

Our approach

We're big believers in everyone having the opportunity to live a full life – and we give our all to support people to achieve the wellbeing and mental health outcomes that matter to them. Our practice is informed by evidence; what's been proven to help people with mental health challenges and adversity and what people tell us helps. We aspire to place lived and living experience at the heart of what we do.

We walk alongside you

The way we work with people is responsive and very human in its nature. This means being flexible and working at your pace – meeting you where you're at. Through ups and downs and when no clear answers are ready. We respect your choices, your ways and what you want to be supported with.

People's reasons for accessing support from Neami are diverse and often have several dimensions. Our role is to support people to access what they need for a fulfilling life – knowing that requires different things for different people.



Wadamba Wilam

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About Neami National

At Neami we support individuals living with mental health challenges to achieve the outcomes they value. We are proud to support 38,000 people living with mental health challenges across Australia and offer more than 70 services, over 45 different Indigenous lands. These services include mental health and wellbeing support, housing and homelessness, and suicide prevention services.

www.neaminational.org.au

Wadamba Wilam is a partnership between Neami National, the Victorian Aboriginal Health Service (VAHS), UnitingCare ReGen and the Northern Area Mental Health Service (NAMHS).

Northern Health



Uniting

Front cover artwork by Daryl Sanderson.



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.

 **neami**
national
Improving Mental Health
and Wellbeing



Wadamba Wilam

Renew Shelter



About Wadamba Wilam

Wadamba Wilam (Renew Shelter) supports Aboriginal and Torres Strait Islander people who are experiencing homelessness and mental health challenges. Wadamba Wilam works in an outreach capacity which aims to reduce barriers attributed to accessing support services and within settings that are safe for community members.

We work in a holistic way to provide support in areas including mental health, homelessness support and advocacy, physical health, social and cultural wellbeing, substance use, employment and education. We coordinate with other services as needed.

Wadamba Wilam is a voluntary support program open to people based on eligibility criteria and service capacity.



Artwork by
Zackerie Marshall

Support available

Housing

We walk alongside people who are at risk or experiencing homelessness through referral pathways, advocacy and liaison with relevant housing agencies.

Legal

We support and advocate with people to experience positive and trauma informed engagement with the justice system, support people to reduce re-offending and complete correction orders.

Physical health

To improve the management of chronic health conditions, we support people to access and engage with culturally safe and accessible primary healthcare services such as GP's and other allied health services. We also assist people to collect and administer their medications for their health and wellbeing conditions with the support of a nurse and consultant psychiatrist employed by partners Northern Health.

Education

Wadamba Wilam supports people to access education and training. This can result in pathways such as returning to school, volunteering, peer work, consumer participation, gaining paid or unpaid employment and enrolling in TAFE and other tertiary education.

Drug and alcohol

People accessing Wadamba Wilam have the opportunity to address the impact that their drug and alcohol use has on their recovery. Our team conducts assessments and makes referrals to appropriate detox and residential rehabilitation programs. We maintain contact and support with people throughout this time.

Cultural connection

The Wadamba Wilam team can assist people to attend cultural groups in the community such as those facilitated by partnering agency Victorian Aboriginal Health Service, as well as other meaningful events that foster cultural connection and meaning.

Access to services

People have access to a number of services through the program. We support admissions to services ran through partnering agency Northern Health such as Northern Psychiatric Unit and Community Care Unit, as well as various other referrals that are consumer centred, appropriate and relevant to their goals.

Eligibility

- Wadamba Wilam is suitable for people who are:
- Aboriginal or Torres Strait Islander
- Aged 16 or over
- Living with mental illness/experiencing enduring psychological distress
- Homeless and/or at risk of homelessness
- Live in or have a connection to the Darebin, Whittlesea or Banyule areas
- Willing to engage with the voluntary service.