



VANISH Update II Re: COVID-19

This update of 17th April 2020 replaces the information provided on 25th March 2020.

VANISH is implementing the following measures to promote the health and safety of staff, service users and the broader community. These measures are in compliance with the most up-to-date government issued advice, in particular to stay at home.

We know the coronavirus pandemic is causing heightened stress and anxiety. Many of us already experience anxiety, depression, PTSD, loneliness and other challenges. The VANISH team therefore encourage you to reach out for support. You can talk to one of our workers about how you are feeling and discuss strategies for better ways of coping at this particularly difficult time.

Support and Support Groups

VANISH has suspended all office visits, face to face counselling and support appointments and all Melbourne and regional support groups until further notice. We are still providing support by telephone or email and counselling can be provided by telephone. We can also provide referrals to counsellors with experience in supporting people separated through adoption. To access support or to request counselling please contact us on the numbers below. We do hope to run support groups online once we have the technology in place.

Search Services

We are still undertaking searches with staff set up to work remotely using secure communication systems. Delays are expected with applications for certificates from BDMs across Australia which will affect some searches. However, the VANISH team are extremely experienced and resourceful and will do their best to assist you and progress your search.

VANISH Contact details

For enquiries and support contact VANISH on (03) 9328 8611 or email info@vanish.org.au

Links and Resources

Beyond Blue now has a coronavirus mental wellbeing support service. Call 1800 512 348 or visit <https://coronavirus.beyondblue.org.au/>

Lifeline crisis support and suicide prevention 13 11 14 <https://www.lifeline.org.au/>

Blue Knot trauma informed support. Call **1300 657 380** Mon-Sun between 9-5 AEDT or visit <https://www.blueknot.org.au/Resources/Fact-Sheets/COVID-19>

Please stay safe and well,

Charlotte Smith, Manager and the rest of the VANISH team.