

## ***Carer supports available in North East region***

### ***Carer support, information and referral***

#### ***CarerLinks North***

Can also provide financial assistance to carers (for respite, carer education etc)

Phone intake workers on 9495 2500

#### ***Mental Illness Fellowship***

Counselling service for families, friends & carers of people with a mental illness. Helpline also available for phone support.

Phone 8486 4200

#### ***Carers Victoria***

1800 242 636

#### ***ARAFEMI***

Phone 9889 3733

#### ***Hope Springs***

Phone Peter or Dana 9459 8859

### ***Family and Friends Support Groups***

#### ***Hope Springs***

Run support groups in Banyule and Nillumbik

Phone Peter or Dana 9459 8859

#### ***North East Early Psychosis Family & Friends Support Group***

Phone Lesley Matthews on 9450 9000

#### ***Mental Illness Fellowship***

Have a range of mutual support and self-help groups

Phone 8486 4200

#### ***North Eastern Bi-Polar Support Group (Thomastown)***

Phone John c/- Neami on 9464 6455

## **Counselling Services for carers**

### **Carers Victoria “National Carer Counselling Program”**

*Phone counselling (business hours) and short-term counselling (up to 6 sessions of face-to-face counselling)*

*1800 242 636*

### **Mental Illness Fellowship**

*Help-line 8486 4200 (business hours)*

### **ARAFEMI**

*Support Service*

*9889 1777 (business hours)*

## **Respite**

### **Carer Links North**

*Phone 9495 2500*

### **Mental Illness Fellowship**

*Phone 8486 4200*

### **Out Doors Inc**

*Phone 9417 2111*