



# HEALTH & MEDICAL SERVICES



There are things we can do to support our positive physical, mental, and social well-being. For example, eating healthy foods, daily exercise such as walking, meditation and meeting with friends. However, sometimes we still need to see a doctor or seek medical support when we feel unwell.



A General Practitioner (GP) / Medical Doctor provides general medical support. If you have a Medicare card and attend a bulk billing clinic, you don't have to pay for your visit.



If you don't have Medicare card, there are services in the community that provide free health support for refugees and asylum seekers. These include the Refugee Health Program at Monash Health Community Dandenong, phone 9792 8100 or visit 122 Thomas Street, Dandenong



The 'Youth Health Hub' provides individual assessments and support services for young people aged 16-25 years. Contact: [youthtriage@monashhealth.org](mailto:youthtriage@monashhealth.org) or phone 0434 601 300.



Dental Health Services Victoria (DHSV) provide routine and urgent dental care, free charges for refugees and asylum seekers. To make an appointment phone DHSV on 1300 360 054

#### For more information

In a medical emergency, visit the Emergency Department of the nearest public hospital or call an ambulance on 000. In Victoria, hospital emergency services and ambulances are free of charge for people seeking asylum.

Dandenong Hospital - public hospital (24 hours emergency)  
135 David Street, Dandenong | Ph: 9554 1000.

Community Health Services and refugee clinic in Dandenong visit  
Monash Health - [monashhealth.org](http://monashhealth.org)  
(search for Monash Health Community and Refugee Health)

This is a Greater Dandenong Young Leaders' project which aims to support young people aged 12-18 years with caring responsibilities. For more information on this and other youth projects visit [youth.greaterdandenong.com](http://youth.greaterdandenong.com) or [facebook.com/cgdyouthservices](https://facebook.com/cgdyouthservices)



# MONEY MANAGEMENT



**Managing money takes practise and can feel stressful. Consider these ways to help you make important decisions about your money.**



Financial counsellors can provide information and support to people having difficulty with their finances. Financial counselling services are free, independent and confidential.



Keep a budget which includes keeping track of what money you have coming in and how much money you spend. Research the cost of expensive items and compare the price at different stores.



If you cannot pay a bill don't ignore it. Call the company as soon as you can to discuss payment options or reach out for help from a financial counsellor.



Remember that contracts for things like phones and electricity are legal agreements. You should never sign or agree to something you don't understand.



If you don't have enough money to pay for the essentials, contact community agencies (like the Salvation Army) who can help you with material aid such as food services, transport voucher, toiletries, medicine and bedding.

## For more information

South Eastern Community Links  
secl.org.au | Ph: 9791 8344  
186 Foster Street East, Dandenong 3175

Money Smart  
moneysmart.gov.au

Good Shepherd  
goodshep.org.au | Ph: 0490 292 629

Salvation Army  
salvationarmy.org.au | Ph: 9794 3500

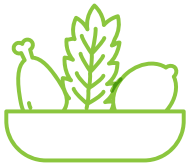
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# HEALTHY EATING



**Knowing how to prepare healthy meals and snacks is a valuable skill, that helps you to feel good and be at your best.**



**Make healthy eating fun. Explore different foods and combinations to find healthy options that you enjoy eating.**



**Your diet should include fruits, vegetables, grains (such as bread, rice, pasta), dairy (including milk, cheese and yoghurt) and protein (meat, seafood, nuts and beans).**



**Plan a menu for the week ahead, and write a shopping list before you go to the supermarket.**



**Save time by preparing meals in advance. Try making healthy lunches on the weekend so you are ready for the week ahead. Cook extra and freeze the leftovers.**



**Avoid skipping meals and cut back on sugary drinks or energy drinks. Limit sugar, salt and fats in your diet.**

#### For more information

Better Health Channel  
[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

Eat For Health  
[eatforhealth.gov.au](http://eatforhealth.gov.au)  
(Information about the types of food we need for health and wellbeing)

# MENTAL HEALTH



Looking after both mind and body, helps us to be happy and healthy. This means understanding our feelings, connecting with others, and learning positive ways to manage during stressful times.



Make time to do the things you enjoy. Is it art, music, writing, exercise or something else? Try visiting the library, or joining a Youth Services Program.



Spend time with people who make you feel happy and who care about you. Connecting with family and friends helps to build your support network.



Mental and physical health are closely linked. Eating well, exercising and getting enough sleep helps your mind to work at its best.



Remember that looking after yourself is an important part of being able to look after other people.

HELP

Don't be afraid to ask for help when you need it. Talk to your doctor, school wellbeing coordinator or a trusted adult.

## For more information

headspace  
headspace.org.au | 211 Thomas Street, Dandenong  
Ph: 1800 367 968 (information or someone to talk to)

Youth beyondblue  
youthbeyondblue.com (information and resources)

City of Greater Dandenong Youth and Family Services  
39 Clow Street, Dandenong | Ph: 9793 2155  
youth.greaterdandenong.com



# TIME MANAGEMENT



Sometimes it might feel like there are lots of important things you need to do at the same time. When life is busy it is important that you still focus on your own wellbeing and ask for support if you need it.



If you feel overwhelmed by too many tasks, try to break them into smaller parts and work your way through these one step at a time.



Schedule in time to relax, be with your friends and to do things you enjoy such as sport or art.



Use tools like calendars, to do lists and bullet point journaling to keep track of what you need to do.



Speak to your teachers if you need more time or help with your homework.



Join a homework or study group to connect with others. Visit the Dandenong or Springvale Library if you need a quiet place to study.

## For more information

Southern Migrant Resource Centre  
smrc.org.au  
39 Clow St, Dandenong | Ph: 9767 1900  
(Homework Clubs)

Dandenong Tutoring Program  
St Mary's Primary School  
Dandenong Auditorium | Ph: 0488 363 359

City of Greater Dandenong Youth and Family Services  
youth.greaterdandenong.com | Ph: 9793 2155  
39 Clow Street, Dandenong



# EMPLOYMENT



**Getting your first job is a big step, and can be hard. When you are ready to look for work, support is available to help with your job search.**



You need to be a minimum of 15 years old to start work (unless you are working in a family business).



To apply for jobs, you will need a resume. Resumes list your skills and experience, and show employers how you are a match for the job. There are services that can help you to write a resume, or you can search online for templates and hints.



Volunteering can be a good way to gain practical, hands on work experience and support your job search efforts.



Employers have to provide good working conditions, including minimum pay rates and allowing time for breaks.



You will need a Tax File Number (TFN) before you start working. To apply for your TFN, visit the Australian Tax Office website ([ato.gov.au](http://ato.gov.au))

#### For more information

Volunteering - Greater Dandenong Volunteer Centre  
39 Clow St, Dandenong | Ph:9562 0414

Youth Central  
[youthcentral.vic.gov.au](http://youthcentral.vic.gov.au)  
(Resume templates and tips on looking for work)

Chisholm Skills and Jobs Centre  
311 Lonsdale Street, Dandenong | Ph: 9212 4909  
(Weekly workshops on resume writing and interview skills)

Young Workers Centre  
[youngworkers.org.au](http://youngworkers.org.au)  
(Information about your rights in the workplace)