

Regional support for families & carers (Mental Health)

Grampians Pyrenees Region

Villa Maria Respite for Carers (Mental Health) Program:

- Ararat
- Horsham
- Hindmarsh
- West Wimmera
- Yarriambiack

Support for carers of people with a mental illness: carerservicesgrampians@villamaria.com.au

Ararat Carer Support Group

Last Monday of the month
Ararat Neighbourhood House
Phone: (03) 5352 1551
1.30pm to 3.30pm
Gold coin donation

Stawell Carer Support Group

For 21yrs and over
2nd Tuesday of the month
10am to 12pm
Stawell Health & Community Centre
Phone: (03) 5358 7400

Carer Respite and Support Services

40 - 44 Wimmera St, Stawell 3380
Phone: 1800 059 059

St Arnaud Carers Group

1st Thursday of the month 10am -12pm
Meet at Country kitchen for cuppa and chat
Contact: Gwenda Wescott
East Wimmera Health Services
Phone: (03) 5477 2100

Avoca Carers Group

3rd Thursday of the month
Maryborough District Health Avoca Campus
Primary Care Centre
Liebig St, Avoca
Phone: (03) 5465 1200

Wimmera Region

Villa Maria Horsham

<http://villamaria.com.au>

Horsham Family and Friends Support Group

Community Options

Contact: Jacklyn Cooksley

Phone: (03) 5381 9336

Email: jacklync@bhs.org.au

Horsham Carer Respite & Support Services

Wimmera Health Care Group

Phone: (03) 5381 9336

*Further information provided at end of this factsheet

Life after Loss

Bereavement Support Group Network

1st Monday of the month 2.00pm

Stawell Health & Community Centre

Contact: Tracey Ellen

Phone: 0428 584 350

Harrow Carers Group

2nd Monday of every second month

11.30am-2.30pm

For carers of someone with a mental illness

Contact Carer Helpline: 1300 550 265

Warracknabeal Depression and Bipolar Support group

Tuesdays 11am-1pm

For carers of someone with a mental illness

Contact Carer Helpline: 1300 550 265

Central Highlands Region

Ballarat Family & Friends Mental Health Carer Support Group

3rd Wednesday of the month 7.00pm

Ballarat Community Health

260 Vickers St, Sebastopol

Phone: (03) 5338 4570

Carer Respite and Support Services

106 Market St, Ballarat 3350

Email: carers@bhs.org.au

Phone: 1800 059 059

*Further information provided at end of this factsheet

Ballarat Eating Disorders Carer Support Group

2nd Thursday of the month 7.00pm

Ballarat Community Health

260 Vickers St, Sebastopol

Phone: (03) 5338 4570

Care for a Cuppa Program

Run in various locations in our area

For enquiries: 1800 059 059

Central Goldfields Region

Horsham & Warracknabeal Carer Support Group

1st Thursday of the month 10am – 12pm

28 Urquhart Street, Horsham

Contact: (03) 5333 7104

Maryborough & District Mental Health Carer Support Group

1st Tuesday of the month 1.30pm-3.30pm

The Community Hub

48 Burns St, Maryborough

Contact: Liz on 0428 378 583 or Barb on (03) 5342 4342 [Mon-Wed]

Gold Coin Donation

Loddon Mallee Mental Health Carers Network

Representatives from 10 local government areas elected to represent carers in the Loddon Mallee region

Phone: (03) 5482 0808

Maryborough District Health Service Avoca Campus Support Group

Carers meet every 3rd Thursday of the month

Primary Care Centre

Liebig St, Avoca

Phone: (03) 5465 1200

Southern Region Carer Support Services

Castlemaine

Phone: (03) 5471 1021

Bendigo

Phone: (03) 5454 7719

National Carer Help Lines

- | | |
|---|-----------------------|
| • Tandem (Mental Health Carers Network) | Phone: 1800 242 636 |
| • Carers Victoria | Phone: (03) 9396 9500 |
| • Mind (ARAFEMI) | Phone: 1300 550 265 |
| • Sane Australia | Phone: 1800 18 SANE |
| • Carers Choice | Phone: 1800 052 222 |
| • Grow | Phone: 1800 558 268 |

Carer Respite and Support Services

Carer Respite and Support Services incorporates:

- Commonwealth Carelink Centre
- Commonwealth Respite Centre
- Carers' Choice

The Commonwealth Carelink Centre is an information centre for older people, people with disabilities and those who provide care and services. We provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia.

The Commonwealth Carer Respite Centre and Carers' Choice provides information, support and practical assistance to carers of people who are frail aged, have dementia, a disability, chronic illness, mental illness or a palliative condition. We can help with short term and emergency respite for carers in need of a break as well as assistance with respite planning. This is a 24-hour service.

The service can also assist in locating residential respite vacancies within the Grampians region and throughout Victoria. Carers and Services can search on the internet at <http://respiteseeker.com.au>

We also have offices located at:

Grampians Community Health Centre

40-44 Wimmera St

Stawell 3380

Phone: (03) 5358 3700

Fax: (03) 5358 4113

Wimmera Community Options

Robinson St

Horsham 3400

Phone: (03) 5381 9336

Fax: (03) 5381 9120

Eligibility

Carers who reside in the Grampians region.

If a carer is not eligible for our service we will endeavour to provide information about alternative or more appropriate services.

Areas Serviced

Grampians region including: Ballarat, Moorabool, Hepburn, Golden Plains, Pyrenees, Ararat, Northern Grampians, Horsham, West Wimmera, Hindmarsh, Yarriambiack

Location

Market St

Ballarat VIC 3350

Phone: (03) 5333 7104

Fax: (03) 5333 7141

Email: carers@bhs.org.au

Referrals

Services can refer to this program through Central Intake via RIMS (BHS - Community Programs - Central Intake) or alternatively faxed (using the SCTT templates) to: (03) 5320 3893

Carers can self-refer via fax, phone or in person.

Referral enquiries: (03) 5320 6690

National Carer Awareness Initiative

<http://careaware.com.au>