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**Helps the carer/s and family**

**Helps the person with mental illness**

**Advocacy**

**LGA: Local Government Area specific**

**Employment/Vocational Focussed Support**

**Interpreters accessed**

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**Support for carers of people experiencing mental health issues**

**Southern Region**

**FREECALL**

1800 052 222

*Freecall except from mobile phones*
Alfred Health Carer Services

Provides a range of support to families/carers of people experiencing mental illness, other types of disability or age-related needs. Includes Young Carers Program.

P: 1800 052 222 – 24 Hours carersouth.org.au

Action on Disability within Ethnic Communities (ADEC)

Supporting carers from culturally and linguistically diverse communities.

P: 03 9480 7000 adec.org.au

Al-Anon Family Groups

Key support program for families and friends of alcoholics.

Helpline: 1300 252 666 al-anon.alateen.org.au

Alcohol and Other Drugs (A&OD) services

Counselling for individuals experiencing issues with alcohol/drug misuse. There are three intake and assessment services in the southern region operated by:

Bayside A&OD (Star Health) P: 1800 229 263
Glenn Eira, St Kilda, Port Phillip, Bayside and Kingston

FAMDAS P: 1300 665 781
Frankston and Mornington Peninsula

SECAĐ P: 1800 142 536
Dandenong, Casey and Cardinia

Families/carers can also call for assistance to access support services.

Anxiety Recovery Centre Victoria (ARCVic)

Helpline: 03 9830 053 or 1300 269 438 arcvic.org.au

Carer Gateway

National online and phone service providing practical information and resources, including an interactive local support service finder.

P: 1800 422 737
carergateway.gov.au

Carers Victoria

Victorian peak carer organisation offering support, and promoting the recognition of carers to government, business and the community.

P: 03 9396 9500 or 1800 242 636 carersvictoria.org.au

Centrelink

Carer payment or Carer Allowance may be available.

P: 132 717 humanresources.gov.au my.gov.au

Dandenong and District Aborigines Co-Operative Ltd (DDACL)

Support for Koori families/carers living in the Cities of Greater Dandenong, Casey and Cardinia.

P: 03 9794 5933 ddacl.org.au

Eating Disorders Victoria

Help, information and referral for individuals and families.

Helpline: 1300 550 236 eatingdisorders.org.au

ERMH

Community based organisation supporting recovery from mental illness. ERMH provides a range of support options, including vocational support for young carers.

P: 1300 376 421 ermh.org

Family Drug Help SHARC

Recognises that problematic alcohol or other drug use within the family can be overwhelming, with or without mental health issues. Offers all family members support, and encouragement to practice self-care.

Helpline: 1300 660 068 P: 03 9573 1700

familydrughelp.com.au

Family Relationship Services for Carers

P: 1300 003 224 or 1300 303 346

FMC Mediation and Counselling

Victoria

Broad range of counselling and mediation services, including individual, relationship and child/young person counselling, financial counselling and mental health services.

P: 1800 639 523 mediation.com.au

Gambler’s Help Southern (GHS)

A range of free services, including one-to-one counselling and support for anyone experiencing gambling related harm, including the person who is gambling, family members and others.

P: 03 9575 5333 – GHS Intake

E: ghs.intake@bbch.org.au
gamblerhelpsouthern.org.au

GP Referral

Contact your GP for referral to Medicare funded counselling via ‘Better Access to Mental Health Care’ and other mental health support programs.

Grow – Get Growing Carers

Peer support and self-help groups. Refer to website for groups in the Southern Region.

P: 1800 558 268
grow.org.au

headspace

Early intervention in emerging mental health and alcohol and drug issues for young people 12–25 years and their families. This includes young people who may be in a caring role.

Bentleigh P: 03 9076 9400

Elsternwick P: 03 9076 7500

Dandenong and Narre Warren P: 1800 367 968

Mornington Peninsula P: 03 9769 6419

headspace.org.au

Inner South Family and Friends Carer Support Group

Monthly group meetings offering education and peer support.

P: 03 9076 4713

ispaf.org

Local Government – Councils

Contact your local council to learn about possible respite and other home and community c services.

Mental Health Community Support Services (MHCSS)

Individual outreach support including group activities, youth/adult rehabilitation and supported accommodation for people with a mental illness. Families/carers can also call for assistance to access support services.

Intake and assessment services in the southern region:

Neami National P: 1300 642 774
mentissassit.org.au

Peninsula Health P: 1300 729 977

FaPèl (Families where a Parent has a Mental Illness)

State-wide strategy to reduce the impact of parental mental illness on all family members through family, coordinated, preventative and supportive action within mental health services.

bouvierie.org

MIND Australia – Family and Carer Services

Comprehensive range of services which are tailored to meet individual, family and other needs.

Carer Helpline: 1300 554 660
carers@mindaustralia.org.au

Referrals

Mind Connect: 1300 286 463
info@mindaustralia.org.au

Mindaustralia.org.au

SANE Australia

National charity working for a better life for people affected by mental illness, including carers/ families and others, in community campaigns, education, on-line carers forums and research.

P: 1800 187 263
sane.org.au

SHINE

Early intervention Children’s Mental Health Program offering assistance to children and young people through case management and family/carer support in Casey and Dandenong.

P: 03 9784 0650
E: shineintake@familylife.com.au
familylife.com.au

Tandem

Victorian peak body providing recognition of carers and families through advocacy and liaison with government.

P: 03 8803 5555
tandemcarers.org.au

Wellways Australia Ltd

Supports people with a disability and those affected by mental illness and their families/carers. Helpline: 1300 111 500
P: 03 9784 6800
wellways.org

Wellways Victoria

P: 1300 642 774
tentissassit.org.au

Peninsula Carer Council For carers, including young carers.

Mentissaustral.org.au

Wellways Victoria

P: 03 9784 6800
wellways.org

Space4Us 2–18 year olds. Contact City of Greater Dandenong Space4Us program for course information.

P: 03 9783 2155

Emerging Minds

National Workforce Centre supporting people working with children at risk of mental health difficulty and their parents or guardians to promote children’s resilience and wellbeing.

EmergingMinds.com.au

Alfred Health Carer Services

June 2018