

2.3a Support Services and Support Groups -also see Counselling Services 2.3b

Approximately 70% of referrals to Mental Health Services are outside their scope and are referred on to a more appropriate agency, where one is available.

Mental Health Services do not generally accept referrals for patients whose presenting problems primarily result from personal issues, as opposed to a psychiatric condition. These patients may still receive considerable support and assistance from a range of government and non-government services and community support groups.

The following pages list some of the services which provide:

- Support (including services for people recovering from a mental illness)
- Free or low cost counselling
- Housing & emergency accommodation.

This list is not exhaustive. For information about the full range of government, non-government and community services, contact your local

Commonwealth Respite and Carelink Centre on 1800 052 222

If there are other services which you believe should be on this list, please contact the Mental Health Program Officer at General Practice South on 6208 7300. When the list is updated, we can include your suggestions.

Carers:	Carers Tasmania Open 9:00am – 5:00pm, Mon-Fri Links carers with services and provides information, resources, referral & support. Provides a counselling service for carers and families. Extensive information and assistance for all carers.	Phone: 1800 242 636 62 315 507 Free
	Commonwealth Respite and Carelink Centre Provides information about available services and offers support and respite for carers.	Phone 1800 052 222 Information service. 8:30am to 5pm, Monday to Friday This number will also access emergency respite for carers after hours. A contribution towards the cost will be negotiated.
	Mental Health Respite Service -Anglicare Supports carers of people with mental illness through providing respite either in the home or in the community.	Phone 6213 3555 Fee for service program
Chronic pain:	Arthritis Tasmania Counselling, information and support service. Arthritis self help programs and exercise classes.	Phone: 1800 011 041 Membership fees (concession rates available)
Dementia	Dementia Behaviour Management Advisory Services DBMAS - DHHS A state wide service which provides assistance with the care and management of people whose symptoms of dementia are causing risk or distress to themselves or others.	Phone: 6230 7541
Domestic violence:	SHE (Support, Help, Empowerment) Provides community education and information Confidential counselling (telephone or face to face) and support service for women affected by past or present domestic abuse. Group support also available.	Phone: 6278 9090 Free www.she.org.au

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Eating Disorders:	<p>Parent and Friends Support Group for Sufferers of Eating Disorders</p> <p>This family and friends group currently meets monthly. The facilitator is Peter Handley 6222 6748 who can be contacted for further information.</p>	<p>Phone: 6222 8188 or 6222 6748</p>
Eating Issues:	<p>Food, Fads and Feelings - Eating Awareness and Body Image Program, Community Nutrition Unit</p> <p>Not suitable for women with anorexia, bulimia or severe mental health issues. A 9 week program for women with concerns about their body image who may be affected by repeated dieting, overeating, bingeing, food pre-occupation and emotional eating.</p>	<p>Phone: 6222 7222</p>
Families of those with mental illness:	<p>Association of Relatives & Friends of People with Mental Illness Tas Inc (ARAFMI)</p> <p>24-hour, 7 day phone support and information service for families, carers and friends of those with mental illness. Offers meetings, library, peer support/informal counselling.</p>	<p>Phone: 6228 7448 Free</p>
	<p>Champs Camps -Anglicare</p> <p>An early intervention program for children who have a parent with a mental illness that provides a range of support and activities including peer support, indoor and outdoor activities as well as psycho-education over a two to three day period.</p>	<p>Phone: 6213 3555</p>
	<p>Family Connections -Illawarra Institute for Mental Health- University of Wollongong</p> <p>A correspondence based support program available to family members caring for a relative with psychosis. An initial telephone screening interview to ensure program participation suitability followed by information and resources about psychosis and the journey to recovery. www.uow.edu.au/health/iimh/ResearchThemes/UOW053226.html</p>	<p>Phone 1800 153 340</p>
	<p>Family Mental Health Support Service -Anglicare</p> <p>Provides information, group work, workshop/courses and case management for people with a family member experiencing mental illness.</p>	<p>Phone: 6213 3555 Free</p>
	<p>Taz Kidz Clubs -Anglicare</p> <p>An early intervention program designed to prevent mental health difficulties in at risk children and young people. Psycho-social groups are run for children aged 8-12 years and adolescents 13-18 years who have a parent with a mental illness.</p>	<p>Phone: 6213 3555</p>
Former drug users:	<p>See sheet on AGENCIES WORKING WITH ADDICTIVE BEHAVIOURS</p> <p>Section 3.1</p>	
Homeless people:	<p>Centacare Transitional Support Service (CTSS)</p> <p>Supports women (either accompanied or unaccompanied by children) who are currently living in emergency (shelter) accommodation.</p> <p>Supports with issues around homelessness.</p> <p>Also see information on Housing and Emergency Accommodation Section 2.3-c (pink sheets)</p>	<p>Phone: 6278 2689</p>

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updated June 2011	Community Central -Colony 47- service closed June 30 2011	
	Richmond Fellowship to offer service from July 4 2011 at 29 Patrick Street, Monday to Thursday, 10 to 3 pm	Phone: 6236 9287
Mental Health Advocacy	The Mental Health Advocacy Program offers free, confidential, independent advocacy support for people with mental disorders. The Mental Health Advocate addresses non-clinical issues that significantly impact on mental well-being.	Phone: 6224 2240 1800 005 131 Free www.advocacytasmania.com.au
Migrants and refugees:	Migrant Resource Centre General information and support to assist immigrants with settling into the community.	Phone: 6221 0999 Free
	Multicultural Mental Health Australia (MMHA) Fact sheets on a variety of mental health topics are available in a variety of languages. Most resources are free and can be downloaded from www.mmha.org.au/mmha-products/fact-sheets	Phone: (02) 9840 3333 A cost may apply for some resources
	Settlement Grants Program -Centacare Supports refugee and humanitarian entrants who have arrived in Australia in the last 5 years. Offers individual or family centred case management services. Also offers a more informal service for "casual" advice and support.	Phone: 6278 1660
	The Integrated Humanitarian Settlement Strategy Program (IHSS) -Centacare A refugee resettlement program that assists new entrant refugees with practical support during their first six months.	Phone: 6278 1660
	Translating and Interpreting Service (TIS National) The Doctors Priority Line is a free telephone interpreting service which assists medical practitioners to communicate with their non-English speaking patients.	Phone: 1300 131 450 (Doctors Priority Line) Phone: 13 1450 (24 hours)
Parenting:	Children and Homelessness; Intervention, Learning and Development. (C.H.I.L.D.) -Centacare Offers support with children's challenging behaviour and children's family and social relationships.	Phone: 6278 1660
	Family Pathways -The Salvation Army Offers a range of programs, including Triple P, 123 Magic, P.E.T. and Ditto, for families and carers with children in the birth to 12 year old age range.	Phone: 6236 9933
	Good Beginnings Provides community-supported early intervention programs for children and their families. Bright Start Early Years Centre Brighton Municipality Glenorchy/Derwent Valley Early Years Centre Hobart Early Years Centre	Phone: 6268 4257 Phone: 6273 5405 Phone: 6223 5810
	Pr.A.M - Centacare Provides information, support and social opportunities for young women aged 14 to 24 who are pregnant or parenting.	Phone: 6278 1660 Small donation for childcare & transport

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	<p>Positive Parenting Program (Triple P) - Centacare Offered to individuals and/or groups, Triple P promotes good communication and strong relationships between parents and children.</p>	<p>Phone: 6278 1660 \$20 per family for the booklet.</p>
	<p>Positive Parenting Program (Triple P) - Parenting Centre-DHHS Offered to individuals and/or groups, Triple P promotes good communication and strong relationships between parents and children.</p>	<p>Phone: 6233 2700</p>
	<p>The LASAR Program (Lifeskills and Support and Relationships) -Centacare Support group for women over 21, pregnant or parenting, to further develop their lifeskills, support networks and resources.</p>	<p>Phone: 6278 2689 6278 1660 Small donation</p>
Perinatal Depression	<p>Post Natal Depression Group-Parenting Centre-DHHS Ten week, therapeutic post natal depression course delivered in a group environment and managed and facilitated by RNs.</p>	<p>Phone: 6233 2700</p>
Recovering from mental illness:	<p>Community Based Support South Provides in house or emergency support for the frail aged, chronically or terminally ill, mentally ill and those with a disability through Home and Community Care (HACC) services.</p>	<p>Phone: 6208 6600 A contribution towards the cost will be negotiated.</p>
	<p>Eureka Clubhouse -Colony 47 A Community based centre run by and for people who have had mental health problems. Assists people to make a successful return to work through a community-based rehabilitation program.</p>	<p>Phone: 6278 9179 Free Meals at cost Orientation session every Friday morning from 11-12.</p>
	<p>GROW 12 step mutual/self help program has weekly group meetings that are structured, free and confidential.</p>	<p>Phone: 1800 558 268 For contact details of regional groups. www.grow.net.au Email-tas@grow.net.au</p>
	<p>HOT (Helping Ourselves Together)-ARAFMI A consumer support group. Meets monthly.</p>	<p>Phone: 6228 7448</p>
	<p>MATES -Australian Red Cross Provides a trained volunteer to befriend individuals with mental health issues.</p>	<p>Phone: 6235 6025 Free</p>
	<p>Packages of Care – flexible recovery and rehabilitation service - Application Form to the Maximising Recovery Panel – See Section 6.4 for further information.</p>	
	<p>Personal Helpers and Mentors Program (PHaMS) -Anglicare Sorell and Tasman Peninsula areas Participants must live within the boundaries of postcodes from 7172-7184 Support and services to assist with daily living and connection with the local community for people whose “functioning is severely impacted by their mental illness”. 16 years and over.</p>	<p>1800 243 232 Phone: 6213 3678</p>
	<p>Brighton/Lower Midlands/Central Highlands Participants must live within the 7030 postcode boundary.</p>	<p>Phone: 6213 3555</p>
	<p>Greater Hobart Primary target groups include people who are homeless or are at risk of homelessness, Indigenous people and humanitarian entrants</p>	<p>Phone: 6213 3555</p>

updated
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	<p>Recovery Based Rehabilitation Program -Aspire Application Form to the Maximising Recovery Panel See Section 6.4 for further information. An information session is held every Wednesday at 1 pm for anyone who is interested in the service provided. Individual sessions can also be arranged.</p>	<p>Phone: 6224 5247</p>
	<p>Residential Rehabilitation and Supported Accommodation - Richmond Fellowship, Caroline House and Langford Villas Application Form to the Maximising Recovery Panel See Section 6.4 for further information.</p>	
	<p>Richmond Fellowship of Tasmania Statewide rehabilitation service which includes a recreational program for people (any age) with a mental disorder</p>	<p>Phone: 6236 9287 Small donation for activities</p>
	<p>ROPES Self-help support group for people experiencing emotional stress (eg depression, low self-esteem). Craft and personal growth courses. Open Wednesdays & Fridays, 10 am to 3 pm</p>	<p>Phone: 6273 0456 50c per day for tea or coffee</p>
Smoking Cessation	<p>Smoke Free Program for People with a Mental Illness Facilitated by clinicians from Mental Health Services South and Alcohol and Drug Service South. A 10 week program that was devised by SANE Australia. Focus is on lifestyle change with an emphasis on healthy eating and exercise. Usually held twice a year in Hobart.</p>	<p>Phone 6230 7901 Free</p>
Stillbirth:	<p>Miscarriage, Stillbirth and Neonatal Death Support (SANDS) Support for bereaved parents from other parents who have experienced death of a baby through miscarriage, stillbirth or neonatal death.</p>	<p>Phone: (03) 9899 0218 Free</p>
Suicide Prevention:	<p>See Support for Suicidal Patients and Those Bereaved by Suicide in Section 2.4 (orange sheet)</p>	
Women's issues:	<p>Hobart Women's Health Centre Range of activities and groups for women – gentle exercise, yoga, tai chi, walking, massage, singing, reiki, quarterly newsletter, sessional GP, herbalist, fitball, meditation, pregnancy support, breast cancer support group & library access.</p>	<p>Phone: 6231 3212 Free</p>
Young people:	<p>Break Free -The Salvation Army A program for young women aged 13-17 years who have either engaged in, or are at risk of engaging in offending behaviours. The aim is to promote positive behaviour by developing self esteem and healthy relationships with intensive personal support and access to life skills programs, activities and other services.</p> <p>Pulse Youth Health Centre - Glenorchy A youth drop-in/recreational facility and a health service. Provides counselling, referrals, shower and laundry facilities, and recreational facilities for young people aged 12-24. Access to bulk-billing doctors; nurses, social workers, youth workers, Legal Aid worker, Creative Arts worker and alcohol & drug worker.</p>	<p>Phone: 6236 9933</p> <p>Phone: 6233 8900 Free</p>

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The Link Youth Health Service - Liverpool Street, Hobart

A service for young people aged 12 to 24 providing bathroom and laundry facilities, toiletries, mail service, and financial assistance for some medical costs. Can assist with whole of health issues, has up-to-date information, Alcohol and Drug counselling and supported referrals. The Link uses a harm reduction model, and includes a Needle Syringe Program and vein care support. Also able to arrange prompt assistance with private Psychologists.

Phone 6231 2927

Free

The Wilderness Program

Utilises outdoor recreational activities for purposes of personal development. The programs range from 4 to 6 days for ages 15 years plus. Open to anyone who is enthusiastic about bringing change into their life.

Phone: 6233 3503

Fees vary for each course

Youth Activity Centre: Langford

Activities based support program that runs 10 am to 3 pm Monday to Thursday.

Application Form to the Maximising Recovery Panel

See Section 6.4 for further information.

Phone: 6278 1677

Youth ARC, Hobart City Council

Support, information and referral for young people 12-25 years. Activities and programs provided free during open access times 3 pm – 6 pm, Wednesday – Friday. Alternative education programs for young people (grade 7 to 12) who may be having problems and disengaged from mainstream education.

Phone: 6231 5150