

INFORMATION ON THE NET

Mental Health Carers ARAFMI NSW

Mental Health Carers ARAFMI NSW Incorporated is a non government, member based organisation that provides a range of services to families, carers and friends of people with a mental illness across NSW. Local services are delivered from a number of Regional Offices with support groups established across the state.

Sydney Office

<http://www.arafmi.org>

Other Mental Health Carers ARAFMI Branches in NSW

Central Coast Office

www.ccarafmi.org.au

Hunter Office

www.arafmihunter.org

Illawarra

Email: arafmi_i@bigpond.net.au

NSW Country areas - Toll free: 1800 655 198

Other State contacts

ARAFMI QUEENSLAND – Brisbane

www.arafmiqld.org

ARAFEMI VICTORIA

www.arafemi.org.au

ARAFMI WESTERN AUSTRALIA

www.arafmi.asn.au

ARAFMI SOUTH AUSTRALIA

Email: arafmi@mhc.org.au

NORTHERN TERRITORY ARAFMI – Darwin

Email: ntarafmi@octa4.net.au

ARAFMI TASMANIA - Help Line: (03) 6224 7247

NATIONAL COUNCIL OF MENTAL HEALTH FAMILY CARERS & FRIENDS ASSOCIATIONS

Mental Health Carers Australia Secretariat

www.arafmiaustralia.asn.au

The Central Coast Community Council - Link to Central Coast Services
http://www.theccccc.org.au/files/services_directory.pdf

THE AUSTRALIAN DRUG FOUNDATION

www.adf.org.au

The Australian Drug Foundation is Australia's leading body committed to preventing alcohol and other drug problems in communities around the nation.

CENTRAL COAST AREA HEALTH – Mental Health Web Site

www.nscchealth.nsw.gov.au

The former Northern Sydney Central Coast Health is in the process of transitioning to two separate Local Health Networks (LHNs): - Northern Sydney LHN encompassing Royal North Shore, Ryde, Mona Vale, Manly and Hornsby hospitals, and - Central Coast LHN encompassing Gosford, Wyong, Woy Woy and Long Jetty hospitals. We are currently working on two new websites; however this site will continue to be available until all current and archival material has been migrated to the new LHN sites.

HUMAN RIGHTS & EQUAL OPPORTUNITY

www.hreoc.gov.au

The Australian Human Rights Commission is the new name of the Human Rights and Equal Opportunity Commission. The Commission was established in 1986 by an act of the federal Parliament. We are an independent statutory organisation and report to the federal Parliament through the Attorney-General.

MENTAL HEALTH CONSUMER ADVOCACY

www.legalaid.nsw.gov.au

Legal Aid NSW provides free legal advice and representation to people across NSW.

NEUROSCIENCE INSTITUTE OF SCHIZOPHRENIA & ALLIED DISORDERS

www.schizophreniaresearch.org.au

The Schizophrenia Research Institute is the only national medical research institute solely dedicated to discovering the ways to prevent and cure schizophrenia.

MENTAL HEALTH ASSOCIATION NSW

www.mentalhealth.asn.au/

Provide information, support and education to people who are affected by mental illness, or who seek to improve their emotional wellbeing. We achieve this via 3 key programs; Facing Anxiety, Mental Health Promotion, and Mental Health Information

NSW INSTITUTE OF PSYCHIATRY

www.nswiop.nsw.edu.au

The New South Wales Institute of Psychiatry (NSWIOP) is a major provider of continuing professional education in mental health in Australia.

SANE AUSTRALIA

www.sane.org

SANE Australia is a national charity working for a better life for people affected by mental illness – through campaigning, education and research.

SCHIZOPHRENIA FELLOWSHIP OF NSW

www.sfnsw.com.au

The Schizophrenia Fellowship is a non-profit, community based organisation working in the field of mental illness. As such, it is governed by a management committee which guides the organisation strategically. The management committee is made up of 13 members, three of which must have a mental illness. Schizophrenia Fellowship of NSW Inc is committed to improving the circumstances and welfare of people living with schizophrenia, their relatives and carers, and professionals working in the area.

MENTAL HEALTH COORDINATING COUNCIL

www.mhcc.au/

The Mental Health Coordinating Council is the peak body for non-government organisations working for mental health, providing leadership and representation on current issues.

CARERS NSW

www.carersnsw.asn.au

Carers NSW is an association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail.

THE BLACK DOG INSTITUTE

www.blackdoginstitute.org.au/

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

SPERANZA

www.clubspesanza.org

The goal of Clubsperanza is to be regarded as the global provider in premier depression treatment resource. Clubsperanza.org supplies the unsurpassed collection useful depression treatment teaching materials.

NSW PUBLIC GUARDIAN

www.lawlink.nsw.gov.au/opg

The Public Guardian exists to promote the rights and interests of people with disabilities through the practice of guardianship, advocacy and education. The Guardianship Tribunal appoints the NSW Public Guardian as guardian of last resort and the Public Guardian then acts as a substitute decision-maker for people under his guardianship.

BEYOND BLUE

www.beyondblue.org.au

Beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related disorders in Australia.

TRANSCULTURAL MENTAL HEALTH

www.dhi.gov.au/tmhc/

The Transcultural Mental Health Centre (TMHC) is a state wide service that promotes access to mental health services for people of culturally and linguistically diverse (CALD) backgrounds. TMHC is a leader in clinical consultation and assessment, transcultural mental health promotion, prevention and early intervention, publication and resource development and education and training.

WOMEN'S LEGAL RESOURCE CENTRE

www.womenslegalnsw.asn.au/

Women's Legal Services NSW is a community legal centre providing women with a range of free community legal services, including legal advice and information, education, training and resources across metropolitan and regional areas of New South Wales. Women's Legal Services NSW provides a free service for all women in the community, particularly for those who are socially and economically disadvantaged. Women's Legal Services NSW provides casework, community legal education and law reform through our programs.

HOMELESS PERSONS INFORMATION

www.cityofsydney.nsw.gov.au/Community/HomelessnessServices/Default.asp

The Homelessness Unit is responsible for direct service provision; contracting services; policy and project development; community and stakeholder relationships; research and resource development and; sector support across the Local Government Area.

NEW HORIZENS

www.newhorizons.net.au

New Horizons is a leading non-profit provider of community support services. The organisation was founded in 1981 with a vision to be a community leader in valuing people with disability, mental illness and those who are frail-aged. Each year we deliver around a million hours of support to approximately 3000 people in New South Wales. Services range from out-reach and in-reach support to job placement and supported employment, from residential and community aged care to humanitarian and Indigenous support services.

COMPASSIONATE FRIENDS

www.thecompassionatefriends.org.au/

The mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive. TCF NSW is part of world-wide self-help organisation offering friendship and understanding to bereaved parents, siblings and grand-parents. We offer friendship and understanding to families who are grieving the death of a child of any age, from any cause. All bereaved family members are welcome.

FAMILY AND FRIENDS OF MISSING PERSONS

<http://www.lawlink.nsw.gov.au/missingpersons>

FFMPU seeks to achieve a well-informed NSW community that alleviates the impact on families and friends of missing persons through the formal and informal provision of appropriate and effective information and support services.

REACH OUT

www.reachout.com.au

ReachOut.com is anonymous and here for you 24/7. It's packed with loads of facts and info, stories and videos, blogs and forums to help you deal with whatever you're going through.

AUNTIES AND UNCLES

www.auntiesanduncles.com.au

Aunties& Uncles helps build a better life for children. We do this through an early intervention mentoring program based on an extended family model of "aunts" and "uncles" who provide mentoring and guidance in a stable family environment.

RICHMOND FELLOWSHIP

www.rfnsw.org.au

The Richmond Fellowship of New South Wales (RFNSW) is a not-for-profit organisation that provides support programs, accommodation and hope for people with mental illnesses. With offices in Sydney, regional and rural areas around New South Wales, the RFNSW advocates community based assistance, and enjoys a distinguished reputation as a leading mental health service provider that has been in operation for nearly 40 years.

FAMILY DRUG SUPPORT

www.fds.org.au

The FDS assists families throughout Australia to deal with alcohol and drug issues in a way that strengthens relationships and achieves positive outcomes. They offer support to families struggling as a result of drug use and aim to assist in any way possible to empower families to cope and survive intact. FDS offer a 24 hour 7 day a week telephone line Australia wide, manned volunteers offering help to diffuse crisis, offering strategies for coping and giving any information required.

TRESILLIAN PARENT HELPLINE

www.tresillian.net

Advice and help with early childhood issues for families with a baby or a young child.

ADVOCATES FOR SURVIVORS OF CHILD ABUSE

www.asca.org.au

ASCA is a national organisation which works to improve the lives of Australian adult survivors of child abuse. It campaigns on behalf of those affected by childhood abuse, lobbying governments and policy makers as well as educating and informing communities and health care professionals about the needs of those affected by childhood trauma.

ALZHEIMERS AUSTRALIA

www.alzheimers.org.au/

Alzheimer's Australia is the peak body providing support and advocacy for Australians living with dementia.

THE CENTRE FOR EATING AND DIETING DISORDERS

www.cedd.org.au

The Centre for Eating and Dieting Disorders (CEDD) is funded by the Mental Health and Drug & Alcohol Office, NSW Department of Health. It is an academic and service support centre based in Sydney, Australia.

KIDS HELPLINE

www.kidshelp.com.au

LIFELINE

www.justask.org.au

The Lifeline Mental Health Resource Centre provides a variety of self-help tool kits and fact sheets with information about issues such as mental illness, depression, suicide prevention, anxiety and more. These resources have been produced by mental health professionals to provide advice and information which may be useful to you or someone you know.

NATIONAL ASSOCIATION FOR LOSS AND GRIEF

www.nalag.org.au

Since its formation NALAG (NSW) Inc's primary objective has been to encourage and promote professional and community education in loss, grief, bereavement and trauma. NALAG (NSW) Inc has been involved in the establishment of many of the loss and grief support groups throughout Australia.

SCARS ON THE INSIDE

www.scw.org.au

SCW provides programs that address the areas of suicide prevention, deliberate self injury, eating disorders, depression, child abuse, loss and grief, family breakdown and parenting skills. It is our commitment to care, equip, empower and offer hope to those in our community who are struggling in these areas. Our staff **help find ways to effectively meet today's challenges** within your family, the workplace and the community.

WOMEN'S LEGAL SERVICES

www.womenslegalnsw.asn.au

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DEPRESSION NET

www.depressionnet.com.au

The purpose of dNet is to empower 'people like us' to make informed choices & find solutions to the challenges of living with depression. Here you will find a comprehensive resource for information, help to access professionals, treatments, tools, etc throughout Australia, and peer support in our message board and chat rooms.

THE SHACK (Borderline Personality Disorder)

www.mjtacc.com/

For people diagnosed with BPD and people caring for someone with the disorder.