

## What Is Food Security??

*“The state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency source”*

(Community Food Security Coalition 1995).

Many things can affect you from having enough food, including:

Finances, Health Problems, Drug & Alcohol Issues, Transport, Cultural Barriers, Social Isolation or Cooking Skills & Knowledge.

Please refer to the brochures in this series for help in any of these areas.



# HEALTH HURDLES



*Improving Food Access*

*Overcoming Health Barriers to Improve Your Access to Food*



*Improving Food Access*

## COMMUNITY HEALTH CENTRES

City of Glen Eira

**Bentleigh Bayside Community Health**  
Ph. 9575 5333

City of Stonnington

**Caulfield Community Health Service**  
Ph. 9076 6666

**Inner South Community Health Service**  
Ph. 9525 1300

City of Port Phillip

**Inner South Community Health Service**  
Ph. 9525 1300

## MENTAL HEALTH SERVICES

City of Glen Eira

**Maternal and Child Health Service**  
Ph. 9524 5333

City of Stonnington

**Maternal and Child Health Service**  
Ph. 8920 3521

City of Port Phillip

**Maternal and Child Health Service**  
Ph. 9209 6766

## MATERNAL & CHILD HEALTH CENTRES

City of Glen Eira

**Lantern-Shining Light on Mental Health**  
Ph. 9585 5677

City of Stonnington

**The Junction Community Mental Health Service**  
Ph. 9076 9888

**Waiora Community Mental Health Service**  
Ph. 9076 4700

City of Port Phillip

**Alfred CYMHS**  
Ph. 8552 0555

**Personal Helpers and Mentors Service (PHaMs)**  
**Inner South Community Health Service**  
Ph. 9525 1300

Across All Areas

**Mental Health Advice Line**  
Ph. 1300 280 737

**Mental Health Community Support Services**  
**Central Intake - NEAMI**  
Ph. 1300 379 462