

Drop-in Centers

Drop-in centers are a good place to cool your heels for a while, grab a coffee and a shower, wash some clothes and have a look at what's on offer. They will normally have meals available for free or a couple of dollars. You may want to have a yarn to a duty worker and tell them a bit about your circumstances and what your immediate needs are, and they will steer you in the right direction. If you are moving around a bit they will hold your mail for you, as long as collect it every week.

Most centres run activities during the day so it's a chance to stay out of your own head for a while. There is a lot of information at street level so they are a good place to stay informed about what is happening. They do work with a lot of individuals who have complicated issues so you will be rubbing shoulders with a lot of different people. Try not to get too involved with the politics and the food chain: there are a lot of people who are skilled in the art of survival, so you don't want to wind up as causality.

Drop-in Centres contact list

St Mary's House of Welcome - 165-9 Brunswick St Fitzroy. Ph: 9417-6497

Mon-Fri 9.00-4.00, Sat 10.45-2.00

Trams 11 & 112 from Collins St, City

Meals: breakfast: 9.00 am, free lunch: 12.00 and 1.00 pm, \$2.50 afternoon tea @ 3.15

Free referral services for accommodation, health, drug & alcohol, psychiatric, disability, women's health, Centrelink.

On site services: free showers, toilets, rest room, computer use, games room, TV room, arts and crafts, pastoral care

'No Limits Program' Nursing Service (men: Monday, 11.00 am-1.00 pm; women: Tuesday and Thursday, 11.30 am-1.00 pm)

Ozanam Community Centre. 268 Abbotsford st, North Melbourne. Ph: 9329 6733

Mon-Fri 11.00 am-1.30 pm, 4.00 pm-6.30 pm

Tram 57 from Elizabeth St, City

Email: ocomcent@infoxchange.net.au

Meals: lunch 12.00-1.00pm, \$2.00 dinner 5.00 pm and 5.30pm

Free referral to services

On site services: showers and toilets, laundry facilities, central drop-in lounge area, women's space, recreation, doctor's surgery, dental clinic (by appointment), community workers meals program.

Visiting services: Centrelink, Turning Point (drug & alcohol), Royal District Nursing Service

Next Door

350 Smith st Collingwood. Ph: 9417 1299.

Mon- Fri 10.30 am-6.00 pm Sat 12.00 pm to 8.00 pm

Tram 86

Email: next.door@nych.org.au

Referral and services: full-time nursing clinic, pathology, shower facilities, clothes washing and drying, cooking facilities, computer access, peer support and education weekend activities program

Sessional clinics and services in the area: Doctors (methadone and buprenorphine prescribing capabilities), drug and alcohol counselling, sexual health, nutrition, housing and accommodation, community support, legal advice, weekend recreation.

Urban Heart. 69 Bourke St Melbourne. Ph: 9653 3243

Mon- Fri 9.30 am-5.00 pm

Trams 19, 57 and 59 to Bourke St.

Referral services (ring for an appointment): food parcels and vouchers, clothing, travel tickets, crisis counselling, domestic violence assistance.

Drop-in lounge open 10.00 am to 4.00 pm. Tea and coffee, light snacks, soup and bread 12:00 noon.

On-site Financial counselling Shower facilities. Computer access, including email and internet, Computer training services are free

Moonee Valley Psychiatric Service. 34 Wilson Street, Moonee Ponds 9370 5233

Free tea/coffee, drug and alcohol services,

Psychiatric services, youth program, over 50's program

Monday, Thursday, Friday 10.00 am-3.00 pm Tuesday 1.00 pm-3.00 pm, Wednesday 6.00 pm-8.00 pm

St Kilda Crisis Centre, 29 Grey St, ST KILDA. Phone: 1800 627 727 (03) 9536 7777

The Centre provides a crisis information and referral for emergency housing, and Financial assistance available for items such as rent in advance, methadone, Met Fares, medications. A mail holding/collection service provides a stable address for people who are homeless or in short-term housing arrangements.

Staffs act as advocates with other community welfare agencies and with government departments, such as the Department of Social Security, Office of Housing and Transitional housing and other support services.

Information about Office of Housing, financial, drug detoxification and housing issues.

The Crisis Contact Centre also manages to, and can provide information and referrals to other programmes associated with other Salvation Army services.