

Essential Information for families and carers.

Name of resource	Location	Description and Web link
Tandem Carers	Level 1, 37 Mollison Street, Abbotsford Vic. 3067	Tandem is the trusted voice of family and friends in mental health in Victoria. They are the Victorian peak body representing organisations and individuals advocating for family and friends of people living with mental illness. https://www.tandemcarers.org.au/ 1800 314 325
Understanding Mental Illness and Recovery carer supports information night.	Ringwood Location	Monthly information evening, Eastern Health Carer Consultant, for family, friends and anyone who wants to be part of the recovery journey. Covers Eastern Health, contributing factors in developing mental illness, where to from here? Carer supports in the Eastern Region, respite options and the importance of caring for yourself. First Monday night of the month (excluding January and November) 7.30pm – 9.00pm UMI.attendance@easternhealth.org.au 0418 356 570
Carer Gateway	Internet	Connects carers with a network of service providers. They will talk through what you need and help you to find local services and support to help you. 1800 422 737
Head To Health	Internet	A free service for Victorians of any age experiencing emotional distress, crises, mental ill-health, or addiction, supports for family and carers.1800 595 212
Quick Reference Guide for Upton House and Maroondah Inpatient Units	Available at the entrance doors of each unit.	A pocket size guide with information on the unit, supports, family inclusive practice, parking, visiting, discharge and recovery.
COPMI Children of a Parent with a Mental Illness	Internet	http://www.copmi.net.au/ A national website with excellent information for all people around children whose parent has an illness. Children and young people can access videos, printed or digital material in order to understand more about their family member’s mental illness, and what may help them in information, support and planning. Includes information on ‘Let’s talk’, a program Eastern Health endorses, where mental health professionals talk with parents who experience mental illness about parenting and their child’s needs
FaPMI Families where a parent has a Mental Illness	Internet	FaPMI – Families where a parent has a Mental Illness- peer support groups, referrals & information for children, teens, parents and carers. FaPMi run CHAMPS Programs, Martial Arts as Therapy and Space 4 Us programs as well as newsletters and holiday ideas for your children. FaPMI co-ordinators Eastern Region (9871 3988) http://www.easternhealth.org.au/fapmi
ARCHES Addiction Resources Help Eastern Suburbs	Family Drug Help at SHARC 1300 660 068	Fortnightly Family support group for families of people with addiction concerns. 2nd & 4th Wednesday of each month Time: 6.30pm – 8.30pm Community Room Bendigo Community Bank 62 Railway Ave Ringwood East

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Eastern Metro Region Mental Health Navigation Tool	Internet	http://www.emrmhnt.com.au/ Shows a range of clinical services, non-government organisations, private service options and rehabilitation services across the Eastern Region. How to contact them and eligibility criteria.
EACH Partner Support Group	1300 003 224	http://www.each.com.au/ For partners of people with mental health concerns. Meet first Saturday of the month, 1.00pm – 3.00pm at Ringwood.
Borderline Personality Disorder (BPD) Carers Support Group	David Neef 0408 981 206	Coonara House 22 Willow Road Upper Ferntree Gully Meetings held on the third Monday of the month 1pm – 3pm. Email: dneef@each.com.au
Ferntree Gully Carer Support Group	9726 5694	Support group for families of people with mental health concerns. Meet third Wednesday of the month, 7.30pm - 9.00pm at Ferntree Gully.
EACH Carer Support Group	1300 003 224	http://www.each.com.au/ Day time support group for families of people with mental health concerns. Meet every Wednesday, 1.00pm - 3.00pm at Ringwood.
GROW Support Groups	1800 558 268	http://www.grow.org.au/ Various times at various locations.
Interpreting and Translating service available		https://www.tisnational.gov.au/en/Interpreters Please ask Eastern Health staff for assistance.
Eastern Health Aboriginal liaison workforce		Aboriginal Health (easternhealth.org.au) Please ask Eastern health staff for assistance.
Mind Carer Helpline	1300 554 660	Mind offers a Carer Helpline, online forum, education & peer support https://www.mindaustralia.org.au/need-help/mind-services-in-victoria/mind-victoria/family-and-carer-services.html
NDIS resources		Well designed and readable assistance for families assisting people to access NDIS https://mhaustralia.org/sites/default/files/docs/mha04022_checklist_proof_151009.pdf
Wellways	(03) 8873 2500	Local office, Mitcham: http://www.wellways.org/content/melbourne-east Family/Carer support : http://www.wellways.org/content/well-ways-family-education-programs