

<b>Name of Organisation</b>	ARAFEMI Victoria
<b>Services Offered</b>	General information. Assistance with accommodation. Telephone support and information. Individual counselling by appointment. Mutual help group meetings
<b>Who can use this service?</b>	Families and friends as well as people with all types of mental and emotional illness.
<b>How can I get help?</b>	Telephone Support 9889 3733 9am-5pm weekdays.(Answering machine after 5 pm & weekends.)
<b>Address</b>	Suite 1, 1091 Toorak Road Camberwell 3124.
<b>Telephone</b>	9889 3733
<b>Fax</b>	9889 2878
<b>Who to ask for</b>	-
<b>Is there a cost?</b>	Annual Subs. Wage earners \$10 Concession \$5
<b>Name of</b>	GROW

<b>Organisation</b>	
<b>Services Offered</b>	Mutual support through weekly meetings of groups of 3-10 people to share problems of depression, anxiety, mental illness. Provides support and direction.
<b>Who can use this service?</b>	Open to all, particularly those experiencing depression, anxiety, mental illness, grief, relationship breakdown, family problems.
<b>How can I get help?</b>	Phone
<b>Address</b>	Grow Community Centre 29 Erasmus Street Surrey Hills 3127 (Groups throughout State)
<b>Telephone</b>	9890 9846
<b>Who to ask for</b>	-
<b>Is there a cost?</b>	No

Psycho-Social Rehab.

Psycho-Social  
Rehab.

**Name of Organisation** KOORI KIDS MENTAL HEALTH NETWORK

**Services Offered** Assessment intake and referral  
Psycho-social rehabilitation  
Counselling (family, grief trauma)

**Who can use this service?** Aboriginal children and adolescents

**How can I get help?** Phone for an appointment

**Address** Vic. Aboriginal Health Service  
186 Nicholson Street  
Fitzroy 3065

**Telephone** 9419 3000  
9483 4933 (After hours)

**Fax** 9417 3897

**Who to ask for** -

**Is there a cost?** No

**Name of** THE MOOD DISORDERS SUPPORT  
GROUP

**Organisation**

GROUP  
MENTAL HEALTH FOUNDATION  
OF AUSTRALIA (VICTORIA)

**Services Offered**

Support and friendship to those with mood disorder, their families and friends

**Who can use this service?**

Membership open to people affected, their families and friends and others interested in mental health

**How can I get help?**

By attendance at meetings 1st and 3rd Wednesday, each month 7.30 pm  
Phone for information

**Address**

270 Church Street  
Richmond 3121

**Telephone**

9427 0406

**Fax**

9427 1294

**Is there a cost?**

Annual subs (\$20)  
Membership of Foundation encouraged. No cost Wednesdays.

**Name of Organisation** Neami Inc

**Services Offered** Psychiatric Disability Support and rehabilitation. Outreach, supported housing, day programmes of group activities, Drop-in to meet others, socialise.

**Who can use this service?** People in Darebin, Whittlesea, Banyule or Nillumbik, requiring support with mental health issues aged 16-64 years.  
For information check Website [www.neami.org.au](http://www.neami.org.au)

**How can I get help?** Phone, write or visit

**Address** 296 High Street  
Preston 3072  
[www.neami.org.au](http://www.neami.org.au)

**Telephone** 9470 6022 (H.O.)  
9459 5455 (Banyule & Nillumbik)

**Fax** 9470 6516

**Is there a cost?** Membership Subs.  
Ordinary \$10 Family \$15 Con.\$3.

**Name of Organisation** neami north east

**Services Offered** Rehabilitation and Support Services: Day program Activities, Outreach Support, Housing and Support, Feenix Club.

**Who can use this service?** People aged 16-64 who experience serious mental health issues and require assistance in the areas of skill development, personal recovery, social contact and housing.

**How can I get help?** Telephone

**Address** 422 Upper Heidelberg Road  
Heidelberg 3084

**Telephone** 9459 5455

**Fax** 9459 5399

**Who to ask for** Program Manager,  
Joe Cassar

**Is there a cost?** No joining fee  
Small cost for outings, e.g.\$5

<b>Name of Organisation</b>	APOLLO PROGRAM (Richmond Fellowship of Victoria)
<b>Services Offered</b>	Residential psycho-social program
<b>Who can use this service?</b>	Young people aged 16-24 who have had their lives disrupted by mental illness and are in need of a low level of support as they seek to re-establish their lives
<b>How can I get help?</b>	Phone directly, or by referral by Family doctor, therapist or case worker
<b>Address</b>	126 Waiora Road Rosanna 3084 PO Box 119 Rosanna 3084
<b>Telephone</b>	9480 0330
<b>Fax, E-mail</b>	9480 0339 E-mail: <a href="mailto:apollo@rfv.org.au">apollo@rfv.org.au</a>
<b>Who to ask for</b>	Duty worker
<b>Is there a cost?</b>	No