

CARER SUPPORT AND ASSISTANCE

Alfred Health Carer Services

Providing urgent 24 hour respite, information and carer support.

FREECALL 1800 052 222*

*Freecall except from mobile phones
carersouth.org.au

Action on Disability within Ethnic Communities (ADEC)

Supporting people living with a disability and their carers from non-English speaking backgrounds.
P: 1800 626 078 or 03 9480 7000
www.adec.org.au

Anxiety Recovery Centre Victoria

Helpline: 03 9830 0533 or 1300 269 438
arcvic.org.au

Bipolar Life Victoria

bipolarlife.org.au

BPD Community

E: barb@bpdcommunity.com.au
bpdcommunity.com.au

Eating Disorders Victoria

Helpline: 1300 550 236
eatingdisorders.org.au

ERMHA

P: 1300 376 421, Respite 9706 7388
ermha.org

Grow – Family and Carer Program

P: 1800 558 268
E: vic@grow.org.au
grow.org.au

Inner South Family and Friends

P: 03 9076 4713
E: isfaf@alfred.org.au
ispaf.org

Mentis Assist

Carer Services
P: 03 5970 5000 or 1300 636 847
mentisassist.org.au

Mind Australia

Carer Helpline: 1300 554 660
Mind Connect referral: 1300 286 463
mindaustralia.org.au

Peninsula Carer Council

P: 1300 550 962
E: info@peninsulacarercouncil.org.au
peninsulacarercouncil.org.au

Peninsula Health Mental Health Services

P: 03 9238 8634 for carer consultant or 9784 6999 for community carer peer workers
peninsulahealth.org.au

Uniting lifeAssist

P: 1300 277 478
E: info@lifeassist.org.au
lifeassist.org.au

Wellways Australia – South Eastern Melbourne Region

Helpline 1300 111 500
P: 03 9784 6800
wellways.org

USEFUL CONTACTS

Lifeline

24-hour counselling
P: 131 114
lifeline.org.au

Mental Health/Psychiatric Emergencies

Alfred Health

P: 1300 363 74

Peninsula Health

P: 1300 792 97

Monash Health

P: 1300 369 012

Mental Health and Psychiatric Services – Carer Consultant

Alfred Health

P: 03 9076 4740 – Adults
P: 03 8552 0555 – Child and Youth (CYMHS)

Peninsula Health

P: 03 9238 8634 – Adults
P: 03 9238 8600 – Youth Prevention and Recovery Centre

Monash Health

P: 03 9554 9233 – Adults and Early in Life Mental Health Service

Mental Health Community Support Services – Intake

Neami National

P: 1300 379 462
Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Frankston and Mornington Peninsula

EACH Social and Community Health

P: 1300 785 358
Greater Dandenong, Casey and Cardinia

SANE Australia

Helpline 1800 187 263
sane.org

To update support group information call **1800 052 222**.
Alfred Health Carer Services is funded by Australian and Victorian Governments.

Mental Health Carer and Family Support Groups

Southern Region



AlfredHealth

Carer Services

June 2018



CARER SUPPORT GROUPS

Support groups are a great way to meet others in similar situations, learn more about mental illness and the support services available.

Please contact your preferred group before attending. Most groups welcome carers from outside the local area.

PORT PHILLIP, GLEN EIRA AND STONNINGTON

Inner South Family and Friends Support Group

Second Tuesday of the month, 7.30pm–9.30pm
Betty Day Centre (Multipurpose Room),
67 Argyle St, St Kilda
P: 03 9076 4713
E: isfaf@alfred.org.au

Grow Carer Support Group (Caulfield)

First and third Tuesday of the month, 7pm
Grow Community Centre, 707 Glenhuntly Road,
Caulfield South
P: 1800 558 268 or 03 9528 2977
E: vic@grow.org.au

BPD Community Family and Friends

Third Tuesday of the month, 6.35pm–9pm
Star Health (Tom Hills Room), 341 Coventry St,
South Melbourne
RSVP essential to: barb@bpdcommunity.com.au

Mind Carer Support Group

Third Thursday of the month, 7pm–9pm
Mind Inner South, 86 St Vincent Place,
Albert Park
P: 03 9686 4900

Bipolar Carers Support Group – Mental Health Foundation and Bipolar Life Victoria

First Monday of the month, 7.30pm–8.30pm
Mental Health Foundation offices,
450/J Chapel St, South Yarra
P: 03 9826 1422 or 1300 643 287

KINGSTON AND BAYSIDE

Cheltenham Carer Support Group

First Wednesday of the month, 7.30–9.30
Mind Australia Family and Carer Service,
Church of Christ, 2–12 Chesterville Rd,
Cheltenham

DANDENONG, CASEY AND CARDINIA

BPD Community Family and Friends Group

Third Wednesday of the month, 6.35pm–9pm
ERMHA office Building G, Level 1, 45 Assembly Drive,
Dandenong South
RSVP essential to barb@bpdcommunity.com.au

ERHMA Carers Support Group

Third Tuesday of the month, 6pm–8pm
ERHMA office, Estate 1, Building G, Level 1,
45 Assembly Drive, Dandenong South
P: 03 9706 7388

ERMHA Carers Coffee Club and Walking Group

Other activities available.
P: 03 9706 7388

Mind – Carer Support Group

Fourth Wednesday of the month, 6.30–8.30pm
Mind Melbourne South, Suite 1 and 2,
64 Victor Crescent,
Narre Warren
P: 03 9686 4900

Uniting lifeAssist Carer Hubs

Hampton Park

Tuesdays, 10.30am–2.30pm school term only
Uniting Place, 1 Coral Drive, Hampton Park

Pakenham

Wednesdays (fortnightly during school term), 10.30am–1.30pm
Toomah Community Centre, 18 Golden St,
Pakenham, Narre Warren
P: 03 9239 2500, lifeAssist
E: events@lifeassist.org.au

FRANKSTON AND MORNINGTON PENINSULA

Peninsula Carer Council

Third Monday of the month, 7.30pm
Brotherhood of St. Laurence Complex High St,
Frankston
P: 1300 550 962
E: info@peninsulacarercouncil.org.au

Peninsula Health Mental Health Carer Groups Rosebud

First Thursday of the month, 1.30pm
Baptist Church (hall at rear) Boneo Rd,
Rosebud

Hastings

Second Wednesday of the month, 1.30pm
Hastings Community Health Centre,
185 High Street, Hastings
P: 03 5986 0684

Mind Carer Support Hub

Second Thursday of the month, 10am–12pm
Fourth Thursday of the month, 2pm–4pm
Drop-in
62 Playne St, Frankston
P: 03 9686 4900 or 0424 141 243 (Mari)

Mentis Assist Carer Support Morning Tea and Catch Up

First Monday of the month, 10am–12pm
The Sober Mule Café, 1128 Nepean Highway,
Mornington
P: 03 5970 5000

OTHER FAMILY AND CARER GROUPS

ADEC (Action on Disability within Ethnic Communities)

Support groups for carers from ethnic backgrounds
P: 03 9480 1666

BBQ Boys

Support group for male carers.
Every Tuesday
Carrum Community Hub, 38 Valetta St,
Carrum
P: 0455 179 692 (Honk)
Email: bbqboyscarergroup@gmail.com

Wellways Hub South East Melbourne

Open to all carers. Social, education and
recreation activities.
P: 03 9784 6800 (Frankston)

Eating Disorders Victoria

Helpline: 1300 550 236

Anxiety Disorders Support Groups

Anxiety Recovery Victoria (ARC Vic)
Helpline: 03 9830 0533