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| **Name of resource** | **Location** | | **Description and Web link** | |
| **COPES (Carers offering Peers Early Support)** | Outer East: Ringwood  99551116 | | Trained staff who have lived experience of caring for a loved one with mental illness. COPES workers provide peer support and information to assist families and carers to understand and navigate the system. Can be telephone or face to face contact  <https://www.easternhealth.org.au/services/item/623-carers-offering-peers-early-support-copes> | |
| **Understanding Mental Illness and Recovery**  **carer supports information night.** | Federation Estate, Room 3  32 Greenwood Ave,  Ringwood. RSVP 9843 5800 | | 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**  <https://www.easternhealth.org.au/images/UNDERSTANDING_MENTAL_ILLNESS__RECOVERY_Aug_2016.pdf> | |
| **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. | |
| **Adult Mental Health Information Booklet for families and carers** | Internet | | A comprehensive guide to Eastern Health and services in the Eastern Region.  <https://www.easternhealth.org.au/images/Information_for_Family_Children_and_Carers_August_2016.pdf> | |
| **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. | |
| **FaPMI**  **Families where a parent has a Mental Illness** | Internet | | [Families where a Parent has a Mental Illness (FaPMI)](https://www.easternhealth.org.au/services/item/204-families-where-a-parent-has-a-mental-illness-fapmi)  Information for professionals, parents, carers and children in easy to understand language, also information for children of different ages.  Key purpose of this information is to assist you to have information, support and to help you plan as a family when there is someone who is affected by mental health issues. FaPMi organise after school groups for children (CHAMPS) and teenagers (Ourspace) Via this link you can access, referral forms, newsletter and holiday ideas for your children. FaPMI co-ordinators Eastern Region (9871 3988) | |
| **COMPI**  **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 |
| **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. |
| **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.border.gov.au/LifeinAustralia/Documents/Interpreter_Symbol.jpg | | <https://www.tisnational.gov.au/en/Interpreters>  Please ask Eastern Health staff for assistance. |
| **Eastern Health Aboriginal liaison workforce** | | cid:image001.png@01CFA67F.46963420 | | <https://www.easternhealth.org.au/services/ambulatory-community-services/aboriginal-health>  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 loved ones to access NDIS  [http://intranet/mentalhealth/Shared Documents/NDIS and CMH/Carer support](http://intranet/mentalhealth/Shared%20Documents/NDIS%20and%20CMH/Carer%20support).  <https://mhaustralia.org/sites/default/files/docs/mha04022_checklist_proof_151009.pdf> |
| **Well Ways** | | (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> |