

# Resources for Family, Carer and Friends



Belmont Private Hospital website provides a detailed outline of what specialties are provided and what the hospital offers for our inpatients, day patients, visitors, carers, family and referrers [belmontprivate.com.au](http://belmontprivate.com.au)

## RESPECTED HELPLINES THAT PROVIDE VALUABLE INFORMATION AND RESOURCES LISTED BELOW

**A**

- **Arafmi** is a community based organisation that provides support to the whole family by way of support groups, workshops and accommodation  
[www.arafmi.com.au](http://www.arafmi.com.au)

**B**

- **Beyond Blue** provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live  
[www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Blue Knot Foundation**, national centre of excellence for complex trauma, provides phone counselling, resources and workshops for adults affected by childhood trauma and abuse. It seeks to educate and provide training support for people supporting survivors personally and professionally  
[www.blueknot.org.au](http://www.blueknot.org.au)
- **Butterfly Foundation** represents all people affected by eating disorders and negative body image – a person with the illness their family and their friends  
[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

**C**

- **Carer Gateway** is a national online and phone service that provides practical information and resources to support carers  
[www.carergateway.gov.au](http://www.carergateway.gov.au)

**E**

- **Everymind** is a leading national institute dedicated to reducing mental ill-health, reducing suicide and improving wellbeing  
[www.everymind.org.au](http://www.everymind.org.au)

**H**

- **Headspace centres** act as a one-stop-shop for young people aged 12 – 25 years old who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support  
[www.headspace.org.au](http://www.headspace.org.au)
- **Head to Health** can help you find the right Australia digital mental health and wellbeing resources, for yourself or for someone you care about  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- **Hello Sunday Morning** is a movement towards a better drinking culture and has grown into the world's largest online community of people supporting each other to change their behaviour around alcohol  
[www.hdllosundaymorning.org](http://www.hdllosundaymorning.org)

**K**

- **Kidshelpline** is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 – 25  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**L**

- **Lifeline** is a national charity providing all Australians experiencing a personal crisis with access for 24 hours crisis support and suicide prevention services  
[www.lifeline.org.au](http://www.lifeline.org.au)

## RESPECTED HELPLINES THAT PROVIDE VALUABLE INFORMATION AND RESOURCES LISTED BELOW

### M

- **MensLine Australia** is a telephone and online counselling service for men with family and relationship concerns  
[www.mensline.org.au](http://www.mensline.org.au)
- **Mental Health Online (formerly Anxiety Online)** is an online clinic offering information, self-guided mental health assessment and treatment programs you can do on your own or with therapist support  
[www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)
- **Mindspot** is a free national telephone and online clinic for Australian adults with symptoms of anxiety, depression, or chronic pain. Mindspot provides free and confidential assessments and free, highly effective online treatments  
[www.mindspot.org.au](http://www.mindspot.org.au)

### N

- **NACCHO** is the national peak body representing 143 Aboriginal Community Controlled Health Services (ACCHSs) across the country on Aboriginal health and wellbeing issues  
[www.naccho.org.au](http://www.naccho.org.au)

### O

- **Open Arms (formerly VVCS)** is a nationally accredited mental health service for current and former Australian Defence Force members and their families, providing free and confidential counselling to support mental health and wellbeing  
[www.openarms.gov.au](http://www.openarms.gov.au)

### P

- **PANDA** – Perinatal Anxiety & Depression Australia is a specialist not-for-profit organisation that supports expecting and new mothers and fathers and their families to recognise and recover from perinatal anxiety, depression and postnatal psychosis  
[www.panda.org.au](http://www.panda.org.au)

### Q

- **Qlife** is Australia's first nationally-orientated counselling and referral service for people who are lesbian, gay, bisexual, transexual and/or intersexual (LGBTIQA)  
[www.qlife.org.au](http://www qlife.org.au)
- **Queensland Health** – Mental health and wellbeing website  
[www.qld.gov.au/health/mental-health](http://www.qld.gov.au/health/mental-health)

### R

- **ReachOut** is Australia's leading online mental health organisation for young people and their parents. With practical support, tools and tips that help young people get through anything from everyday issues to tough times – also offering support for parents of teenagers  
[www.au.reachout.com](http://www.au.reachout.com)

### S

- **Sane Australia** is national mental health charity working to support four million Australians affected by complex mental illness. Sane's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy  
[www.sane.org](http://www.sane.org)
- **Suicide Call Back Service** is a national wide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **Stepping Stones** is a membership-based community of people with a mental illness who are dedicated to rebuilding their lives  
[www.steppingstoneclubhouse.org.au](http://www.steppingstoneclubhouse.org.au)

Please note: this is not an extensive list of services available

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