



### **GROW – Better Together**

1800 558 268 [www.grow.net.au](http://www.grow.net.au)

A program providing free ongoing support groups for carers; meeting together to share experiences, gain support, increase coping skills, knowledge and understanding.

### **PATS (Paying Attention to Self)**

9294 6716 [www.yrys.com](http://www.yrys.com)

A free peer support program for young people 12-18 years caring for a parent with a mental illness.

### **Eastern Health CHAMPS**

0408 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.

### **Getting There Group**

Croydon 9725 1622

For parents wanting support for emotional and/or mental health issues.

### **Getting There Supported Playgroup**

Chandler House 9839 6600

Emerge Yarra Junction 9735 4188

For parents with a mental illness and their under school aged children.

### **Prahran Mission Mothers Support Program**

9692 9400

An outreach support program for women living with a mental illness in Monash, Whitehorse and Boroondara.

### **Adult Carer Support Groups:**

EACH Partners Support Group 9758 8508

Ferntree Gully Family Support Group 9726 5694

Waverley Support Group 8873 2500

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

### **ARAFEMI**

9810 9300 [www.arafemi.org.au](http://www.arafemi.org.au)

Provides a range of services to carers.

### **Mental Illness Fellowship**

8873 2500 [www.mifellowship.org.au](http://www.mifellowship.org.au)

Membership-based not-for-profit organisation working with people with a mental illness, their families and friends, to improve their wellbeing.

### **SANE**

1800 187 263

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

### **The Victorian Mental Health Carers Network**

8803 5555 [www.carersnetwork.org](http://www.carersnetwork.org)

Peak body for mental health carers in Victoria, whose mission is to ensure the contribution, experiences and needs of carers and families is recognised.

### **Carers Vic**

1800 242 636 [www.carersaustralia.org.au](http://www.carersaustralia.org.au)

Provides carers with services like counselling, advice, advocacy, education and training.

### **Eating Disorders Victoria Help, Support & Information**

9885 6563 or 1300 550 236 [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

A primary source of support, information, community education and advocacy for people with eating disorders and their families.

### **Mental Health Advice Line**

1300 280 737

Support for carers and individuals with a mental health issue/illness.

### **PANDA – Post & Antenatal Depression Association**

1300 726 306 [www.panda.org.au](http://www.panda.org.au)

Offers support to women and their families who are suffering from Post & Antenatal Depression.

### **Victorian Government Carer Card**

Carer Information Line 1800 901 958

[www.carercard.vic.gov.au/carers](http://www.carercard.vic.gov.au/carers)

A free discount and benefit card available to carers.

# **Mental Health Carer Services in Melbourne's Eastern Region**



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