

Additional Supports

Carers Vic 1800 242 636 www.carersvictoria.org.au
Provides carers with services like counselling, advice, advocacy, education and training.

Directline 1800 888 236 Provides 24 hour, 7 day counselling, information and referral for alcohol or drug problems.

Eating Disorders of Victoria Help, Support & Information 1300 550 236 www.eatingdisorders.org.au
Support for those whose lives are affected by eating disorders by providing a range of services including a Helpline, support groups, information, education and psychologists.

Eastern Health CHAMPS 1408 291 580 OR 9871 3988
Peer support groups for children aged 8-12 in the eastern region whose parent/s have mental illness/mental health issues.

Family Drug Helpline 1300 660 068 Designed to address the support and information needs of parents and significant others of someone with alcohol or other drug use.

GROW – Better Together 1800 558 268 OR 9528 2977 www.grow.org.au
A program providing free, ongoing support groups for family, friends and carers. Groups meet twice-monthly to share experiences, gain support and increase coping skills, knowledge and understanding. No referral necessary.

MIFellowship Helpline 8486 4222 OR 8873 2500 www.mifellowship.org.au
Works to improve the lives of people affected by mental illness, their families and friends.

MIND Australia 1300 550 265 www.mindaustralia.org.au
Provides a state-wide carers helpline and a range of specialist supports for mental health carers.

Paying Attention To Self (PATS) 9294 6716 www.yrys.com
A free peer support program for young people 12-18 years caring for a parent with a mental illness.

Post & Antenatal Depression Association (PANDA) 1300 726 306 www.panda.org.au
Offers support to women and their families who are suffering from post and antenatal depression.

SANE 1800 187 263 National charity working for a better life for people affected by mental illness through education, research and campaigning.

Tandem 8803 5555 www.tandemcarers.org.au
Representing Victorian mental health carers. Advocating for carer involvements, participation, comprehensive support & service improvement. Membership and enews bulletin available.

Victorian Government Carer Card Carer Information Line 1800 901 958 www.carercard.vic.gov.au/carers
A free discount and benefit card available to carers.



Mental Health Carer & family services in Melbourne’s Eastern Region



Adult carer support groups

Support groups offering peer support, sharing experiences, coping strategies and information to assist carers in their caring role.

- EACH Partners Support Group** 1300 003 224
- Eastern Health & MIFellowship - Carers supporting an older person with mental illness** (03) 8873 2500
- Ferntree Gully Family Support Group** (03) 9726 5694
- GROW - Better Together (Wantirna South & Hawthorn)** 1800 558 268
- Mt Waverley Chinese Carer Group** (03) 9480 1666

Online

The Mental Health Services Navigation Tool has been developed to support improved access to mental health services in Melbourne’s eastern metropolitan region. To use the Navigation Tool go to: www.emrmhnt.com.au and click ‘Start Tool’.



A service and support guide for carers of people with mental illness



*Reviewed July 2015 – Eastern Carers Network
Brochure design by UnitingCare LifeAssist*

Support for carers of people experiencing mental health issues in Melbourne's east

Commonwealth Respite & Carelink Centre (delivered by UnitingCare lifeAssist)

1800 052 222 (24hrs) 9239 2500 www.lifeassist.org.au
Immediate and short term respite, information, carer support, referral and links to community for carers and young carers.

EACH 1300 003 224 www.each.com.au

Support for carers through information & referral, carer events and activities. Community-based carer peer support workers.

Villa Maria 1300 650 615 www.villamaria.com.au

Mental health carer events, activities, information and referral.

Carer Consultants

Work in a range of mental health services to advocate for change in service delivery to respond to carer needs.

Eastern Health (Adult MH Service) 9843 5800

Eastern Health (Aged MH Service) 8804 9908

Eastern Health (Child & Youth MH Service) 9843 1200

St Vincent's (Adult MH Service) 9417 5696

St Vincent's (Aged MH Service) 9231 8443

Carers Offering Peers Early Support (COPES)

COPES workers are at a number of services, they have cared for a relative with mental health issues and provide individual and telephone peer support and information.

Eastern Health Box Hill 9843 5800

Eastern Health Ringwood 9955 1177

EACH COPES 1300 003 224

St Vincent's 9417 5696

Public Mental Health Triage

Triage provides information and referral to services and assessment for people requiring **urgent** mental health help.

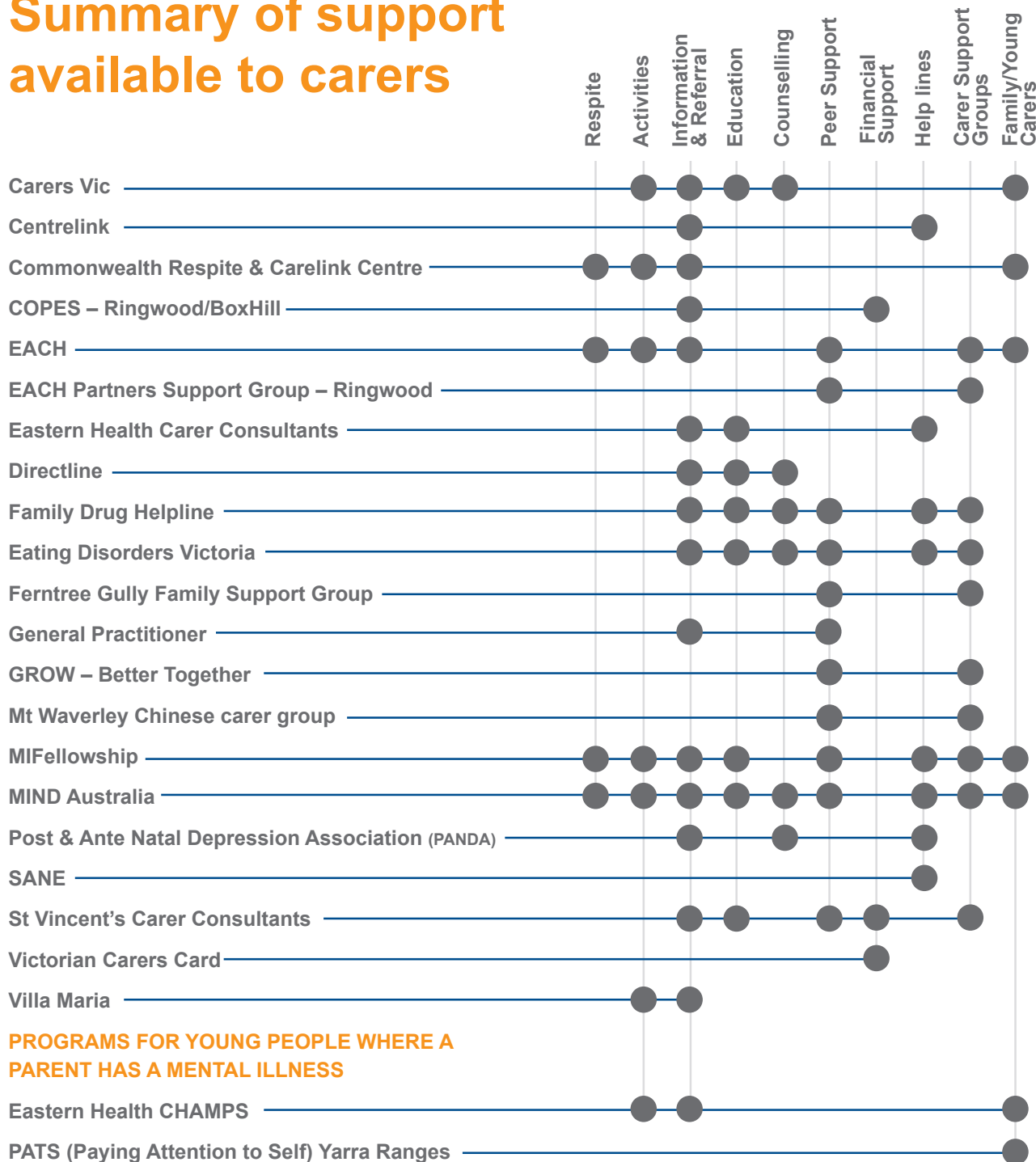
Eastern Health Adult Mental Health Service 1300 721 927

Eastern Health Child & Youth Mental Health Service 1300 721 927 (option 2)

St Vincent's Adult/Aged Mental Health 1300 558 862

Community Mental Health Intake/MHCSS 1300 785 358

Summary of support available to carers



PROGRAMS FOR YOUNG PEOPLE WHERE A PARENT HAS A MENTAL ILLNESS

Eastern Health CHAMPS

PATS (Paying Attention to Self) Yarra Ranges

For more information visit the online Mental Health Services Navigation Tool: www.emrmhnt.com.au