access to services

People in the program can get help from lots of different services. We can refer people to a range of settings and services that align with improving a person's health and wellbeing.

## Eligibility

This service is for Aboriginal or Torres Strait Islander peoples who are:

- living in, or have a connection to, the Darebin, Whittlesea or Banyule areas
- aged 16 years or over
- experiencing challenges with wellbeing and/or mental health (no diagnosis required)
- sleeping rough, experiencing homelessness and/or have a history of homelessness
- choosing to engage with the program.

### Make a referral

Individuals, carers, families, health professionals and other community services can make referrals.

Our service is inclusive of people of all Aboriginal and Torres Strait Islander backgrounds, abilities and experiences, including people who identify as trans and gender diverse. We welcome referrals from LGBTQIA+ people, people from multicultural and multi-faith backgrounds, and young people.

For more information or to make a referral, contact:

☎ 03 9481 0323

✉ [wadambawilam@neamination](mailto:wadambawilam@neamination)