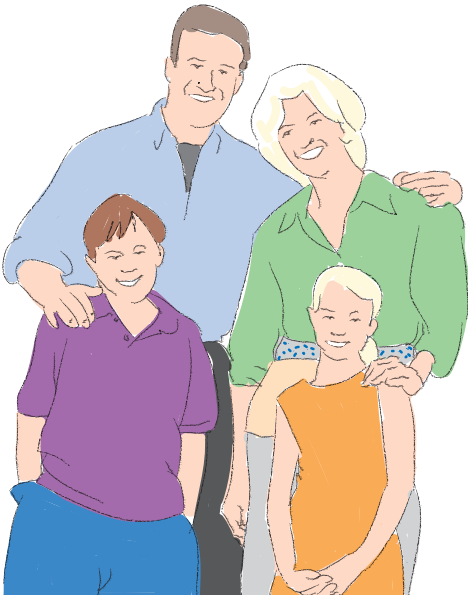


The Role of Family and Friends

Often, family and friends can play a valuable role in supporting somebody experiencing alcohol, anxiety, and depression problems. You can discuss with your GP options for involving those people who are closest to you.

Your family may be worried about what's happening. Sharing information about your condition and treatment can help lessen these concerns and improve your family's ability to help you. However, it is also important for your family to respect any limits you might set.

There are support services that can provide information and advice for your family in each State and Territory. Contact the Commonwealth Carer Resource Centre on 1800 242 636 for more information. There are also State/Territory-based Carers Association and Association of Relatives and Friends of the Mentally Ill (ARAFMI) branches your family and friends can contact.



Helplines and Websites

Helplines

Lifeline	131 114 (24 hours a day)
www.lifeline.org.au	

Sane Australia	1800 688 382 (9:00am-5:00pm on weekdays)
www.sane.org	

Kids Helpline	1800 55 1800 (24 hours a day)
www.kidshelp.com.au	

Commonwealth Carer Resource Centre	1800 242 636 (9:00am-5:00pm on weekdays)
www.carersaustralia.com.au	

There are Mental Health Services and Alcohol and Drug Services, as well as crisis assistance teams, located in most areas.



Alcohol and Drug Information Services toll free numbers:	
ACT	1800 422 599
NSW	1800 422 599
NT	(Amity Community Services) 1800 629 683
QLD	1800 177 833
SA	1300 131 340
TAS	1800 811 994
VIC	(Alcohol and Drug Direct Line) 1800 888 236
WA	1800 198 024

You can find the telephone numbers for your local Mental Health Services and Alcohol and Drugs Services in the front of the White Pages. These numbers will be listed under ‘Health and Help’. If you don’t have a copy of the White Pages handy, you can call 12 455 for assistance from the operator (although charges do apply).

You can also call Lifeline’s Just Ask information line on 1300 131 114 or visit the website at www.justask.org.au to find out about services available in your local area.

Websites

There are many websites providing useful information about mental health and/or alcohol. For a list of links, go to www.mhca.com.au

You can also access a large list of alcohol and drug services at Australian Drug Information Network website at www.adin.com.au

If you do not have access to the internet at home, most local libraries are able to provide free internet access and show you how to use it.

Emergency Contact Numbers

You can write here the names and phone numbers of your doctors, local Mental Health Services and / or Alcohol and Drugs Services, and other people such as family or friends to be contacted in an emergency.

Contact Numbers	Person's Relationship to you	Name