

ORGANISATIONS FACILITATING CARER SUPPORT GROUPS (AS ITEMISED) AND OFFERING OTHER CARER ASSISTANCE

- ▶ **Action on Disability within Ethnic Communities (ADEC)**
Supporting carers from ethnic backgrounds
Ph: 9480 1666
www.adec.org.au
- ▶ **Anxiety Recovery Centre Victoria (ARCVic)**
Helpline 9830 0533 (open Mon – Fri from 10am – 4pm)
www.arcvic.org.au
- ▶ **Eating Disorders Victoria Helpline** 1300 550 236
www.eatingdisorders.org.au
- ▶ **Ermha - 1300 ermha1 (1300 376 421) or Ermha Respite** 9706 7388
www.ermha.org
- ▶ **Grow – Family & Carer Program**
1800 558 268 Email: vic@grow.org.au
www.grow.org.au
- ▶ **Inner South Family and Friends** Ph: 9076 4713
Email: isfaf@alfred.org.au www.ispaf.org
- ▶ **Mentis Assist Carer Services** Ph: 5970 5000
www.mentisassist.org.au
- ▶ **Mind Australia**
Carer Helpline 1300 554 660
Mind Connect (for referrals) 1300 286 463
www.mindaustralia.org.au
- ▶ **Peninsula Carer Council** 1300 550 962
Email: info@peninsulacarercouncil.org.au
www.peninsulacarercouncil.org.au
- ▶ **Peninsula Health Mental Health Services**
9238 8634 (Carer Consultant)
9784 6999 (Community Carer Peer Workers)
www.peninsulahealth.org.au
- ▶ **Uniting Care lifeAssist** Ph: 1300 ASSIST (1300 277 478)
or Email: info@lifeassist.org.au
www.lifeassist.org.au
- ▶ **Wellways Australia- South Eastern Melbourne Region**
Ph: 9784 6800 Helpline 1300 111 500
www.wellways.org

OTHER USEFUL CONTACTS FOR CARERS/FAMILIES

- ▶ **Alfred Health Carer Services**
FREECALL* 1800 052 222
*Calls from mobile phones are charged at applicable rates
Urgent Respite (24 hours)
Community Information (Business Hours)
Carer Support
www.carersouth.org.au
- ▶ **Lifeline** 24-hour counselling 13 1114
www.lifeline.org.au
- ▶ **Mental Health/Psychiatric Emergencies – Triage**
 - Alfred Health 1300 363 746
 - Peninsula Health 1300 792 977
 - Monash Health 1300 369 012
- ▶ **Mental Health/Psychiatric Services – Carer Consultants**
 - Alfred Health – Adult 9076 4740
Child & Youth (CYMHS) 8552 0555
 - Peninsula Health – Adult 9238 8634
Youth Prevention & Recovery Centre (YPARC) 9238 8600
 - Monash Health – Adult & Early in Life 9554 9233
- ▶ **Mental Health Community Support Services – Intake**

For the areas of Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Frankston and Mornington Peninsula...
call 1300 379 462 (Neami National)

For the areas of Greater Dandenong, Casey and Cardinia...
call 1300 785 358 (EACH social and community health)
- ▶ **SANE Australia** Helpline 1800 187 263
www.sane.org

To provide support group information updates call
Lindy Alcorn - Carer Resource Worker – Mental
Health on 9076 6204.

Alfred Health Carer Services is part of Alfred Health and
is funded by the Australian and Victorian Governments

April 2017

APRIL 2017

Mental Health Carer and Family Support Groups

Southern Region



AlfredHealth

Carer Services

MENTAL HEALTH CARER SUPPORT GROUPS

Carer Support Groups offer families, friends and other relatives the opportunity to learn more about mental illness, to talk with others in similar situations, to share ideas on coping and learn of support services available.

The groups described in this brochure aim to meet some of the needs of family members, friends, partners and other carers who care for someone with a mental illness. All of the groups are affiliated with an organisation.

It is recommended that you call the contact number/email before attending the group to see if it may meet your needs.

N.B. Many groups are happy to include carers not living locally. Call the group's contact person to discuss your needs prior to attending.

DANDENONG/CASEY/CARDINIA

Ermha Carers Support Group

3rd Tuesday of the month, 6-8pm

Ermha office, Estate 1, building G, Level 1, 45 Assembly Drive, Dandenong South

Contact Ermha Respite on 9706 7388

Ermha Carers Coffee Club – Peer Support Group

1st Tuesday of the month, 10.30–11.30am

The Corner Post Café, 19 Wood St, Beaconsfield

Contact Ermha Respite on 9706 7388

Grow – Carer Support Group (Noble Park)

Group meets twice/month in Noble Park

Contact Grow on 1800 558 268 or 9528 2977 for details or email: vic@grow.org.au

Uniting Care lifeAssist – The Carer Hub

Tuesdays from 10am during school term times

Uniting Place, 1 Coral Drive, Hampton Park

Contact lifeAssist on 9705 3932

or email: events@lifeassist.org.au

Lunch is provided, please RSVP

Uniting Care lifeAssist – Cardinia Carer Hub

Wednesdays (fortnightly during school term times) from 10.30am – 2.30pm (i.e. 19/4; 3/5; 17/5; 31/5; 14/6; 28/6/17 etc)

Toomah Community Centre (Room 3), 18 Golden St, Pakenham

Contact lifeAssist 9705 3932 or email: events@lifeassist.org.au

Lunch is provided free, please RSVP for catering purposes

PORT PHILLIP / GLEN EIRA / STONNINGTON

Inner South Family & Friends Support Group

2nd Tuesday of the month, 7.30–9.30pm Betty Day

Centre (Multipurpose Room), 67 Argyle St, St Kilda

Contact Judi or Judith on 9076 4713

Email: isfaf@alfred.org.au

Grow – Carer Support Group (Caulfield)

Group meets twice/month in Caulfield area

Contact Grow on 1800 558 268 or 9528 2977 for details

or email: vic@grow.org.au

BPD Community – Carers' Group (specific focus on issues re Borderline Personality Disorder)

3rd Tuesday of the month, 6.45 – 9 pm at Inner South Community

Health Centre (Tom Hills Room), 341 Coventry St, South

Melbourne (opposite the market)

Contact email: barb@bpdcommunity.com.au

KINGSTON/BAYSIDE

Cheltenham Carer Support Group

1st Wednesday of the month, 7.30-9.30pm

Mind Australia Family and Carer Service

2 -12 Chesterville Rd, Cheltenham (Church of Christ Hall)

Contact 9686 4900

***** BBQ Boys**

A carer support group run especially for male carers living anywhere in Victoria. Group offers a variety of activities: education, information, linkages, social outings, peer support and more

Based at Carrum Activity Hub, 38 Valetta St, Carrum.

Contact Peter on 0404 044 283

FRANKSTON/MORNINGTON PENINSULA

Peninsula Carer Council

3rd Monday of the month, 7.30pm Brotherhood of St. Laurence Complex High St, Frankston

Contact 1300 550 962 or email info@peninsulacarercouncil.org.au

Peninsula Health Mental Health Carers' Groups

(Rosebud) 1st Thursday of the month, 1.30pm Baptist Church (hall at rear) Boneo Rd, Rosebud

(Hastings) 1st Monday of the month, 1.30pm. Venue to be confirmed

Contact Judy 9238 8634 or 0439 113 817

Mentis Assist – Carer Support Morning Tea & Catch Up

1st Monday of the month, 10am-12noon at The Sober Mule Café, 1128 Nepean Highway, Mornington
RSVP on 5970 5000

Wellways Hub (Frankston and Rosebud)

Group activities providing social interaction, education and recreation e.g. caring for carers, gardening, walking & coffee, meditation, mindfulness, art. Open to all carers.

Contact Intake (Frankston) 9784 6800 to register

OTHER FAMILY/CARER GROUPS

Action on Disability within Ethnic Communities (ADEC)

Supporting carers from ethnic backgrounds

Contact ADEC on 9480 1666 www.adec.org.au

Mind Australia

Contact Carer Helpline: 1300 554 660 or (for referrals) Mind Connect: 1300 286 463

- **Borderline Personality Disorder (BPD) - Family & Carers Group** 1st Wednesday of the month, 7–9pm

Eating Disorders Victoria

Contact via Helpline 1300 550 236 for details

Anxiety Disorders Support Groups

Contact ARCVic Helpline on 9830 0533

City of Greater Dandenong (CGD) – Paying Attention to Self

(PATS) A peer support program for young people who have a parent with a mental health issue and a connection to the CGD.

Contact Sylvia on 9793 2155 or email: smarov@cgd.vic.gov.au