

Mutual Support: Self Help

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**Name of Organisation** NORTH EASTERN BIPOLAR SUPPORT GROUP

**Services Offered** Provides education and forums to help people manage their condition

**Who can use this service?** People with bipolar illnesses, family members and friends

**How can I get help?** Ring or write  
Meets 2<sup>nd</sup> Wednesday of month  
7.00 pm

**Address** 274 High Street  
Thomastown 3074  
Office of Peter Bachelor

**Telephone** 9464 6455

**Fax** 9464 6425

**E-mail** [nebipolr@optusnet.com.au](mailto:nebipolr@optusnet.com.au)

**Who to ask for** John (Neami Whittlesea)

**Is there a cost?** \$2 donation per meeting

**Name of Organisation** N.N.A.A.M.I.  
(NATIONAL NETWORK OF ADULTS OR ADOLESCENT CHILDREN WHO HAVE MENTALLY ILL PARENTS)

**Services Offered** Voluntary groups providing camps  
Telephone counselling  
Lobbying re issues

**Who can use this service?** Children trying to cope with a mentally ill parent

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

**Address** NNAAMI  
P.O. Box 213  
Glen Iris 3146

**Telephone** 9889 3095

**Fax**

**Who to ask for** Paul McKillop

**Is there a cost?** Only for camps

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**Name of Organisation** ALZHEIMER'S ASSOCIATION.  
OF VICTORIA

**Services Offered** Aims to enhance the quality of life  
of people with dementia and their  
carers  
Free counselling and advice  
Network of carer support groups  
Library, education, information

**Who can use this service?** Families where dementia has  
occurred

**How can I get help?** Phone (Mon to Fri- office hours)  
or write

**Address** 98-102 Riversdale Road  
Hawthorn 3122

**Telephone** Counselling 9818 3097  
Membership 9819 6665  
Information /Help line 9818 3022

**Fax** 9818 3940

**Who to ask for** -

**Is there a cost?** Not for carers

**Name of Organisation** THE MOOD DISORDERS  
SUPPORT GROUP  
MENTAL HEALTH  
FOUNDATION

**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)  
Concessions also

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**Name of Organisation** GROW

**Services Offered** Mutual support through weekly meetings of groups of 3-10 people to share problems of depression, anxiety, mental illness. Provides support and direction.

**Who can use this service?** Open to all, particularly those experiencing depression, anxiety, mental illness, grief, relationship breakdown, family problems.

**How can I get help?** Phone

**Address** Grow Community Centre  
29 Erasmus Street  
Surrey Hills 3127  
(Groups throughout State)

**Telephone** 9890 9846

**Who to ask for** -

**Is there a cost?** No

**Name of Organisation** ALCOHOLICS ANONYMOUS

**Services Offered** Help for persons with alcohol problems who want to stop drinking. (only need to use a Christian name - strictly confidential)

**Who can use this service?** Anyone, any age

**How can I get help?** Phone and arrange to attend regular meetings (320 weekly meetings in Victoria) Transport can be arranged

**Address** 407 Bridge Road  
Richmond 3121  
PO Box 136 East Melbourne 3002

**Telephone** 9429 1833

**Fax** 9428 9101

**Who to ask for** -

**Is there a cost?** No

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**Name of Organisation** PaNDa  
(THE POST & ANTE NATAL  
DEPRESSION ASSOCIATION)

**Services Offered** Telephone support, information  
nights, meetings of support groups

**Who can use this service?** Women who have experienced  
postnatal depression or  
postpartum psychosis, and their  
families

**How can I get help?** Ring or write

**Address** 90 High Street  
Northcote

**Telephone** 9482 9400  
Support Line: 9882 5756

**Who to ask for** Duty Worker

**Is there a cost?** No

**Name of Organisation** M I F (S. F. V.)  
(MENTAL ILLNESS  
FELLOWSHIP  
VICTORIA)

**Services Offered** Help lines. Support for individuals  
and families, Italian and Greek  
bilingual workers, Mutual Support  
and Self Help, throughout Vict.  
Community Education. Library.

**Who can use this service?** People affected by forms of  
mental illness and their families,  
carers and friends.

**How can I get help?** Phone

**Address** Fairfield Place  
276 Heidelberg Road  
Fairfield 3068  
PO Box 359 Clifton Hill 3068

**Telephone** 9482 4199

**Fax** 9482 4871

**Is there a cost?** Not for Family Support  
or Visitor Program.  
\$10 Membership.

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**Name of Organisation** CARERS VICTORIA INC.

**Services Offered** Information and support for carers of children and adults with physical and/or mental disabilities or fragile elderly.

**Who can use this service?** Persons caring for others who have disabilities.

**How can I get help?** Apply for the Carer Support Kit  
Join the Association.

**Address** Level 1, 130 Little Collins Street  
Melbourne Vic 3000

**Telephone** 9650 9966  
Freecall 1800 242 636 (for Carer Support Kit or any other information).

**Fax** 9650 8066

**Is there a cost?** Membership Subs.(incl.education & training)  
Carer \$5  
Support Group \$10.  
No charge for Carer Support Kit.

**Name of Organisation** ANXIETY RECOVERY CENTRE, VICTORIA .

**Services Offered** Support and Social Groups  
OCD & Anxiety Helpline  
Community Education Seminars  
Early Intervention Programs  
Recovery Programs, Advocacy.  
Information Kits, Newsletters,  
Library, Research.

**Who can use this service?** People and families living with:  
Obsessive Compulsive Disorder,  
Social Anxiety Disorder, Panic  
Attacks, Phobias, and related  
stress and depression problems

**How can I get help?** Ring Helpline Mon-Fri.10am-4pm  
9576 2477 or visit.

**Address** 600 Orrong Road  
Armadale, 3143  
P.O. Box 358 Mt Waverley 3149

**Telephone** (03) 9576 2477

**Fax** (03) 9576 2499

**Is there a cost?** No

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**Name of Organisation** TRANX  
(TRANQUILLISER RECOVERY  
AND NEW EXISTENCE INC.)

**Services Offered** Supportive treatment program  
Counselling, telephone support  
Information, resources

**Who can use this service?** Anyone with a benzodiazepine  
dependency

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

**Address** 1423a Toorak Road  
Burwood 3125  
or  
P.O.Box 186  
Burwood 3125

**Telephone** 9889 7355 (9am-5pm, Mon-Fri)

**Fax** 9889 1022

**Who to ask for** Duty Worker

**Is there a cost?** No

**Name of Organisation** ARAFEMI Victoria

**Services Offered** General information. Assistance  
with accommodation. Telephone  
support and information.  
Individual counselling by  
appointment. Mutual help group  
meetings

**Who can use this service?** Families and friends as well as  
people with all types of mental  
and emotional illness.

**How can I get help?** Telephone Support 9889 3733  
9am-5pm weekdays.(Answering  
machine after 5 pm & weekends.)

**Address** Suite 1, 1091 Toorak Road  
Camberwell 3124.

**Telephone** 9889 3733

**Fax** 9889 2878

**Who to ask for** -

**Is there a cost?** Annual Subs. Wage earners \$10  
Concession \$5

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**Name of Organisation** EATING DISORDERS FOUNDATION OF VICTORIA INC.

**Services Offered** Support groups for sufferers of anorexia and bulimia and relatives and friends of sufferers. Information.

**Who can use this service?** People with eating disorders, their relatives and friends.

**How can I get help?** Contact Foundation.

**Address** 1513 High Street  
Glen Iris 3146

**Telephone** 9885 0318

**Fax** 9885 1153

**Who to ask for** -

**Is there a cost?** \$2 donation suggested for meetings. Joining fee for membership of Foundation.

**Name of Organisation** THE COMPASSIONATE FRIENDS VIC INC.

**Services Offered** Support and friendship for bereaved parents. Information. Day and evening groups meeting monthly or more often. Provides "telephone friends."

**Who can use this service?** Membership open to parents who have experienced the death of a child.

**How can I get help?** Bereaved Parent Support and Information Centre

**Address** 300 Camberwell Road,  
Camberwell, Vic 3124

**Telephone** 9882 3355

**Fax** -

**Who to ask for** -

**Is there a cost?** No

<b>Name of Organisation</b>	HOPE SPRINGS
<b>Services Offered</b>	<i>One-to-One Support</i> - individual support including practical help during difficult times, information on community resources, and spiritual counselling <i>Groups</i> - a range of groups providing mutual support/self help for carers & socially-oriented support groups for people with mental health issues.
<b>Who can use this service?</b>	Residents of the cities of Banyule and Nillumbik who are partners, families and friends of people with mental illness.
<b>How can I get help?</b>	Telephone or call
<b>Address</b>	21 Arden Crescent, Rosanna 3084 P.O. Box 192 Rosanna 3084
<b>Telephone</b>	9459 8859
<b>Website</b>	<a href="http://www.netspace.net.au/~hopesprings">www.netspace.net.au/~hopesprings</a>
<b>Who to ask for</b>	Co-ordinator: Peter Sanders.
<b>Is there a cost?</b>	No

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