

1 in 5 Facts

Statistically about 1 in 5 people will suffer a mental illness.

Mental illness touches us all at some time or other.

Prisons are two thirds full of people who suffer from a mental illness or a drug addiction.

Rates of homelessness are increasing and so to is the number of homeless people with a mental illness.

Many children are unnecessarily being prescribed anti depressants by GPs as there is a lack of counselling resources for children.

Resources and support for families and carers with a loved one with a mental illness are limited.

Services for mental illness are very under resourced - there is insufficient accommodation for those suffering a mental illness and who require supported accommodation.

Resources and support for families and carers with a loved one with a mental illness is limited.

Many young people who suffer from a mental illness choose to put up with the illness rather than suffer some of the side effects of prescribed medication e.g. weight gain.

People who have dual diagnosis, (those who have a mental illness and another illness possibly drug and/or alcohol addiction), are not catered for within the existing health care system.



**ST FRANCIS XAVIER PARISH
SOCIAL JUSTICE GROUP**

October 2006

Mental Health Services and Support

Services and Support for Families, Carers
and Individuals with a Mental Illness

**ST FRANCIS XAVIER PARISH
SOCIAL JUSTICE GROUP**

Mental Health & Us

St. Francis Xavier Social Justice Committee aims to promote social justice issues within our community through forums on current issues.

Past topics have covered refugees and international development.

The most recent forum, on mental health brought together a panel of speakers who provided personal and professional accounts of support, services and advocacy for people with a mental illness and their families.

This brochure brings together some of the information presented at the forum and highlights some of the services available in our region and where to go for further information and support.

Services & Support

Mental Illness Fellowship Victoria Helpline

MI Helpline is staffed by family members experienced in mental illness issues who have undergone specific training and who are supervised by experienced staff.

Contact the Helpline directly: 9 to 5 Monday to Friday.

Phone: (03) 9482 4189

ARAFEMI

Association of Relatives and Friends of the Emotionally and Mentally Ill.

Support services for families and individuals dealing with serious emotional or mental illness.

Ground Floor, 270 Auburn Rd, Hawthorn
PO Box 83, Hawthorn
Phone: (03) 9810 9300
Email: admin@arafemi.org.au

Hope Springs Carer Support Group

Meets monthly on the second Thursday of the month at 8pm.

Eltham Uniting Church,
Cnr Main Road and John Street, Eltham

North East Community Mental Health Service

77 Hawdon Street, Heidelberg 3084

Phone: (03) 9450 9000

AH: (03) 9496 5000

Connexions

Connexions, a program of Jesuit Social Services, provides support and advocacy for young people who are experiencing mental health and drug and alcohol issues.

4 Derby Street, Collingwood

Phone: (03) 9415 8700

connexions@jss.org.au

GROW

Support group for people living with mental illness. This group meets monthly at Diamond Valley Learning Centre, Greensborough

Phone: 9435 9060

Email: vic@grow.net.au

Victorian Mental Illness Awareness Council (VIMIAC)

Support, advocacy and referrals for people experiencing emotional or mental illness.

23 Weston Street, Brunswick 3056

Phone: (03) 9387 8317

Austin Hospital Child and Adolescent Mental Health Service

The Austin Child and Adolescent Mental Health Service provides a wide range of free services, for children, adolescents (under 18 years) and their families or carers.

Marion Drummond Building, Austin Hospital
Studley Road, Heidelberg

Phone: (03) 9496 5108

Carer Support

Family Drug Help

Phone: 1300 660 068

24 hour counselling service.

As substance abuse issues are so connected with mental health issues this service is very experienced in 'dual diagnosis'. It provides support and advice from very well trained volunteers over the phone, can organise referrals and runs education programs.

Youth Substance Abuse service (YSAS)

Phone: 9418 1020

24 hour telephone service.

Hope Springs Carer Support Group

Meets monthly on the second Thursday of the month at 8 PM.

Eltham Uniting Church
Cnr Main Road and John Street, Eltham

Internet Resources

Health Services Victoria

Services and information by region across Victoria.
www.health.vic.gov.au/mentalhealth

Infoxchange

Mental health links and resources in Melbourne's Northern region.

www.mentalhealth.infoxchange.net.au

Range of other community links and contacts
www.infoxchange.com.au

Youth Mental Health Issues

<http://www.youthmentalhealth.org>

Depression

Information, help and support needs about depression.

www.depressioNet.com.au