

*"Nurses dispense comfort,
compassion, and caring without
even a prescription".*

Val Saintsbury

Making an Appointment



Phone:
03 8770 1065 (Seaford)
03 8769 2200 (Dandenong)

Ask to speak with the
Community Health Nurse (or
leave a message)

Email:



Seaford
chnseafordmdc@monashhealth.org

Dandenong
chndandenongmdc@monashhealth.org

Renee (Nurse) - Seaford
0466 304 417 (Monday-Thursday)

Natasha (Nurse)- Dandenong MDC
0466 304 420 (Tuesday-Friday)

*This program is funded by the Victorian Government and
is located with Sexual Assault Multi-Disciplinary Centres*



Consumer reviewed September 2015

Community Health Nursing in Multi-Disciplinary Centres (MDCs)

Free and Confidential



MonashHealth Community

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located within Sexual Assault Multidisciplinary Centres*

Who are we?

Community Health Nurses work closely with the other services within the MDC. The Community Health Nurse offers a range of nursing services to **support you and your families health needs.**

- Nurses are female and have years of experience in supporting people with their health and wellbeing.
- Nurses will treat you with sensitivity and respect your right to privacy and confidentiality.

Please note: The nurse does not replace the role of your counsellor/support person or other services you are currently accessing.

Who can use the Service?

- Anyone who has experienced sexual assault and their (non-offending) family members.
- Adults, young people and children.

What we can do:

- Support for your Health and Wellbeing;
- Support to identify your health care needs;
- Support to develop a plan on how to reach your health care goals and monitor achievements;
- Support you to access local and other health and community services that could assist you;
- Support you with health information and education

How can this Service Support me?

- We work with you to manage your health.
- We will ensure you are at the centre of every decision
- You have a right to be treated with respect and dignity and to care that is responsive to your culture, religion and sexual orientation.
- If you feel you need support, this service is here to help.

Is there a cost?

No - This service is **free**.

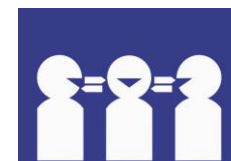
You do not need a Medicare Card.

If there are any costs with any services, the nurse will discuss this with you first.

What happens next?

- The nurse will make an appointment with you either face to face or by phone:
- Over the first couple of appointments, the nurse will complete a health assessment to help identify your health needs.
- You and the nurse will then develop a plan. This may involve linking with other health support or education.

Interpreters are Available



We can arrange an interpreter if you need one.