

Join in, Join Up!

Get Connected.

There's a community group out there waiting for your call

MULTICULTURAL



Changing countries, changing cultural settings, learning a new language – that's stressful. People under stress need social support. And the more support you have, the better your health is likely to be – **all the studies say so.**

If you don't know how the country or the culture or the language works it can be harder to build a social support network. Withdrawing from the world isn't a solution, though – that only makes things worse. You've got to reach out.

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

There are the groups that speak in your name, representing people with backgrounds like yours – peak bodies, expert advisers, community representatives. Many of these groups have already chased up the information that you need and put it up on their website and onto pamphlets for you to search through. They bring together people who know how you feel and can help you work through your problems. You don't have to cope with this on your own. See what they have to offer.

Look them up in the following pages.

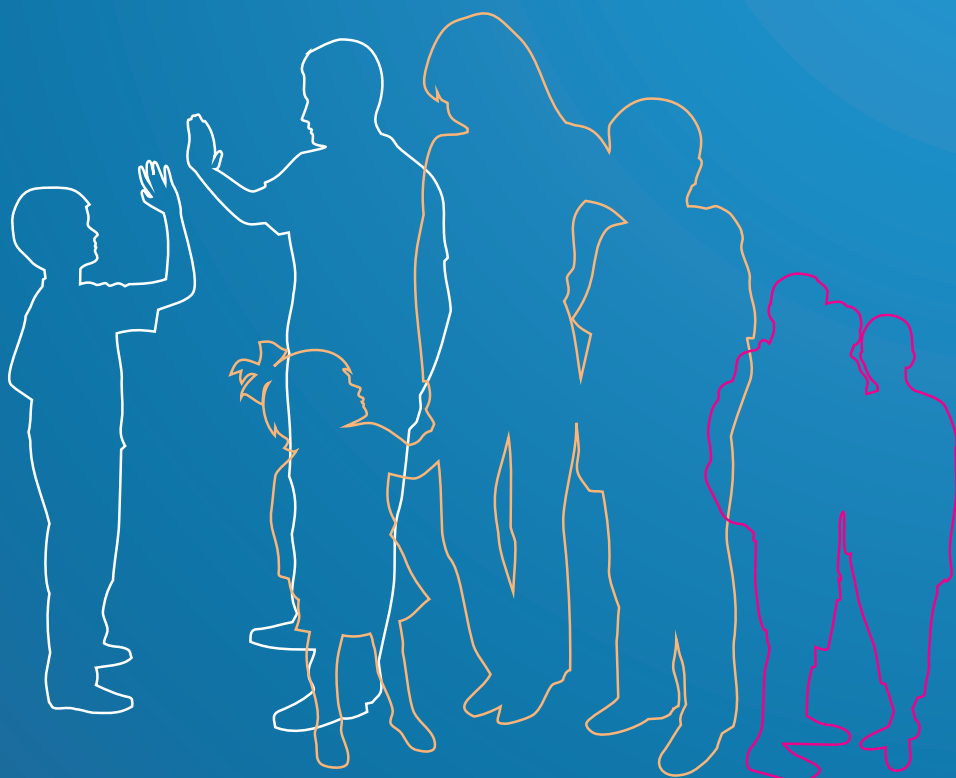
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

Look on the Our Community website – www.ourcommunity.com.au/joinin – for a group you can relate to.

Come on – Join in, Join up!

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

There's a community group out there waiting for your call!



National

Group	Telephone	Freecall	Website
Australian Centre for Grief and Bereavement	03 9265 2100	1800 642 066	www.grief.org.au
SIDS & Kids Online	03 9819 4595	1300 308 307	www.sidsandkids.org
National Centre for Childhood Grief		1300 654 556	www.childhoodgrief.org.au
Beyond Blue		1300 22 4636	www.beyondblue.org.au
Bonnie Babes Foundation	03 9803 1800		www.bbf.org.au/
Good Grief / Seasons for Growth	02 9963 6300		www.goodgrief.org.au/nav.htm
Lifeline (Kids Helpline) (National Office)	13 11 14 02 6215 9400	1800 55 1800	www.lifeline.org.au
The Compassionate Friends Australia	See web for local contact details		www.thecompassionatefriends.org.au/TCFAustralia.htm
Australian Sudden Arrhythmia Death Syndromes (SADS) Foundation	See web for local contact details		www.sads.org.au
SANDS Australia – Stillbirth and Neonatal Death Support	03 9899 0217		www.sands.org.au/local.htm
Palliative Care Australia	02 6232 4433		www.palliativecare.org.au

ACT

Group	Telephone	Freecall	Website
National Association for Loss and Grief ACT	02 6292 6847		
SIDS and Kids Australian Capital Territory	02 6287 4255	1800 138 300	www.sidsandkids.org/act/index.html
Canberra Men's Centre	02 6230 6999		www.menscentre.com.au/pages/menscentre.htm
Lifeline	13 11 14		www.act.lifeline.org.au/
The Compassionate Friends (Death of a Child)	02 9290 2355		www.thecompassionatefriends.org.au/ACT.htm
ACT Palliative Care Society	02 6273 9606		

NSW

Group	Telephone	Freecall	Website
National Association for Loss and Grief NSW	02 6882 9222		www.nalag.org.au
SIDS & Kids Hunter Region (24-hour service for bereavement crisis/ outreach support)	02 4969 3171 02 49693171		www.sidsandkids.org/hunter/index.html
SIDS & Kids New South Wales (24-hour bereavement support line)	02 9818 8400	1800 651 186	www.sidsandkids.org/nsw/index.html
Lifeline (Kids Helpline) (National Office)	13 11 14 02 6215 9400	1800 55 1800	www.lifeline.org.au
The Compassionate Friends NSW Inc (Death of a Child)	02 9290 2355		www.thecompassionatefriends.org.au/default.htm
Palliative Care Association NSW	0403 699 491		www.palliativecarensww.org.au

NT

Group	Telephone	Freecall	Website
SIDS & Kids Northern Territory	08 8948 5311	1300 308 307	www.sidsandkids.org/nt/index.html
Lifeline (Central Australia) (Top End)	13 11 14 08 8953 1250 08 8941 2365		www.lifeline.org.au www.lifeline.org.au/ntlifeline www.lifeline.org.au/topend
Palliative Care Northern Territory	08 8922 6769		

QLD

Group	Telephone	Freecall	Website
SIDS & Kids Queensland (24-hour child death support line)	07 3849 7122	1800 628 648	www.sidsandkids.org/qld/index.html
Lifeline	13 11 14		www.lifeline.org.au
The Compassionate Friends (Death of a Child)	07 3254 2657		www.uq.net.au/tcfbrisbane/
SANDS Qld Inc - Stillbirth & Neonatal Death Spt	07 3254 3422		www.sandsqld.com/
Palliative Care Queensland	07 3633 0096		www.pallcareqld.com/

SA

Group	Telephone	Freecall	Website
National Association for Loss and Grief SA			www.grieflink.asn.au/frameset.html
SIDS & Kids South Australia	08 8363 1963		www.sidsandkids.org/sa/index.html
The Compassionate Friends SA Inc	08 8351 0344		
Lifeline (Adelaide)	13 11 14 08 8202 5111		www.lifeline.org.au www.ucwesleyadelaide.org.au/lifeline/
(Central SA/NT)	08 8633 1790		www.lifeline.org.au/central-sant
SANDS South Australia - Stillbirth and Neonatal Death Support	08 8277 0304		www.communitywebs.org/ StillbirthNeonatalDeathSupportSA/
Palliative Care Council of South Australia Inc	08 8291 4137		www.pallcare.asn.au

TAS

Group	Telephone	Freecall	Website
SIDS & Kids Tasmania	03 6431 9488		www.sidsandkids.org/tas/index.html
Lifeline (Hobart)	13 11 14 03 6224 3450		www.lifeline.org.au www.lifeline.org.au/hobart
(North West)	03 64246547		www.lifeline.org.au/northwesttas
SANDS Tas Inc – Stillbirth and Neonatal Death Support	03 9517 4470		
Tasmanian Association for Hospice and Palliative Care	03 6234 7577		www.associationoffices.com.au/assn/tahpc.htm
The Compassionate Friends (Death of a Child)	03 9888 4944	1800 641 091	www.compassionatefriendsvictoria.org.au

VIC

Group	Telephone	Freecall	Website
The Compassionate Friends (Death of a Child)	03 9888 4944	1800 641 091	www.compassionatefriendsvictoria.org.au
National Association for Loss and Grief VIC	03 9650 3000	1800 100 023	www.nalagvic.org.au
SIDS & Kids Victoria		1300 308 307	www.sidsandkids.org/vic/index.html
Support after Suicide	03 9427 9899		www.jss.org.au/content/view/95/128/
Lifeline	13 11 14		www.lifeline.org.au
SANDS Victoria – Stillbirth and Neonatal Death Support	03 9899 0217		www.sandsvic.org.au/
Palliative Care Victoria	03 9662 9644		www.pallcarevic.asn.au
Melbourne City Mission	03 8625 4444		www.melbournecitymission.org.au/
Road Trauma Support Team Victoria	03 9877 7922	1300 367797	www.rtstv.org.au

WA

Group	Telephone	Freecall	Website
SIDS & Kids WA (24-hour infant loss support line) (General number)	08 9474 3544	1800 686 780 1800 199 466	www.sidsandkids.org/wa/index.html
Lifeline (Head office)	13 11 14 08 9261 4444		www.lifeline.org.au www.lifelinewa.org.au/
The Compassionate Friends (Death of a Child)	08 9486 8711	1800 628 118	www.compassionatefriendswa.org.au/
Palliative Care WA	08 9212 4330		www.palliativecarewa.asn.au

What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to www.ourcommunity.com.au/joinin to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

Who?

Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

Join In, Join Up! Get Connected!

www.ourcommunity.com.au/joinin

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health





The Pharmacy
Guild of Australia

Join in Join up

Helping Australians
engage in community
groups for better health.

We want to encourage you to
Join in Join up - for better health.

For further information visit your
local community pharmacy, or
www.ourcommunity.com.au

