

Support for carers of people experiencing mental health issues in the Southern Region of Melbourne

ARAFEMI is a Mental Health Organisation providing a range of services for consumers and carers across Victoria. These include Carer Peer Support, Carer Advocacy, Educational Programs, Respite Service, Carer Helpline, free counselling and Carer Support Groups.

Carer Helpline: **1300 550 265**
Ph: **9810 9300**
www.arafemi.org.au

ARC: Anxiety Recovery Centre
ARC South East Anxiety Disorders group
Helpline: **9886 9377**
www.arcvic.org.au

Carers Victoria The statewide peak carer organisation to provide carers with counselling ('Talking it over'), advice, advocacy, education and training, and promotes recognition of carers to government, business and the community.
Ph: **9396 9500** or **1800 242 636**
www.carersvictoria.org.au

Centrelink A carer payment e.g. Carer Allowance may be available.
Ph: **13 27 17**
www.centrelink.gov.au

CRCCSR: Commonwealth Respite and Carelink Centres provides a range of information, counselling and respite support to families/carers of people with mental illness and other types of disability or age-related care needs. Includes Young Carers Program.
Ph: **1800 052 222** (24 Hours)
www.carersouth.org.au

CLOCK Project: Contributing to Lasting Outcomes for Carers provides emotional support and respite. Inquiries to Peninsula Support Services.
Ph: **5970 5000**
www.pss.org.au

Eating Disorders Victoria Help, information and referral for individuals and families.
Helpline: **1300 550 236**
www.eatingdisorders.org.au

Ermha is a community based organisation that supports recovery from mental illness and instils hope for carers, families, friends and consumers. It provides a range of respite support options, education and a carer support group.
Ph: **1300 374 421**
www.ermha.org

Family Relationship Services for Carers
Ph: **1300 303 346**

GP Referral Contact your GP regarding referral to Medicare funded counselling via 'Better Access to Mental Health Care' and links to other Medicare programs e.g. Enhanced Primary Care Plan.

'Grow – Better Together' offers peer-support, self-help groups. Helps caregivers/families to gain understanding, support and education.
• Dandenong, Caulfield, Frankston
Ph: **1800 558 268**
www.grow.net.au

Inner South Parents and Friends
• St Kilda
Ph: **9076 4713**
www.home.vicnet.net.au/~waiora/

headspace early intervention in emerging mental health and alcohol and drug issues for young people 12-25 years.
• Peninsula
Ph: **9769 6419**
• Southern Melbourne
Ph: **9526 1600**
www.headspace.org.au

Lantern 'Shining light on mental health' provides education and carer groups.
• Cheltenham/Moorabbin
• Young Persons and PATS
Ph: **9093 5977**
www.lantern.org.au

Local Government – Councils Contact your local council to get details about possible respite care and other HACC: Home and Community Care services.

Community Health Services Provide a range of health support services. Contact your local CHS.

Mental Health Advice Line Provides advice, information and referral on mental health 24/7 a week.
Ph: **1300 280 737**

Mental Illness Fellowship works with people with mental illness, their families and friends to improve their well being.

Ph: **8486 4200**
Helpline: **8486 4222**
www.mifellowship.org
Offers advocacy, support, education, counselling and respite options to carers.
Ph: **9784 6800**

Mental Health Services: Carer Consultants in the Southern Region work in the Alfred Health, Southern Health and Peninsula Health Adult Mental Health Services (AMHS), Child and Youth Mental Health Services (CYMHS) or Early in Life Mental Health Service (ELMHS) and Aged Persons Mental Health Services (APMHS), to advocate for systemic change in service delivery and response to the needs of carers.

The Alfred AMHS
Ph: **9076 4700**
Southern Health AMHS
Ph: **9554 9233**
Peninsula Health AMHS
Ph: **9784 7099**
The Alfred CYMHS
Ph: **8552 0555**
Southern Health ELMHS
Ph: **9554 9233** (includes Frankston ELMHS)
Caulfield APMHS
Ph: **9076 6012**

Carer Support Brokerage Fund A support program for clients linked to state funded mental health services. Contact your family member's case manager.
Carer Support Groups Check with your service and/or case manager if a group is offered.

MIND – Southern Respite Services and Flexible Respite
Ph: **9686 4900**
www.mindaustralia.org.au

MOIRA Grandparents Support Group
Ph: **8552 2222**
www.moira.org.au

Odyssey – Family Eclipse Program for families of young adults with mental health issues and drug use.
Ph: **9420 7610**
www.odyssey.org.au

Parentline provides a statewide phone counselling service to parents/carers of children aged birth to 18 years.
Ph: **13 22 89**

PATS: Paying Attention to Self A course for 12-18 year olds Contact CRCCSR Young Carers Program for course information.
Ph: **1800 052 222**
www.carersouth.org.au
Contact City of Greater Dandenong HEADS UP
Ph: **9793 2155**

Peninsula Mental Health Services
• Rosebud
Ph: **9784 7099**

Peninsula Carer Council
• Frankston – Carer Support Group
Ph: **5970 5024**

SANE Australia is a national charity working for a better life for people affected by mental illness, including carers/families, through community campaigns, education and research.
Helpline: **1800 187 263**
www.sane.org

Stepping Up A consortium supporting people with complex issues (i.e. mental illness, AOD, ID, ABI etc.) and their families.
Ph: **1800 828 466**
www.stepping-up.org.au

The Victorian Mental Health Carers Network Victorian peak body. Its mission is to ensure recognition of carers and families via its role in systemic advocacy and liaison with government on behalf of carers.
Ph: **8803 5555**
www.carersnetwork.org.au

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COMMONWEALTH
**Respite &
Carelink Centre**

*Supporting Carers
Informing the Community*
SOUTHERN REGION

FRECALL* **1800 052 222**
* Calls from mobile phones are charged at applicable rates.

Agencies providing support for carers of people experiencing mental health issues in the Southern Region of Melbourne		Respite services	Helplines	Carer support groups	Education	Counselling services	Young Carers Services	Financial support for carers
CRCCSR			✓	✓		✓	✓	
Mental Illness Fellowship	(A)	✓	✓		✓	✓		
ARAFEMI	(A)	✓	✓	✓	✓	✓		
Ermha		✓		✓	✓			
MIND		✓						
Local Government – Councils	LGA	✓						
SANE				✓	✓			
Inner South Parents and Friends				✓				
Lantern Shining light on mental health				✓	✓		✓	
'Grow – Better Together'				✓				
Peninsula Carer Council				✓				
Peninsula Mental Health Services				✓				
ARC				✓	✓			
MOIRA				✓				
headspace	LGA			✓	✓	✓	✓	
Carers Victoria	(A)			✓	✓	✓		
Family Relationship Services for Carers						✓		
GP referral						✓		
CLOCK Project	LGA	✓				✓		
Odyssey – Family Eclipse Program						✓		
PATS							✓	
Centrelink								✓
Mental Health Services (including Carer Consultants)				✓	✓		✓	✓
Mental Health Advice Line				✓				
Parentline				✓		✓		
Eating Disorders Victoria				✓	✓	✓		
Stepping Up				✓		✓		
The Victorian Mental Health Carers Network	(A)							

Helps the carer/s and family

Helps the person with mental illness

(A) Advocacy

LGA Local Government Area specific