



ARAFEMI

Support for Carers

As the lead statewide provider of carer support, ARAFEMI is responsible for helping families and carers come to terms with mental illness through peer support and education as well as providing information and referrals for many Victorians. The following information has been compiled to provide carers with further avenues of support.

Counselling Services

Carers Victoria

Six free counselling services for carers around the state. For more information contact 1800 242 636 or visit <http://www.carersvic.org.au/InfoSupport/Counselling.htm>

ARAFEMI

Based in Hawthorn, the counselling service is open to carers of people with a mental illness. For more information contact 9810 9300 or visit <http://www.arafemi.org.au/>

Mental Illness Fellowship (MIF)

MIF provides a state-wide service with a carer counselling service based in Fairfield. For more information contact 8486 4200 or visit <http://www.mifellowship.org/>

Support Lines

ARAFEMI Carer Helpline

The helpline provides free, confidential information, support and referral for family, carers, and friends of people with a mental illness. The helpline operates between 9 am and 5 pm Monday to Friday and can be contacted on 1300 550 265.

Mental Illness Fellowship (MIF)

The consumer and carer helpline provides support to people with a mental illness as well as their family, friends and carers. The service is available between 9 am and 5pm Monday to Friday and can be contacted on 8486 4222.

SANE

Information and advice is available by calling the SANE Helpline on 1800 187 263 between 9 am and 5 pm Monday to Friday. A free information pack can be requested 24 hours a day. 'Helpline Online' can be accessed online for more specific information and referral to support agencies. For more information visit <http://www.sane.org/>

24 Hour Crisis Support Lines

Kids Helpline - 1800 55 1800

Lifeline - 13 11 14

Suicide Helpline Victoria - 1300 651 251

Mensline Australia - 1300 78 99 78

Respite Services

Information about flexible respite options for carers can be found by contacting 1800 059 059.

Carer Support Groups

The Carers Network and a list of other support groups around Victoria by area and speciality can be found at <http://www.carersnetwork.org/csg.shtml>

In the North East there are two groups:

CAMHS

Held at Hawdon Street, the group runs on the last Monday of the month between 7 and 9pm.

North East Carer Support Group

Held at Hawdon Street, the group runs on the 3rd Thursday of the month between 7 and 9pm.