

# QUICK REFERENCE GUIDE Mental Health Services and information

## Barwon Health Services

Service Provider:	Service Type:	Contact:
<b>Aged Psychiatry Service</b>	Barwon Regional Community Team- offering assessment, treatment and case management for 65 years+ affected by a serious mental illness and/or major behavioural problems associated with dementia.	<b>5226 7044</b>
<b>Families Where a Parent has a Mental Illness (FAPMI) Children of Parents with Mental Illness (COPMI)</b>	A joint initiative with Glastonbury Family Services to develop and implement programs to address the needs of children whose parents have a mental illness.	<b>5222 6911</b>
<b>Child &amp; Adolescent Mental Health Service (CAMS)</b>	0 to 15 years. Provides consultation, assessment and treatment for children experiencing emotional or behavioural difficulties.	<b>5226 7075</b>
<b>Paediatric and Adolescent Support Service (PASS)</b>	Counselling service for children, adolescents and their family members who may be living with chronic illness or disability, including Autism Spectrum disorder.	<b>5226 7075</b>
<b>Homeless Outreach Psychiatric Services</b>	Offers a range of services for people with a serious mental illness experiencing homelessness.	<b>5229 8295</b>
<b>Mental Health Promotions Officer</b>	Barwon South West Region 12-18 years. Information, advice, education and promotion of mental health issues for young people.	<b>5279 2542</b>
<b>Mental Health First Aid Training</b>	An award winning training program that assists people to provide initial support to someone with mental health problems.	<b>5279 2542</b>
<b>Dual Diagnosis Service</b>	Provides a collaborative approach to service delivery for clients with a mental health and drug related issue. Refer direct to Drug and Alcohol Services.	<b>5273 4000</b>
<b>Maternity Support Worker</b>	Support and information on antenatal and post-natal depression and anxiety. 8.30am-5pm Tuesday, Wednesday and Friday.	<b>52603302 or 0407824 022</b>
<b>Drug and Alcohol Services</b>	Assessment and confidential counselling for people experiencing problems with alcohol and other drug use. • Home based, out-patient and residential withdrawal. • Youth program. • Needle and Syringe exchange. • Community Methadone Program.	<b>5273 4000</b>
<b>Clozapine Program</b>	Support and education for clients who are prescribed Clozapine and for General Practitioners who prescribe it.	<b>5246 8100</b>
<b>Disordered Eating Service</b>	Assessment of people with disordered eating following referral from GP. Reporting and recommendations to treating doctor regarding ongoing management of clients with eating disorders. Tuesday, Thursday and Fridays 9-5pm.	<b>5226 7075</b>
<b>Community Rehabilitation Facility. Prevention and Recovery Care (PARC) Unit.</b>	Residential unit for 16-65 years. Intensive rehabilitation and subacute care for people experiencing a serious mental illness. Referrals must be case managed by Barwon Health.	<b>5241 2399</b>
<b>Blakiston Lodge</b>	Barwon region aged psychiatry residential facility providing high level care to residents who cannot be looked after in the general aged care system due to cognitive, emotional and behavioural disturbances.	<b>5279 2341</b>
<b>Headspace Barwon @ Jigsaw</b>	16-25 year olds, residing in the northern suburbs. Youth friendly GPs, Mental Health Clinicians, Drug and Alcohol Workers, Early Intervention Workers, Community Counsellor, Community development and rehabilitation support services.	<b>5279 2754</b>
<b>Swanston Centre Acute Admission Unit</b>	24 hour inpatient care for people experiencing a serious mental illness, referral and emergency phone contact for all mental health services.	(24 hrs) <b>5226 7410</b>
<b>Carer Respite Service</b>	Information, support and short term respite options to carers of children and adults with a mental illness. 24 hours emergency respite service.	(24 hrs) <b>1800 059 059</b>
<b>MindlinX-Primary Mental Health Team</b>	Support for primary care staff to identify, assess and treat high prevalence disorders such as depression and anxiety disorders.	<b>5279 2542</b> Intake Phone <b>0408 533 921</b>
<b>Adult Community Mental Health Teams</b>	Provides crisis management, treatment and case management for people 26-65 years who are affected by a serious mental illness	<b>Colac - 13 Dennis St. Colac 1300 763 254</b> <b>Corio - 2 Gellibrand St. Corio 03 5260 3855</b> <b>Geelong West - Reynolds rd. Belmont 03 5260 3700</b> <b>Surfcoast - 100 Surf coast Hwy. Torquay 03 5261 1128</b> <b>Bellarine - 104 Bellarine Hwy Newcombe 03 5226 7481</b>
<b>Early Intervention Services-Jigsaw Corio</b>	16-25 years. Provides early intervention, crisis management, treatment and case management for young people who have a psychotic illness.	<b>5279 2754</b>

Please note not all organisations on this referral sheet receive government funding and as such are not required to meet government service standards or policy guidelines

## Community Based Organisations

Service Provider:	Service Type:	Contact
<b>Save-a-Mate (Australian Red Cross)</b>	Support program for socially isolated people diagnosed with mental health problems. Training courses for young people and those that work with them particularly related to alcohol, drug use and mental health.	<b>1800 246 850</b>
<b>Barwon Disability Resource Council</b>	Funding for people with psychiatric disabilities or mental illness to access community options in the Barwon South West region.	<b>5221 8011</b>
<b>Pathways Rehabilitation and Support Services</b>	Ongoing support for people over 16 years with a mental illness, including outreach, one on one, group work, vocational training and employment support. Also, information and support for carers and community education.	<b>5229 8295</b>
<b>Mentally Ill People and Their Equal Supporters (MATES) (Pathways)</b>	A support program for socially isolated people diagnosed with mental health problems.	<b>5229 8295</b>
<b>The Geelong Clinic</b>	Private mental health facility that offers inpatient psychiatric care, consultant psychiatrists, day programs for depression and anxiety	<b>5248 1155</b>
<b>Geelong Mental Health Consumers Union Inc.</b>	Support and self help group for mental health consumers.	<b>5229 2250</b> <b>5229 3055</b>
<b>Geelong Mood Support Group</b>	Mutual support and self help group service for people living with a mood disorder, their family and friends. Activities, information, education and promotion.	<b>5222 5999</b>
<b>Mental Illness Fellowship of Victoria</b>	Support, education and advocacy for people with a mental illness, their carers, families and friends. Respite retreats for carers and activity programs for people with a mental illness.	<b>5229 8827</b>
<b>Youth Residential Psychosis Rehabilitation Service - Collins Place (Mental Illness Fellowship of Victoria)</b>	For young people (16-24 years) diagnosed with serious mental illness. Support to develop social and life skills, achieve goals and transition to independence.	<b>5229 8827</b>
<b>Dual Diagnosis Home Based Outreach Service (Mental Illness Fellowship of Victoria)</b>	Psychosocial rehabilitation for young people (16-24 yrs) with serious mental illness and associated substance abuse.	<b>5229 8827</b>
<b>Specialist Family Education and Support Service (Mental Illness Fellowship of Victoria)</b>	Assist people with a mental illness, their carers, families and friends to manage the impact of mental illness on their lives. Information, support, referral, counselling, outreach, community awareness and education.	<b>5229 8827</b>
<b>Kardinia Mental Health Service (Salvation Army)</b>	For those with a serious mental illness which is complicated by isolation, homelessness, or drug and alcohol problems. Services include home based outreach support, and social recreation.	<b>5221 7176</b>
<b>Karingal Mental Health Support</b>	Personal Helpers and Mentors Program and Respite Outreach programs. Long term recovery focus for people experiencing mental health concerns. 16 years and over.	<b>5223 2809</b>
<b>Headspace Barwon @ Clockwork</b>	• Direct service provision to 'at-risk' young people • General Practitioner support for health and youth service providers • Drug and Alcohol Counselling	<b>5222 6690</b> Old Post Office Cnr Gheringhap and Ryrrie Sts
<b>Diversitat</b>	Supports Mental Health service providers to work in culturally responsive ways providing information, advice and consultation on the cultural dimensions of Mental Health.	<b>5221 6044</b> 153 Pakington St Geelong West

## Useful Links

<b>Headspace Barwon</b>	<a href="http://www.headspace.org.au/barwon">www.headspace.org.au/barwon</a>
<b>Beyond Blue</b>	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>SANE</b>	<a href="http://www.sane.org">www.sane.org</a>
<b>Reachout</b>	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
<b>Multicultural Mental Health Australia</b>	<a href="http://www.mmha.org.au">www.mmha.org.au</a>

## Phone Information

<b>Lifeline</b>	24 hour anonymous and confidential counselling, support and referral service for crises and personal emergencies (all ages)	(24 hours) <b>131114</b>
<b>Carers Information Line</b>	Information line for carers	<b>1800 242 636</b>
<b>Directline</b>	24 hour telephone service for the general community providing assessment, counselling, referral and information services for drug and alcohol issues.	<b>1800 888 236</b>

Community Development, City of Greater Geelong, Nov 2008  
Enquiries call:  
**5227 0979**

