

## **Carer Advice and Support**

**Direct Line:** 1800 888 236 (toll free)

**ARAFEMI CARER HELPLINE:** 1300 550 265 9 (now merged with MIND)

ARAFEMI is a community based service that seeks to improve the lives and well being of all people affected by mental illness. Its services are based on recovery, respect, inclusion and participation by people with mental illness and their families and carers.

**MIND:** Family and Carer Services - 1300 286 463 (1300 AT MIND)

Mind recognises the importance of families in the lives of many of our clients. We provide support to families that include a person with mental health issues.

Our staff will take the time to find out what is most helpful for an individual family, and we will work with family members to explore a range of options that best suits their needs. This may include social and recreational activities in the local area, a range of groups, peer support, holidays or other supports. This also may include a referral to other services in your area, such as counselling services, carer support groups and other services that may assist you. We also provide a specialist family therapy service in some areas.

**Odyssey House Victoria:** Telephone: (03) 9420 7600

Odyssey House Victoria is recognised as a national leader in working with substance-dependent parents, their children and members of the wider family. Odyssey House has extensive experience in and an understanding of the issues involved in supporting all members of the family.

### **Parent Support Program - Odyssey House/Taskforce**

A seven week course for parents affected by the substance use of a family member.

**Taskforce:** (03) 9532 0811

Living with and caring for a family member with substance use can be very difficult. TaskForce offers support for families - as a group or as an individual - to help make or re-establish connections, and develop coping and supporting strategies. TaskForce offers family therapy as well as a support group conducted in collaboration with Odyssey House. For general information on our family support services, please contact [fdesk@taskforce.org.au](mailto:fdesk@taskforce.org.au). or (03) 9532 0811

**Counselling Online** – [www.counsellingonline.org.au](http://www.counsellingonline.org.au)

**Family Drug Help (SHARC) Helpline:** 1300 660 068 Email: [fdh@sharc.org.au](mailto:fdh@sharc.org.au)

We recognise that alcohol and other drug use within the family can be overwhelming and cause problematic behaviour (with or without mental health issues). We offer family and friends support, information, education, inspiration. We don't judge family members because we've been there.

**Headspace** - <http://www.headspace.org.au/parents-and-carers/find-information>

Peninsula: 9769 6419, Southern Melbourne: 9526 1600

**ARC** – Anxiety Recovery Centre Helpline : 930 0566 [www.arcvic.org.au](http://www.arcvic.org.au)

**Carers Victoria** - 9396 9500 or 1800 242 636 [www.carersvictoria.org.au](http://www.carersvictoria.org.au)

**Connections UnitingCare** – Alliance Family Counselling Program: 8792 8999

[www.connections.org.au](http://www.connections.org.au)

**CRCCSR** – Commonwealth Respite and Carelink Centre: 1800 052 222 (24 Hours)

**CLOCK** - Carer Support Program to Lasting Outcomes for Carers: 5970 5000

[www.pss.org.au](http://www.pss.org.au)

**Dandenong and District Aboriginies Co-operative Ltd (DD**

**ACL):** 9794 5973

**Eating Disorders Victoria:** 1300 550 236 [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

**Ermha:** 1300 374 421 [www.ermha.org](http://www.ermha.org)

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

**GROW – Better Together** – Dandenong, Caulfield, Frankston: 1800 558 268

[www.grow.net.au](http://www.grow.net.au)

**Inner South Family and Friends Carer Support Groups:** 9076 4713 [www.ispaf.org](http://www.ispaf.org)

**Mental Illness Fellowship:** 9784 6800 Helpline: 8486 4222 [www.mifellowship.org](http://www.mifellowship.org)

Parentline: 132289

**SANE Australia:** 1800 187 263

**Stepping Up:** 1800 187 466 [www.stepping-up.org.au](http://www.stepping-up.org.au)

**Victorian Mental Health Carers Network:** 8803 5555 [www.carersnetwork.org.au](http://www.carersnetwork.org.au)