



VANISH Update re: COVID-19

VANISH has implemented 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 until further notice. Melbourne support groups are now conducted online (via zoom) along with the Albury Group. Ballarat support group is currently meeting in person while observing social distancing and health care practices. For further information, please contact the VANISH office as below.

VANISH is still providing support by telephone and email. We can also provide referrals to counsellors with experience in supporting people separated through adoption. To access support or to request a counselling referral, please contact the VANISH office as below.

Search Service

The VANISH search team is still registering and undertaking searches with staff set up to work remotely using secure communication systems. Unfortunately, the COVID-19 restrictions in Victoria have limited our ability to access necessary resources, it may take longer than usual to progress your search. We are also experiencing delays with applications for certificates from BDM's across Australia which will affect some searches.

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>