

# Australian Mental Health Services Reference Guide

A STARTING POINT FOR PEOPLE SEEKING  
MENTAL HEALTH RESOURCES IN AUSTRALIA



Answers That Matter.

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Answers That Matter.



# Introduction

The Australian Mental Health Services Reference Guide is a compilation of contact details from organisations in Australia that are dedicated to providing services and information to consumers, carers, healthcare professionals, friends and families of people impacted by mental illness.

The guide has been produced as a starting point for people seeking information or assistance with mental health issues. The disorders included in the guide are those most commonly experienced by Australians.

For ease of use, the guide has been divided into sections. Conditions are listed in alphabetical order and, within each section, the organisations are listed by state. The organisations listed are representative of either national, state or large regional areas, to ensure relevance to the majority of users.

To assist in choosing whether an organisation is right for you, a 'Description of Services' has been added to describe the services each organisation provides. A glossary has been included to define the list of services.

If you are still not sure who to contact you can call any of the organisations listed under the section titled 'General Mental Health Organisations', and they will be able to help you or direct you to an appropriate organisation.

The Australian Mental Health Services Reference Guide has been developed in response to a need for a simple and easy to use resource that lists services for people with mental health issues, their friends, families, carers and healthcare professionals.

**Emergency telephone numbers are listed in the front of this guide if you need to speak to someone urgently.**

## Preface

Dear Reader

Each year 20 per cent of Australian adults are affected by some form of mental illness. Depression and anxiety disorders are the most common, while psychotic disorders such as schizophrenia, bipolar disorder and eating disorders make up the remaining conditions.<sup>1</sup>

The forms of mental illness encompass a wide spectrum of neurological conditions including depression, anxiety, Tourette Syndrome, learning disorders, alcohol and drug dependence, obsessive-compulsive disorders, behaviour disorders, panic disorder, and some sleep disorders. People with mental disorders can experience problems in the way they think, feel or behave. This can significantly affect their relationships, their work, and their quality of life.

Encouragingly, most mental illnesses can be treated. Participating in non-medical community based support services and or receiving pharmaceutical treatment, are often the enablers that assist people to manage their condition and enjoy a full and active life. Currently, less than 38 per cent of people with a mental illness seek help for their disorder.<sup>2</sup> The stigma of mental illness and fear of treatments, are cited as two reasons that services are not sought.

Eli Lilly Australia is dedicated to working alongside mental health organisations throughout Australia to promote better understanding and support for mental illness in the community, to reduce stigma of mental illness and to encourage the uptake of the many mental health services available. By providing broad access to the Australian Mental Health Services Reference Guide, Eli Lilly Australia hopes to help people with a mental illness, healthcare professionals, friends and carers, seek the assistance that they require by providing a useful starting point on the road to recovery.

Yours sincerely,



**Dr Gordon Hirsch**  
**Medical Director**

Eli Lilly Australia and New Zealand

**References** 1. Sane Fact sheet: Facts and Figures about Mental Health [www.sane.org](http://www.sane.org)  
2. Mental Health Council of Australia. Fact sheet: Unmet Need for Basic Mental Health Services

## Note of Support

Dear Reader

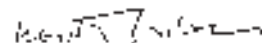
The Mental Health Council of Australia (MHCA) welcomes the Australian Mental Health Reference Guide, developed by Eli Lilly Australia, as an important means of adding to the information about available mental health services in Australia. Australia currently spends about 7 per cent (\$2.56 billion) of its health budget on mental health, although mental illness is thought to account for at least 20 per cent of the economic costs of disability and premature death.

The costs of all health areas continue to rise because of population growth, increased demand for new treatments, new technologies and more comprehensive services. Despite the increased expenditure on mental health over the last decade, the proportion devoted to mental health is relatively unchanged. A 46 per cent increase in funding of mental health has simply mirrored a 42 per cent increase in the cost of providing health care.

In this current climate, where there is an increasing need for support for mental health services, the MHCA welcomes any new initiative which better informs the community, such as the Australian Mental Health Reference Guide.

The MHCA commends the guide as it encourages people to access available mental services throughout Australia, to help them seek assistance and in turn, allows them to make informed decisions about treatment choices.

This guide will increase the community's awareness of available services which is in line with the MHCA's objectives of encouraging people to seek appropriate mental health care. This will, in turn, help to decrease the stigma associated with mental illness and mental health care. The Australian Mental Health Reference Guide will also be a means of promoting the need for more adequate resourcing of mental health services. We regard the Australian Mental Health Reference Guide as a valuable resource for the Australian community and hope to see it distributed broadly and used widely.



**Keith Wilson**  
**Chair**

Mental Health Council of Australia

# Description of Services - Glossary

To help you better understand the services provided by the organisations listed in the guide, a 'Description of Services' is included with the entry for each organisation.

The description of services will list one, or a number, of the services outlined below to give you a guide as to what they provide.

## **Advocacy:**

This may involve representing and working with a person or group of people who need support and encouragement to exercise their rights, in order to ensure that their rights are upheld.

Advocacy may involve speaking, acting or writing on behalf of another person or group but has no prescribed or clearly determined method. What constitutes advocacy will differ in different circumstances and according to the skills and needs of the individual or group.

Advocacy may also involve working against established or entrenched values, structures and customs, and therefore needs to be independent of service providers and authorities.

## **Education:**

Education may take place in a variety of forms including face-to-face training, courses, lectures, on-line courses for consumers and healthcare professionals. Education can also include public education campaigns or awareness campaigns aiming to change perceptions or behaviour in regards to the disease state.

## **Information:**

Information is usually in the form of resources for friends, family, carers, consumers and healthcare professionals on the disease state.

Information may be provided in a number of formats. Information may be obtained via conversations with a mental health group, downloaded via the web, or sent in the post in the form of brochures, leaflets and printouts. Some information, for example audio-cassettes, DVDs, videos or books, may be held in a resource library by a support group and loaned out.

Some information and resources, such as books, booklets or DVDs, may be bought, although many organisations offer fact sheets free of charge.

## **Referral:**

The meaning of referral varies for each organisation but generally indicates referral to a healthcare professional, an organisation that can provide treatment, or referral to another organisation that is better suited to assist with the issue involved.

## **Research:**

Organisations that list research as one of their services are actively involved in the mental health arena through research. Organisations listed as only providing research are not able to offer any other services.

## **Support:**

The form of support offered by organisations will vary. Generally, support can be given by counselling services either over the phone, through a website, face-to-face meetings or organised group sessions.

## **Treatment:**

This applies only to a few organisations listed in this guide. This term applies to organisations that may provide specialist counselling, education, rehabilitation, psychiatric, medical or pharmacological treatment.

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# Crisis Telephone Numbers

<b>LIFELINE</b>	<b>13 11 14</b>
<b>KIDS HELP LINE</b>	<b>1800 55 1800</b>
<b>SANE HELP LINE</b>	<b>1800 688 382 (Mon–Fri 9am–5pm)</b>
<b>GENERAL EMERGENCY</b>	<b>000</b>

## Finding Assistance

In general, if you believe that you or someone you know with a mental illness is looking for help, you can find assistance via this guide, a healthcare professional or a local community clinic.

**However, in the case of an emergency, you may wish to call one of the crisis telephone numbers above to receive immediate attention.**

**My local emergency numbers:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Mental Health Peak Bodies

## **Mental Health Council of Australia (National)**

PO Box 174  
Deakin West ACT 0600  
Phone: (02) 6285 3100  
Fax: (02) 6285 2166  
Email: [admin@mhca.com.au](mailto:admin@mhca.com.au)  
Website: [www.mhca.org.au](http://www.mhca.org.au)

Description of services: Advocacy/Information

## **Mental Health Coordinating Council (NSW)**

PO Box 668  
Rozelle NSW 2039  
Phone: (02) 9555 8388  
Fax: (02) 9810 8145  
Email: [info@mhcc.org.au](mailto:info@mhcc.org.au)  
Website: [www.mhcc.org.au](http://www.mhcc.org.au)

Description of services: Advocacy

## **The Queensland Alliance of Mental Illness and Psychiatric Disability Groups Inc (QLD)**

PO Box 919  
Spring Hill QLD 4004  
Phone: (07) 3832 2600  
Fax: (07) 3832 2622  
Email: [admin@qldalliance.org.au](mailto:admin@qldalliance.org.au)  
Website: [www.qldalliance.org.au](http://www.qldalliance.org.au)

Description of services: Advocacy

## **Mental Health Coalition of South Australia (SA)**

408 King William Street  
Adelaide SA 5000  
Phone: (08) 8212 8873  
Fax: (08) 8212 8874  
Email: [administration@mhcsa.org.au](mailto:administration@mhcsa.org.au)

Description of services: Advocacy

## **Mental Health Community Coalition of the (ACT)**

The Griffin Centre  
Canberra City ACT 2601  
Phone: (02) 6249 7756  
Fax: (02) 6249 7801  
Email: [admin@mhcc.net.au](mailto:admin@mhcc.net.au)

Description of services: Advocacy/Information

## **Northern Territory Mental Health Coalition (NT)**

PO Box 1128  
Nightcliff NT 0814  
Phone: (08) 8948 2665  
Fax: (08) 8948 4509  
Email: [admin@ntcoss.org.au](mailto:admin@ntcoss.org.au)  
Website: [www.ntcoss.org.au](http://www.ntcoss.org.au)

Description of services: Advocacy

## Mental Health Peak Bodies

### **Psychiatric Disability Services of Victoria (VICSERV) Inc (VIC)**

370 St Georges Road  
North Fitzroy VIC 3068  
Phone: (03) 9482 7111  
Fax: (03) 9482 7281  
Email: [vicserv@vicserv.org.au](mailto:vicserv@vicserv.org.au)  
Website: [www.vicserv.org.au](http://www.vicserv.org.au)

Description of services: Advocacy/Education/Training/Information

### **Western Australian Association for Mental Health (WA)**

2 Delhi Street  
West Perth WA 6005  
Phone: (08) 9420 7277  
Fax: (08) 9420 7280  
Email: [waamh@waamh.org.au](mailto:waamh@waamh.org.au)  
Website: [www.waamh.org.au](http://www.waamh.org.au)

Description of services: Advocacy/Information/Referral

## General Mental Health Organisations (Alphabetical)

### **ACT Mental Health Consumer Network (ACT)**

PO Box 496  
Civic Square ACT 2608  
Phone: (02) 6230 5796  
Fax: (02) 6230 5790  
Email: [actmhcn@ozemail.com.au](mailto:actmhcn@ozemail.com.au)  
Website: [www.actmhcn.org.au](http://www.actmhcn.org.au)

Description of services: Advocacy/Information

### **Auseinet (SA)**

C/- Flinders University  
GPO Box 2100  
Adelaide SA 5001  
Phone: (08) 8201 7670  
Fax: (08) 8201 7673  
Website: [www.auseinet.com](http://www.auseinet.com)

Description of services: Advocacy/Information

### **The Australasian Society for Psychiatric Research (National)**

University of Western Sydney  
School of Psychiatry and Clinical Neurosciences M571  
Level 3, MRF Building  
Rear 50 Murray Street  
Perth WA 6000  
Phone: (03) 8344 5663  
Fax: (03) 9349 2792  
Web: [www.aspr.org.au](http://www.aspr.org.au)

Description of services: Research

# General Mental Health Organisations (Alphabetical)

## **Australian Mental Health Consumer Network (National)**

PO Box 5939  
West End QLD 4101  
Phone: (07) 3844 3009  
Fax: (07) 3844 2609  
Email: [secretariat@amhcn.com.au](mailto:secretariat@amhcn.com.au)  
Website: [www.amhcn.com.au](http://www.amhcn.com.au)

Description of services: Advocacy/Information

## **Brain & Mind Research Institute (NSW)**

100 Mallett Street  
Camperdown NSW 2050  
Phone: (02) 9351 0799  
Fax: (02) 9351 0652  
Website: [www.bmri.med.usyd.edu.au](http://www.bmri.med.usyd.edu.au)

Description of services: Research

## **Centre for Mental Health Research (ACT)**

Building 63  
Australian National University  
Canberra ACT 0200  
Phone: (02) 6125 2741  
Fax: (02) 6125 0733  
Email: [cmhr@anu.edu.au](mailto:cmhr@anu.edu.au)  
Website: [www.anu.edu.au/cmhr](http://www.anu.edu.au/cmhr)

Description of services: Research

## **GROW (National)**

Phone: (07) 3397 6934  
Email: [national@grow.net.au](mailto:national@grow.net.au)  
Website: [www.grow.net.au](http://www.grow.net.au)

Description of services: Information/Support groups

## **Lifeline Australia Inc (National)**

Lifeline 24-hour Telephone Counselling Service: 13 11 14  
Website: [www.lifeline.org.au](http://www.lifeline.org.au)

Description of services: Information/Referral/Counselling

## **Lifeline's Just Ask - National database of where to go for help (National)**

Phone: 1300 13 11 44  
(cost of a local call - not telephone counselling services)  
Website: [www.justask.org.au](http://www.justask.org.au)

Description of services: Information about mental health services by phone

## **Lifeline Just Look - A rural mental health service (National)**

Website: [www.justlook.org.au](http://www.justlook.org.au)

Description of services: Information - a database of thousands of health and community services and service providers around Australia.

# General Mental Health Organisations (Alphabetical)

## **Mental Health Association NSW Inc (NSW)**

60-62 Victoria Road  
Gladesville NSW 2111  
Phone: (02) 9816 1611  
Fax: (02) 9816 4056  
Email: mha@mentalhealth.asn.au  
Website: www.mentalhealth.asn.au

Description of services: Information/Support/Advocacy

## **Mental Health Information Service (NSW)**

Phone: (02) 9816 5688  
Free call: 1800 674 200  
Email: info@mentalhealth.asn.au  
Website: www.mentalhealth.asn.au

Description of services: Advocacy/Information

## **Mental Health Association (QLD) Inc (MHAQ)**

Fleming House  
PO Box 475  
Sumner Park QLD 4074  
Phone: (07) 3271 5544  
Phone: 1300 729 686 (cost of a local call)  
Fax: (07) 3271 6815  
Email: association@mentalhealth.org.au  
Website: www.mentalhealth.org.au

Description of services: Advocacy/Information/Education/Referral

## **Mental Health Foundation (ACT) Inc**

PO Box 78  
Woden ACT 2606  
Phone: (02) 6282 6658  
Fax: (02) 6282 6674  
Email: info@mhf.org.au  
Website: www.mhf.org

Description of services: Information/Support

## **Mental Health Foundation of Australia (Victoria)**

270 Church Street  
Richmond VIC 3121  
Phone: (03) 9427 0406  
Fax: (03) 9427 1294  
Email: mhfvic@pacific.net.au  
Website: www.mentalhealthvic.org.au

Description of services: Information/Advocacy

## **The Mental Health Resource Centre (SA)**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5166  
Fax: (08) 8221 5159  
Email: mhrc@mhrc.org.au  
Website: www.mhrc.org.au

Description of services: Information/Advocacy

# General Mental Health Organisations (Alphabetical)

## **Mental Illness Fellowship of Australia (National)**

PO Box 844  
Marleston SA 5033  
Phone: (08) 8221 5072  
Fax: (08) 8221 5159  
Email: [webmaster@mifa.org.au](mailto:webmaster@mifa.org.au)  
Website: [www.mifa.org.au](http://www.mifa.org.au)

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation. Services vary from state to state.

## **Mental Illness Fellowship of North Queensland Inc (QLD)**

PO Box 979  
Hyde Park QLD 4812  
Phone: (07) 4725 3664  
Phone: 1800 455 455  
Fax: (07) 4725 3819  
Email: [fellowship@mifnq.org.au](mailto:fellowship@mifnq.org.au)  
Website: [www.mifnq.org.au](http://www.mifnq.org.au)

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation. Services vary from state to state.

## **Mental Illness Fellowship of South Australia Inc (SA)**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5160  
Fax: (08) 8221 5159  
Website: [www.mifsa.org.au](http://www.mifsa.org.au)

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation. Services vary from state to state.

## **Mental Illness Fellowship Victoria Inc (VIC)**

PO Box 359  
Clifton Hill VIC 3068  
Phone: (03) 8486 4200  
Fax: (03) 8486 4265  
Website: [www.mifellowship.org](http://www.mifellowship.org)

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation. Services vary from state to state.

## **Mental Illness Fellowship of Western Australia Inc (WA)**

PO Box 8422  
Perth Business Centre WA 6489  
Phone: (08) 9228 0200  
Fax: (08) 9228 0022  
Website: [www.mifwa.com](http://www.mifwa.com)

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation. Services vary from state to state.

## **Multicultural Mental Health Australia (National)**

Locked Bag 7118  
Parramatta BC NSW 2150  
Phone: (02) 9840 3333  
Fax: (02) 9840 3388  
Email: [admin@mmha.org.au](mailto:admin@mmha.org.au)  
Website: [www.mmha.org.au](http://www.mmha.org.au)

Description of services: Information/Advocacy

# General Mental Health Organisations (Alphabetical)

## **Mental Health Research Institute (MHRI) (VIC)**

155 Oak Street  
Parkville VIC 3052  
Phone: (03) 9388 1633  
Fax: (03) 9387 5061  
Email: [rjj@mhri.edu.au](mailto:rjj@mhri.edu.au)  
Website: [www.mhri.edu.au](http://www.mhri.edu.au)

Description of services: Research

## **NSW Consumer Advisory Group For Mental Health (NSWCAG)**

PO Box 1108  
Rozelle NSW 2039  
Phone: (02) 9556 9219  
Fax: (02) 9555 1041  
Email: [eo.nswcag@tpg.com.au](mailto:eo.nswcag@tpg.com.au)  
Website: [www.nswcag.org.au](http://www.nswcag.org.au)

Description of services: Advocacy/Information

## **The Royal Australian and New Zealand College of Psychiatrists (National)**

309 La Trobe Street  
Melbourne VIC 3000  
Phone: (03) 9640 0646  
Toll free: 1800 337 448  
Fax: (03) 9642 5652  
Email: [ranzcp@ranzcp.org](mailto:ranzcp@ranzcp.org)  
Website: [www.ranzcp.org](http://www.ranzcp.org)

Description of services: Information/Research

## **SANE Australia (National)**

PO Box 226  
South Melbourne VIC 3205  
Phone: (03) 9682 5933  
SANE Helpline: 1800 688 382  
Fax: (03) 9682 5944  
Email: [info@sane.org](mailto:info@sane.org)  
Website: [www.sane.org](http://www.sane.org)

Description of services: Information/Referral/Support/Rehabilitation

## **St Vincent de Paul (National)**

National Office  
PO Box 373  
Summer Hill NSW 2130  
Phone: (02) 9572 6044  
Fax: (02) 9572 6081  
Email: [admin@svdp.org.au](mailto:admin@svdp.org.au)  
Website: [www.vinnies.org.au](http://www.vinnies.org.au)

Description of services: Information/Advocacy/Referral/Support/Rehabilitation

## **Tasmanian Association for Mental Health (TAS)**

97 Campbell Street  
Hobart TAS 7000  
Phone: (03) 6236 9529  
Toll free: 1800 808 890  
Email: [tamh@iprimus.com.au](mailto:tamh@iprimus.com.au)

Description of services: Information

## General Mental Health Organisations (Alphabetical)

### **Tasmanian Community Advisory Group on Mental Health (TASCAG) (TAS)**

PO Box 482  
Prospect TAS 7250  
Phone: (03) 6336 2180  
Email: [admin@tascag.com.au](mailto:admin@tascag.com.au)  
Website: [www.tascag.com.au](http://www.tascag.com.au)

Description of services: Advocacy

### **TEAM Health (Top End Association for Mental Health) (NT)**

PO Box 950  
Parap NT 0804  
Phone: (08) 8981 4128  
Fax: (08) 8981 4933  
STD: 1300 780 081 (cost of a local call anywhere in Australia)  
Email: [teamhealth@teamhealth.asn.au](mailto:teamhealth@teamhealth.asn.au)

Description of services: Support

### **Victorian Mental Illness Awareness Council (VIC)**

23 Weston Street  
Brunswick VIC 3065  
Phone: (03) 9387 8317  
Email: [info@vmiac.com.au](mailto:info@vmiac.com.au)  
Website: [www.vmiac.com.au](http://www.vmiac.com.au)

Description of services: Advocacy/Referral/Support/Information/Education

## Alcohol and Drug Issues

### **Alcohol and other Drugs Council of Australia (National)**

PO Box 269  
Woden ACT 2606  
Phone: (02) 6281 0686  
Fax: (02) 6281 0995  
Email: [adca@adca.org.au](mailto:adca@adca.org.au)  
Website: [www.adca.org.au](http://www.adca.org.au)

Description of services: Advocacy/Information

### **Alcoholics Anonymous Australia (National)**

National Office of AA in Australia  
48 Firth Street  
Arncliffe NSW 2205  
Phone: (02) 9599 8866  
Fax: (02) 9599 8844  
Email: [national.office@aa.org.au](mailto:national.office@aa.org.au)  
Website: [www.alcoholicsanonymous.org.au](http://www.alcoholicsanonymous.org.au)

Description of services: Information/Support

## **Australian Drug Foundation (National)**

PO Box 818  
North Melbourne VIC 3051  
Phone: (03) 9278 8100  
Fax: (03) 9328 3008  
Email: [adf@adf.org.au](mailto:adf@adf.org.au)  
Website: [www.adf.org.au](http://www.adf.org.au)

Description of services: Information/Support/Advocacy

## **Australian Drug Information Network (ADIN) (National) (web based)**

Website: [www.adin.org.au](http://www.adin.org.au)

Description of services: Information

## **Community Alcohol Action Network (National)**

PO Box 818  
North Melbourne VIC 3051  
Phone: (03) 9278 8124  
E-mail: [CAAN@adf.org.au](mailto:CAAN@adf.org.au)  
Website: [www.caan.adf.org.au](http://www.caan.adf.org.au)

Description of services: Advocacy

## **Alcohol and Drug Information Services (National)**

Description of services: Support/Information/24 hour phone service

## **Alcohol and Drug Information Service (NSW)**

Phone: (02) 9361 8000 (metro)  
Free call: 1800 422 599 (regional)

## **Alcohol and Drug Information Service (NT)**

Free call: 1800 131 350

## **Alcohol and Drug Information Service (QLD)**

Phone: (07) 3236 2414 (metro)  
Free call: 1800 177 833 (regional)

## **Alcohol and Drug Information Service (SA)**

Phone: (08) 8363 8618 (metro/interstate)  
Toll free: 1300 13 1340 (regional)

## **Alcohol and Drug Information Service (TAS)**

Free call: 1800 811 994

## **Alcohol and Drug Information Service (WA)**

Phone: (08) 9442 5000 (metro)  
Free call: 1800 198 024 (regional)

# Alcohol and Drug Issues

## **Alcohol and Drug Program (ACT)**

Phone: (02) 6207 9977 (24 hour service)

Description of services: Treatment/Support/Referral

## **DirectLine (VIC)**

Free call: 1800 888 236 (24 hour service)

## **Family Drug Support Australia (24 hour phone service) (National)**

Free call: 1300 368 186

Description of services: Support

## **Salvation Army - Addiction Services (National)**

Territorial Headquarters (NSW, QLD, ACT)

PO Box A229

Sydney South NSW 1232

Phone: (02) 9264 1711

Fax: (02) 9266 9805

Website: [www.salvos.org.au](http://www.salvos.org.au)

Description of services: Support/Referral

## **Salvation Army - Addiction Services (National)**

Australia Southern Territory Headquarters

(Administration for VIC, TAS, SA, WA, NT)

Locked Bag 1

3-7 Hamilton Street

Mont Albert VIC 3127

Phone: (03) 9896 6000

Fax: (03) 9899 2339

Website: [www.salvos.org.au](http://www.salvos.org.au)

Description of services: Support/Referral

## **Alcohol and Drug Foundation, ACT Inc (ADFACF) (ACT)**

PO Box 2230

Tuggeranong ACT 2901

Phone: (02) 6292 2733

Fax: (02) 6292 7073

Email: [adfact@adfact.org](mailto:adfact@adfact.org)

Website: [www.adfact.org](http://www.adfact.org)

Description of services: Treatment/Education/Support/Research

# Alcohol and Drug Issues

## **Ted Noffs Foundation (NSW, ACT)**

PO Box 120  
Randwick NSW 2031  
Phone: (02) 9310 0133  
Fax: (02) 9310 0020  
Email: [noffs@noffs.org.au](mailto:noffs@noffs.org.au)  
Website: [www.noffs.org.au](http://www.noffs.org.au)

Description of services: Support/Advocacy/Research/Treatment/Education

## **Alcohol and Other Drug Services (NT)**

Territory Health Services  
PO Box 40596  
Casuarina NT 0811  
Phone: (08) 8922 8399

Description of services: Treatment/Information/Support/Referral

## **Alcohol and Drug Foundation - Queensland (ADFQ)**

PO Box 332  
Spring Hill QLD 4004  
Phone: (07) 3834 0200  
Fax: (07) 3832 2527  
Email: [adfq@adfq.org](mailto:adfq@adfq.org)  
Website: [www.adfq.org](http://www.adfq.org)

Description of services: Education/Treatment/Rehabilitation/Advocacy

## **Drug and Alcohol Services (SA)**

161 Greenhill Road  
Parkside SA 5063  
Phone: (08) 8274 3333  
Fax: (08) 8274 3399  
Email: [dassa@saugov.sa.gov.au](mailto:dassa@saugov.sa.gov.au)  
Website: [www.dhhs.tas.gov.au/services](http://www.dhhs.tas.gov.au/services)

Description of services: Support/Information/Education/Research/Advocacy

## **Alcohol and Drug Services - DHHS (TAS)**

### **North**

Launceston (Regional Office)  
13 Mulgrave Street  
Phone: (03) 6336 5577  
Fax: (03) 6336 5567

Website: [www.dhhs.tas.gov.au/services](http://www.dhhs.tas.gov.au/services)

Description of services: Referral/Information

### **North-West**

Ulverstone Office  
11 Grove Street  
Phone: (03) 6429 8555  
Fax: (03) 6429 8599

Website: [www.dhhs.tas.gov.au/services](http://www.dhhs.tas.gov.au/services)

Description of services: Referral/Information

# Alcohol and Drug Issues

## Alcohol and Drug Services - DHHS (TAS)

### South

Hobart (Regional Office)

Clive Hamilton Building

St Johns Park

New Town

Phone: (03) 6230 7901

Fax: (03) 6230 7922

Website: [www.dhhs.tas.gov.au/services](http://www.dhhs.tas.gov.au/services)

Description of services: Referral/Information

## Victorian Alcohol and Drug Association (VAADA) (VIC)

35 Smith Street

Fitzroy VIC 3065

Phone: (03) 9416 0899

Fax: (03) 9416 2085

Email: [vaada@infoxchange.net.au](mailto:vaada@infoxchange.net.au)

Website: [www.vaada.org.au](http://www.vaada.org.au)

Description of services: Support/Information/Advocacy

## Drug and Alcohol Office (WA)

7 Field Street

Mount Lawley WA 6050

Phone: (08) 9370 0333

Fax: (08) 9272 6605

Email: [dao@health.wa.gov.au](mailto:dao@health.wa.gov.au)

Website: [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

Description of services: Advocacy/Education/Information/Research/  
Support/Referral

## Western Australian Network of Alcohol & other Drug Agencies (WANADA)

2 Delhi Street

West Perth WA 6005

Phone: (08) 9420 7236

Fax: (08) 9486 7988

Email: [drugpeak@wanada.org.au](mailto:drugpeak@wanada.org.au)

Web: [www.wanada.org.au](http://www.wanada.org.au)

Description of services: Advocacy/Education/Information/Referral

# Anxiety Disorders

## **Anxiety Network Australia (National)**

PO Box 94  
Indooroopilly QLD 4068  
Phone: (07) 3378 7944  
Mobile: 0409 898 828  
Email: [contact@anxietynetwork.com.au](mailto:contact@anxietynetwork.com.au)  
Website: [www.anxietynetwork.com.au](http://www.anxietynetwork.com.au)

Description of services: Information/Referral/Support

## **Anxiety Disorders Alliance (NSW)**

C/- Mental Health Association NSW Inc  
60-62 Victoria Road  
Gladesville NSW 2111  
Phone: (02) 9879 5351  
Fax: (02) 9816 4056  
Free call: 1800 626 055  
Email: [ocd@ada.mentalhealth.asn.au](mailto:ocd@ada.mentalhealth.asn.au)  
Website: [www.ada.mentalhealth.asn.au](http://www.ada.mentalhealth.asn.au)

Description of services: Information/Referral/Support

## **Panic Anxiety Disorder Association Inc (PADA) (SA)**

PO Box 83  
Fullarton SA 5063  
Phone: (08) 8227 1044  
Fax: (08) 8227 1266  
Email: [pada@chariot.net.au](mailto:pada@chariot.net.au)  
Website: [www.panicanxietydisorder.org.au](http://www.panicanxietydisorder.org.au)

Description of services: Information/Support

## **Anxiety Disorders Association of Victoria (ADAVIC)**

PO Box 625  
Kew VIC 3101  
Phone: (03) 9853 8089  
Fax: (03) 9853 8089  
Email: [adavic@adavic.org](mailto:adavic@adavic.org)  
Website: [www.adavic.org](http://www.adavic.org)

Description of services: Information/Support/Referral/Education

## **Anxiety Recovery Centre Victoria (VIC)**

PO Box 358  
Mt Waverley VIC 3149  
Phone: (03) 9886 9233  
Help Line: (03) 9886 9377  
Fax: (03) 9886 9411  
Email: [arcmail@arcvic.com.au](mailto:arcmail@arcvic.com.au)  
Website: [www.arcvic.com.au](http://www.arcvic.com.au)

Description of services: Information/Advocacy/Education/Referral/Support/Treatment

## **Anxiety Self Help Association (ASHA) (WA)**

The Niche  
Suite B, 11 Aberdare Road  
Nedlands WA 6009  
Phone: (08) 9346 7262  
Fax: (08) 9346 7534  
Email: [asha@cnswa.com](mailto:asha@cnswa.com)  
Website: [www.cnswa.com/asha](http://www.cnswa.com/asha)

Description of services: Support/Advocacy/Information

# Attention Deficit Hyperactivity Disorder/ Learning Disabilities

## **Canberra & Queanbeyan Attention Deficit Disorder (ADD) Support Group Inc (ACT)**

PO Box 717

Mawson ACT 2607

Phone: (02) 6290 1984 (business hours)

Phone: (02) 6287 4608 (after hours)

Fax: (02) 6286 4475

Email: [addact@shout.org.au](mailto:addact@shout.org.au)

Website: [www.addact.org.au](http://www.addact.org.au)

Description of services: Support/Information/Referral

## **Learning Difficulties Coalition NSW Inc (NSW)**

PO Box 140

Westmead NSW 2145

Phone: (02) 9806 9960

Fax: (02) 9806 9940

Email: [ldcoalitionnsw@ozemail.com](mailto:ldcoalitionnsw@ozemail.com)

Website: [www.learningdifficultiescoalition.org.au](http://www.learningdifficultiescoalition.org.au)

Description of services: Advocacy/Information/Support/Referral/Education

## **ADDults with ADHD (NSW) Inc**

PO Box 22

Epping NSW 1710

Phone: 02 9806 9960

Fax: 02 9806 9940

Email: [info@add.org.au](mailto:info@add.org.au)

Website: [www.add.org.au](http://www.add.org.au)

Description of services: Information/Support

## **ADD Association Queensland Inc (ADDAQ) (QLD)**

PO Box 1661

Milton QLD 4064

Phone: (07) 3368 3977

Email: [addaq@addaq.org.au](mailto:addaq@addaq.org.au)

Website: [www.addaq.org.au](http://www.addaq.org.au)

Description of services: Support/Information

## **Attention Disorders Association of SA Inc (ADASA) (SA)**

195 Gilles Street

Adelaide SA 5000

Phone: (08) 8232 0685

Fax: (08) 82320687

Email: [ada\\_sa@hotmail.com](mailto:ada_sa@hotmail.com)

Website: [www.communitywebs.org/AttentionDisorderSA](http://www.communitywebs.org/AttentionDisorderSA)

Description of services: Information/Support

## **Learning and Attentional Disorders Society Inc (LADS) (WA)**

The Niche, Suite B

11 Aberdare Road (cnr) Hospital Ave

Nedlands WA 6009

Phone: (08) 9346 7544

Fax: (08) 93467545

Email: [lads@cnswa.com](mailto:lads@cnswa.com)

Website: [www.ladswa.com.au](http://www.ladswa.com.au)

Description of services: Support/Information/Advocacy/Referral/Education

# Bipolar Disorder

## **Black Dog Institute (NSW)**

Hospital Road  
Prince of Wales Hospital  
Randwick NSW 2031  
Phone: (02) 9382 4523 (Consumer Resource Centre)  
Phone: (02) 9382 4530 (General Enquiries)  
Fax: (02) 9382 8208  
Email: [blackdog@unsw.edu.au](mailto:blackdog@unsw.edu.au)  
Website: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Description of services: Information/Research/Tertiary referral clinics/  
Professional education and training

## **Depression and Mood Disorders Association of NSW**

c/- Mental Health Association NSW Inc  
60-62 Victoria Road  
Gladesville NSW 2111  
Phone: (02) 9816 5688  
Free call: 1800 674 200  
Fax: (02) 9816 4056  
Email: [dmda@mentalhealth.asn.au](mailto:dmda@mentalhealth.asn.au)  
Website: [www.dmda.mentalhealth.asn.au](http://www.dmda.mentalhealth.asn.au)

Description of services: Information/Support

## **Even Keel Bipolar Disorder Support Association Inc (WA)**

PO Box 1584  
Midland WA 6936  
Phone: (08) 9388 9896  
Fax: (08) 9388 2298  
Email: [evenkeel@aapt.net.au](mailto:evenkeel@aapt.net.au)  
Website: [www.evenkeel.org.au](http://www.evenkeel.org.au)

Description of services: Information

## **Mood Disorders Association (SA) Inc**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5170  
Fax: (08) 8212 1135  
Email: [mda@mhrc.org.au](mailto:mda@mhrc.org.au)  
Website: [www.moodsa.info](http://www.moodsa.info)

Description of services: Information

# Carer Organisations

## **ARAFMI WA (National office) (Mental Health Carers and Friends Association)**

Head Office  
Oasis Lotteries House  
37 Hampden Road  
Nedlands WA 6009  
Phone: (08) 9389 9888  
Free call: 1800 811 747  
Fax: (08) 9389 7530

Description of services: Support/Information/Advocacy

## **ARAFMI NSW**

Family and Friends Promoting Mental Health and Wellbeing  
PO Box 6414  
North Ryde NSW 2113  
Phone: (02) 9805 1883 (support)  
Phone: (02) 9887 5897 (admin)  
Free call: 1800 655 198  
Fax: (02) 9887 5766  
Email: info@arafmi.org  
Website: www.arafmi.org

Description of services: Information/Support/Advocacy

## **NT ARAFMI (Association for Relatives and Friends of the Mentally III) (NT)**

PO Box 40556  
Casuarina NT 0811  
Phone: (08) 8948 1051  
Mobile: 0411 103 986 (24 hour carer support)  
Fax: (08) 89428 2473  
Email: ntarafmi@octa4.net.au  
Website: www.ntarafmi.org.au

Description of services: Information/Advocacy

## **ARAFMI Queensland Inc (QLD)**

Phone: (07) 3254 1881 (24 hour service)  
Free call: 1800 35 1881 (24 hour service)  
Email: info@arafmiqld.org  
Website: www.arafmiqld.org

Description of services: Information/Support

## **ARAFMI SA**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5166  
Fax: (08) 8221 5159  
Email: arafmi@mhrc.org.au

Description of services: Information/Advocacy

# Carer Organisations

## **ARAFMI Hobart (Relatives and Friends of People with Mental Illness) (TAS)**

97 Campbell Street  
Hobart TAS 7000  
Phone: (03) 6236 9251  
Free call: 1800 808 890  
Fax: (03) 6236 9301  
Email: rafmi@iprimus.com.au

Description of services: Support

## **ARAFMI (Launceston) Inc (TAS)**

34 Howick Street  
Launceston TAS 7250  
Phone: (03) 6331 4486  
Email: ARAFMI@intas.net.au

Description of services: Information/Support

## **ARAFEMI Victoria Inc (VIC)**

Suite 1, 1091 Toorak Road  
Camberwell VIC 3124  
Phone: (03) 9889 3733  
Fax: (03) 9889 2878  
E-mail: admin@arafemi.org.au  
Website: www.arafemi.org.au

Description of services: Advocacy/Information/Support/Referral/Education

## **Carers Australia**

PO Box 73  
Deakin West ACT 2600  
Phone: (02) 6122 9900  
Fax: (02) 6122 9999  
Email: caa@carersaustralia.com.au  
Website: www.carersaustralia.com.au

Description of services: Information/Support/Advocacy

## **Carers Association ACT**

Suite 5 Churches Centre  
54 Benjamin Way  
Belconnen ACT 2617  
Phone: (02) 6296 9900  
Fax: (02) 6296 9999  
Email: carers@carersact.asn.au  
Website: www.carersact.asn.au

Description of services: Information/Support/Advocacy

## **Carers NSW**

Level 17  
323 Castlereagh Street  
Sydney NSW 2000  
Phone: (02) 9280 4744  
Fax: (02) 9280 4755  
Email: contact@carersnsw.asn.au  
Website: www.carersnsw.asn.au

Description of services: Information/Support/Advocacy

# Carer Organisations

## Carers NT

GPO Box 1861  
Darwin NT 0801  
Phone: (08) 8948 4877  
Fax: (08) 8948 5288  
Email: [carersnt@ntcarers.asn.au](mailto:carersnt@ntcarers.asn.au)  
Website: [www.ntcarers.asn.au](http://www.ntcarers.asn.au)

Description of services: Information/Support/Advocacy

## Carers Queensland

PO Box 51  
Camp Hill QLD 4152  
Phone: (07) 3843 1401  
Fax: (07) 3843 1403  
Email: [infosupport@carersqld.asn.au](mailto:infosupport@carersqld.asn.au)  
Website: [www.carersqld.asn.au](http://www.carersqld.asn.au)

Description of services: Information/Support/Advocacy

## Carers Association of SA

PO Box 410  
Unley SA 5061  
Phone: (08) 8271 6288  
Fax: (08) 8271 6388  
Email: [info@carers-sa.asn.au](mailto:info@carers-sa.asn.au)  
Website: [www.carers-sa.asn.au](http://www.carers-sa.asn.au)

Description of services: Information/Support/Advocacy

## Carers Tasmania

181 Elizabeth Street  
Hobart TAS 7000  
Phone: (03) 6231 5507  
Fax: (03) 6236 9236  
Email: [heather.macdonald@carerstas.org](mailto:heather.macdonald@carerstas.org)  
Website: [www.tased.edu.au/tasonline/carertas](http://www.tased.edu.au/tasonline/carertas)

Description of services: Information/Support/Advocacy

## Carers Victoria

PO Box 2204  
Footscray VIC 3011  
Phone: (03) 9396 9500  
Fax: (03) 9396 9555  
Email: [cav@carersvic.org.au](mailto:cav@carersvic.org.au)  
Website: [www.carersvic.org.au](http://www.carersvic.org.au)

Description of services: Information/Support/Advocacy

## Carers WA

255 Walcott Street  
North Perth WA 6006  
Phone: (08) 9444 5922  
Fax: (08) 9444 8966  
Email: [carers@carerswa.asn.au](mailto:carers@carerswa.asn.au)  
Website: [www.carerswa.asn.au](http://www.carerswa.asn.au)

Description of services: Information/Support/Advocacy

**Commonwealth Carer Resource Centres** are co-located with Carer Associations in all states and territories.\*

Free call: 1800 242 636 (from anywhere in Australia)

Free call except from mobile phones. Calls from mobiles are charged at mobile rates. An Australian Government initiative.

\*Except for the Queensland Commonwealth Carer Resource Centre which is located at 972 Logan Road Holland Park QLD 4121.

### **Network for Carers of People with a Mental Illness (VIC)**

C/- Suite 1

1091 Toorak Road

Camberwell VIC 3124

Phone: (03) 9889 3733

Fax: (03) 9889 2878

Email: [info@carersnetwork.org](mailto:info@carersnetwork.org)

Website: [www.carersnetwork.org](http://www.carersnetwork.org)

Description of services: Advocacy/Information/Research

Mental Illness Fellowship Australia and their state and territory agencies also provide carer services. Please refer to Mental Illness Fellowship Australia on pg.16. Please note that services will vary from state to state.

### ***beyondblue: the national depression initiative (national)***

PO Box 6100

Hawthorn West VIC 3122

Phone: (03) 9810 6100

Email: [bb@beyondblue.org.au](mailto:bb@beyondblue.org.au)

Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

Website: [www.ybblue.com.au](http://www.ybblue.com.au) (beyondblue's youth website)

Description of services: Information/Advocacy

### **Black Dog Institute (NSW)**

Hospital Road

Prince of Wales Hospital

Randwick NSW 2031

Phone: (02) 9382 4523

Fax: (02) 9382 8208

Email: [blackdog@unsw.edu.au](mailto:blackdog@unsw.edu.au)

Website: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Description of services: Information/Research/Tertiary referral clinics/Professional education and training

# Depression

## **depressionNet (National)**

Website: [www.depressionnet.com.au](http://www.depressionnet.com.au)

Description of services: 24 hour information, help and support

## **Depression and Mood Disorders Association of NSW**

c/- Mental Health Association NSW Inc

60-62 Victoria Road

Gladesville NSW 2111

Phone: (02) 9816 5688

Free call: 1800 674 200

Fax: (02) 9816 4056

Email: [dmda@mentalhealth.asn.au](mailto:dmda@mentalhealth.asn.au)

Website: [www.dmda.mentalhealth.asn.au](http://www.dmda.mentalhealth.asn.au)

Description of services: Information

## **Mood Disorders Association (SA) Inc**

PO Box 310

Marleston SA 5033

Phone: (08) 8221 5170

Fax: (08) 8212 1135

Email: [mda@mhrc.org.au](mailto:mda@mhrc.org.au)

Website: [www.moodsa.info](http://www.moodsa.info)

Description of services: Information

# Eating Disorders

## **The Butterfly Foundation (National)**

PO Box 518

Prahran VIC 3181

Phone: (03) 9421 3923

Fax: (03) 9421 2537

Email: [info@thebutterflyfoundation.org.au](mailto:info@thebutterflyfoundation.org.au)

Website: [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

Description of services: Advocacy/Information/Support (financial)/Education

## **Eating Disorders Foundation Inc (NSW)**

PO Box 532

Willoughby NSW 2068

Phone: (02) 9412 4499

Email: [edf@edf.org.au](mailto:edf@edf.org.au)

Website: [www.edf.org.au](http://www.edf.org.au)

Description of services: Support/Information/Education/Advocacy/Referral

## **Eating Disorders Association Inc (QLD)**

225 Logan Road

Woolloongabba QLD 4102

Phone: (07) 3891 3660

Fax: (07) 3891 3662

Email: [admin@eda.org.au](mailto:admin@eda.org.au)

Website: [www.eda.org.au](http://www.eda.org.au)

Description of services: Information/Support/Referral/Education/Advocacy

## Eating Disorders

### **Eating Disorders Association of South Australia (SA)**

217 Portrush Road  
Maylands SA 5069  
Phone: (08) 8332 3466  
Fax: (08) 8332 3430  
Email: edasa@internode.on.net

Description of services: Information/Support/Referral

### **Community Nutrition Unit (TAS)**

3rd Floor Peacock Building  
Repatriation Centre  
90 Davey Street  
Hobart TAS 7000  
Phone: (03) 6222 7222  
Phone: 1800 675 028 (Eating Disorder Hotline)  
Fax: (03) 6222 7252  
Email: tas.eatingdisorders@dhhs.tas.gov.au  
Website: www.tas.eatingdisorders.org.au

Description of services: Education/Information

### **Eating Disorders Foundation of Victoria**

1513 High Street  
Glen Iris VIC 3146  
Phone: (03) 9885 0318  
Phone: 1300 550 236 (outside metropolitan region)  
Fax: (03) 98851153  
Email: edfv@eatingdisorders.org.au  
Website: www.eatingdisorders.org.au

Description of services: Advocacy/Information/Support/Referral/Education

## Rape and Sexual Assault

### **Canberra Rape Crisis Centre (ACT)**

PO Box 916  
Dickson ACT 2602  
Phone: (02) 6247 2525 (24 hour service)  
Fax: (02) 6285 2536  
Email: crcc@rapecrisis.org.au

Description of services: Support

### **Rape Crisis Centre (NSW)**

PO Box 555  
Drummoyne NSW 2047  
Phone: (02) 9819 6565 (24 hour service)  
Free call: 1800 424 017 (outside metropolitan region) (24 hour service)  
Fax: (02) 9819 6295  
Email: info@nswrapecrisis.com.au  
Website: www.nswrapecrisis.com.au

Description of services: Information/Support/Referral/Advocacy

### **Statewide Sexual Assault Help Line (QLD)**

Free call: 1800 010 120 (24 hour service)

Description of services: Telephone counselling/Information/Referral

# Rape and Sexual Assault

## **Brisbane Rape and Incest Survivors Support Centre (QLD)**

15 Morrisey Street  
Woolloongabba QLD 4102  
Phone: (07) 3391 0004 (support)  
Phone: (07) 3391 2573 (admin)  
Fax: (07) 3391 4735  
Email: [info@brissc.com.au](mailto:info@brissc.com.au)  
Website: [www.brissc.com.au](http://www.brissc.com.au)

Description of services: Information/Support/Advocacy/Education

## **Brisbane Sexual Assault Service**

PO Box 126  
Herston QLD 4029  
Phone: (07) 3636 5206 (24 hour crisis service)  
Phone: (07) 3636 5207 (admin)  
Fax: (07) 3636 2362

Description of services: Information/Referral/Support

## **Yarrow Place Rape and Sexual Assault Service (SA)**

PO Box 620  
North Adelaide SA 5006  
Phone: (08) 8226 8777  
Phone: (08) 8226 8787 (after business hours)  
Free call: 1800 817 421  
Email: [yarrowplc@mail.wch.sa.gov.au](mailto:yarrowplc@mail.wch.sa.gov.au)  
Website: [www.yarrowplace.sa.gov.au](http://www.yarrowplace.sa.gov.au)

Description of services: Support/Information/Referral/Advocacy

## **Sexual Assault Support Services (TAS)**

PO Box 217  
North Hobart TAS 7002  
Phone: (03) 6231 1811  
Phone: (03) 6231 1817 (24 hour crisis line)  
Fax: (03) 6231 5370  
Email: [admin@sass.org.au](mailto:admin@sass.org.au)  
Website: [www.sass.org.au](http://www.sass.org.au)

Description of services: Information/Support

## **Victorian Centres Against Sexual Assault (CASA) (VIC)**

Free call: 1800 806 292 (24 hour service)  
Website: [www.casa.org.au](http://www.casa.org.au)

Description of services: Support/Information/Counselling/  
Research/Education

## **Sexual Assault Resource Centre (WA)**

PO Box 842  
Subiaco WA 6008  
Phone: (08) 9340 1820  
Phone: 1800 199 888 (regional callers)  
Fax: (08) 9381 5426  
Website: [www.wchs.health.wa.gov/services/s/sarc.htm](http://www.wchs.health.wa.gov/services/s/sarc.htm)

Description of services: Information/Support/Education/Referral/Treatment

## **Schizophrenia Fellowships are members of the Mental Illness Fellowship of Australia**

Description of services: Information/Advocacy/Education/  
Support/Rehabilitation

Service provided by MIFA members vary from state to state

### **Canberra Schizophrenia Fellowship Inc (ACT)**

O'Connor ACT 2602

Phone: (02) 6205 1349

Fax: (02) 6205 1293

### **Schizophrenia Fellowship of NSW Inc (NSW)**

Locked Bag 5014

Gladesville NSW 1675

Phone: (02) 9879 2600

Fax: (02) 9879 2699

Website: [www.sfnsw.org.au](http://www.sfnsw.org.au)

### **Schizophrenia Fellowship of Queensland Inc (QLD)**

95 Arthur Street

Fortitude Valley QLD 4006

Phone: (07) 3358 4424

Fax: (07) 3254 1770

## **The Neuroscience Institute of Schizophrenia and Allied Disorders (NISAD)**

384 Victoria Street

Darlinghurst 2010 NSW

Phone: (02) 9295 8407

Fax: (02) 9295 8415

Email: [nisad@nisad.org.au](mailto:nisad@nisad.org.au)

Web: [www.nisad.org.au](http://www.nisad.org.au)

Description of services: Research

## Suicide Prevention

## Tourette Syndrome

### **Suicide Prevention Australia (National)**

PO Box K998

Haymarket NSW 2000

Phone: (02) 9568 3111

Fax: (02) 9568 3511

Email: [spainfo@bigpond.com](mailto:spainfo@bigpond.com)

Website: [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

Description of services: Information/Education/Research/Referral

### **Wesley LifeForce Suicide Prevention Program (National)**

PO Box 2114

Carlingford Court NSW 2118

Phone: (02) 9874 2111

Fax: (02) 9874 3500

Free call: 1800 100 024

Email: [lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au)

Website: [www.wesleylifeforce.org](http://www.wesleylifeforce.org)

Description of services: Information/Education

### **Tourette Syndrome Association of Australia Inc (National)**

PO Box 1173

Maroubra NSW 2035

Phone: (02) 9382 3726

Fax: (02) 9382 3764

Email: [info@tourette.org.au](mailto:info@tourette.org.au)

Website: [www.tourette.org.au](http://www.tourette.org.au)

Description of services: Information/Support

# Vocational Rehabilitation/ Accommodation

## **CRS Australia (National)**

More than 170 offices throughout Australia

Free call: 1800 624 824

Website: [www.crsaustralia.gov.au](http://www.crsaustralia.gov.au)

Description of services: Vocational rehabilitation/Assessments/  
Employment/Referrals

## **Richmond Fellowship ACT**

Fairbairn Avenue

Pialligo ACT 2609

Phone: (02) 6248 6118

Fax: (02) 6427 7691

Description of services: Accommodation/Rehabilitation

## **Aftercare (NSW)**

3/3 Wharf Street

Leichardt NSW 2040

Phone: (02) 9810 7100

Fax: (02) 9810 1905

Web: [www.aftercare.com.au](http://www.aftercare.com.au)

Description of services: Rehabilitation/Accommodation/Support/Information

\* Please contact the Mental Health Peak Body in your state to find additional services in this category

## **New Horizons Enterprises Ltd (NSW)**

15 Twin Road

North Ryde NSW 2113

Phone: (02) 9887 4111

Fax: (02) 9887 2823

Email: [accom@newhorizons.net.au](mailto:accom@newhorizons.net.au)

Website: [www.newhorizons.net.au](http://www.newhorizons.net.au)

Description of services: Accommodation/Rehabilitation

## **Psychiatric Rehabilitation Association (NSW)**

PO Box 1184

Strawberry Hills NSW 2012

Phone: (02) 9319 6868

Fax: (02) 9319 3254

Email: [management@pra.org.au](mailto:management@pra.org.au)

Web: [www.pra.org.au](http://www.pra.org.au)

Description of services: Rehabilitation/Employment/Accommodation  
(housing support)

## **The Richmond Fellowship of NSW**

PO Box 3161

Strathfield North NSW 2137

Phone: (02) 9701 3600

Fax: (02) 9701 3635

Email: [headoffice@rfnsw.org.au](mailto:headoffice@rfnsw.org.au)

Website: [www.rfnsw.org.au](http://www.rfnsw.org.au)

Description of services: Support

# Vocational Rehabilitation/ Accommodation

## **Richmond Fellowship of QLD**

PO Box 2519  
Fortitude Valley QLD 4006  
Phone: (07) 3257 7988  
Fax: (07) 3257 2695  
Email: [hq@rfq.com.au](mailto:hq@rfq.com.au)

Description of services: Advocacy/Support/Research

## **Roofs SA Housing Association (SA)**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5166  
Fax: (08) 8221 5159  
Email: [roofs.sa@internode.on.net](mailto:roofs.sa@internode.on.net)

Description of services: Support

## **Richmond Fellowship of Tasmania**

95 Campbell Street  
Hobart TAS 7000  
Phone: (03) 6236 9271  
Fax: (03) 6236 9301  
Email: [richmondfellowship@iprimus.com.au](mailto:richmondfellowship@iprimus.com.au)  
Website: [www.home.iprimus.com.au/richmondfellowship](http://www.home.iprimus.com.au/richmondfellowship)

Description of services: Support

## **The Richmond Fellowship of Victoria**

2 Wellington Street  
Collingwood VIC 3066  
Phone: (03) 9418 2300  
Fax: (03) 9419 6100  
Website: [www.rfv.org.au](http://www.rfv.org.au)

Description of services: Accommodation/Rehabilitation/Support

## **The Richmond Fellowship of WA Inc**

PO Box 682  
Bentley WA 6982  
Phone: (08) 9258 3060  
Fax: (08) 9258 3090  
Email: [trf@rfwa.org.au](mailto:trf@rfwa.org.au)  
Website: [www.rfwa.org.au](http://www.rfwa.org.au)

Description of services: Accommodation/Rehabilitation/Support

## **Salvation Army - Accommodation/Rehabilitation Services (National)**

Territorial Headquarters (NSW, QLD, ACT)  
PO Box A229  
Sydney South NSW 1232  
Phone: (02) 9264 1711  
Fax: (02) 9266 9805  
Website: [www.salvos.org.au](http://www.salvos.org.au)

Description of services: Emergency accommodation

# Vocational Rehabilitation/ Accommodation

## **Salvation Army - Accommodation/Rehabilitation Services (National)**

Australia Southern Territory Headquarters  
(Administration for VIC, TAS, SA, WA, NT)

Locked Bag 1

3-7 Hamilton Street

Mont Albert VIC 3127

Phone: (03) 9896 6000

Fax: (03) 9899 2339

Website: [www.salvos.org.au](http://www.salvos.org.au)

Description of services: Emergency accommodation

## **Australian and New Zealand Coalition of Clubhouses (National)**

Description of services: Information/Advocacy/Education/Support/  
Rehabilitation/Accommodation

Services provided by Clubhouse members may vary for each organisation.

## **Pioneer Clubhouse (NSW)**

Quirk Road (off Balgowlah Road)

Balgowlah NSW 2093

Phone: (02) 9907 9999

Fax: (02) 9948 3980

Email: [pioneerclubhouse@tpg.com.au](mailto:pioneerclubhouse@tpg.com.au)

Website: [www.pioneerclubhouse.org.au](http://www.pioneerclubhouse.org.au)

## **Billabong Clubhouse Inc (NSW)**

6 Darling Street

Tamworth NSW 2340

Phone: (02) 6766 9960

Fax: (02) 6766 9360

Email: [admin@billabongclubhouse.ngo.org.au](mailto:admin@billabongclubhouse.ngo.org.au)

## **Bridges Clubhouse (QLD)**

PO Box 4

Bundaberg QLD 4670

Phone: (07) 4154 2300

Fax: (07) 4154 2311

Email: [all@bridgesclubhouse.org.au](mailto:all@bridgesclubhouse.org.au)

## **Canefields Clubhouse (QLD)**

PO Box 1469

Beenleigh QLD 4207

Phone: (07) 3807 0951

Fax: (07) 3804 7528

Email: [cfields@bigpond.net.au](mailto:cfields@bigpond.net.au)

## **Jacaranda Clubhouse (QLD)**

4 Lobley Street

Ipswich QLD 4305

Phone: (07) 3812 9771

Email: [jacarandaclubhouse@bigpond.com.au](mailto:jacarandaclubhouse@bigpond.com.au)

# Vocational Rehabilitation/ Accommodation

## **Stepping Stone Clubhouse (QLD)**

PO Box 249

Coorparoo QLD 4151

Phone: (07) 3847 1058

Fax: (07) 3847 1044

Email: [clerical@steppingstoneclubhouse.org.au](mailto:clerical@steppingstoneclubhouse.org.au)

Website: [www.steppingstoneclubhouse.org.au](http://www.steppingstoneclubhouse.org.au)

## **Toowoomba Clubhouse (QLD)**

PO Box 3027

Toowoomba QLD 4350

Phone: (07) 4632 4688

Fax: (07) 4632 4988

Email: [tclub@bigpond.net.au](mailto:tclub@bigpond.net.au)

## **Diamond House Clubhouse (SA)**

PO Box 264

Kilkenny SA 5009

Phone: (08) 8244 5585

Fax: (08) 8244 5525

Email: [dhouse@adelaide.on.net](mailto:dhouse@adelaide.on.net)

Website: [www.users/dhouse.on.net](http://www.users/dhouse.on.net)

## **Eureka Clubhouse (TAS)**

PO Box 711

Moonah TAS 7009

Phone: (03) 6278 9179

Fax: (03) 6278 9901

Email: [eurekaclubhouse@netspace.net.au](mailto:eurekaclubhouse@netspace.net.au)

Website: [www.tased.edu.au/tasonline/eureka](http://www.tased.edu.au/tasonline/eureka)

## **Bromham Place (VIC)**

PO Box 703

Richmond VIC 3121

Phone: (03) 9427 7377

Fax: (03) 9427 9308

Email: [bromham@hotmail.net.au](mailto:bromham@hotmail.net.au)

## **Lorikeet Clubhouse (WA)**

104 Cambridge Street

West Leaderville WA 6007

Phone: (08) 9381 9144

Fax: (08) 9381 9495

Email: [lorikeet@bigpond.net.au](mailto:lorikeet@bigpond.net.au)

Website: [www.users.bigpond.net.au/lorikeet](http://www.users.bigpond.net.au/lorikeet)

## **Australian Infant, Child, Adolescent and Family Mental Health Association (National)**

PO Box 387

Stepney SA 5069

Phone: (08) 8132 0786

Fax: (08) 8132 0787

Email: [secretary@aicafmha.net.au](mailto:secretary@aicafmha.net.au)

Website: [www.aicafmha.net.au](http://www.aicafmha.net.au)

Description of services: Information/Advocacy

## **Child Adolescent Mental Health Services (CAMHS) (VIC)**

To find your regional CAMHS branch contact:

Mental Health Branch

Department Human Services

2/555 Collins Street

Melbourne VIC 3000

Phone: (03) 9616 7777

Fax: (03) 9616 8726

Website: [www.youthmentalhealth.org](http://www.youthmentalhealth.org)

Description of services: Information/Advocacy

## **It's Allright (web based) (National)**

Website: [www.itsallright.org](http://www.itsallright.org)

Description of services: Information/Support (for teenagers)

## **Kids Help Line (National)**

PO Box 376

Red Hill QLD 4059

Kids Help Line: 1800 55 1800 (8.30am - 5pm Mon-Fri)

Phone: (07) 3369 1588

Email: [admin@kidshelp.com.au](mailto:admin@kidshelp.com.au)

Website: [www.kidshelp.com.au](http://www.kidshelp.com.au)

Description of services: Information/Support

## **Reach Out! (web based) (National)**

Website: [www.reachout.org](http://www.reachout.org)

Description of services: Information/Support

## **Ybblue (web based) (National)**

Targets young people aged 12 to 25. Aims to help people to look for the signs, listen to the problem, talk and seek help together.

Website: [www.ybblue.com.au](http://www.ybblue.com.au)

Description of services: Information

## **Ted Noffs Foundation (NSW, ACT)**

PO Box 120

Randwick NSW 2031

Phone: (02) 9310 0133

Fax: (02) 9310 0020

Email: [noffs@noffs.org.au](mailto:noffs@noffs.org.au)

Website: [www.noffs.org.au](http://www.noffs.org.au)

Description of services: Support/Advocacy/Research/Treatment/Education

# Youth Services

## **KidsinMind (QLD)**

Mater Child and Youth Mental Health Service  
Level 2, Mater Community Services Building  
Annerley Road  
South Brisbane QLD 4104  
Website: [www.kidsinmind.org.au](http://www.kidsinmind.org.au)

Description of services: Information/Referral/Research

## **Children of Mentally Ill Consumers (COMIC) (SA)**

PO Box 310  
Marleston SA 5033  
Phone: (08) 8221 5160  
Fax: (08) 8221 5159  
Email: [comic.admin@bigpond.com](mailto:comic.admin@bigpond.com)  
Website: [www.howstat.com/comic](http://www.howstat.com/comic)

Description of services: Information/Advocacy

## **Headroom (web based) (SA)**

Division of Mental Health - Children, Youth and Women's Health Service  
Website: [www.headroom.net.au](http://www.headroom.net.au)

Description of services: Information/Support/Education