

Mental Health Association NSW - Consumer & Carer Support Groups in Central Sydney

Dear Central Sydney GPs

Here are the local groups we know of. There may also be small, independent groups that are run in some areas that we don't know about, so it is always worth checking at local neighbourhood or community centres for these. Sorry, we don't keep details of the time and place etc of each individual support group meeting as this tends to be very changeable according to the organisations resources – we always advise callers to call the organisation and ask them directly.

1. Schizophrenia Fellowship, tel 02 9879 2600, www.sfnsw.org.au

The Fellowship runs support groups at various locations around Sydney for consumers and carers

2. Association of Relatives and Friends of the Mentally Ill (ARAFMI), tel 02 9887 5897, www.arafmi.org

This group runs support groups for carers, again in various locations

3. Carers NSW, tel 02 9280 4744, www.carersnsw.nsw.gov.au

Provides various services for carers, including support groups

4. Depression and Mood Disorders Association run a depression group at Annandale and bipolar support groups at Sutherland, North Sydney and West Ryde. People can call Mental Health Association for details on 02 9816 5688

5. Anxiety Disorders Alliance run support and self-help groups in various locations for panic disorder, phobias, OCD and GAD. Tel 02 9879 5351

6. Association of Genetic Support of Australia, this is an organisation that offers support to people with a genetically based illness, particularly for people where there is no condition-specific group available, tel 9211 1462, www.agsa-geneticsupport.org.au

7. Transcultural Mental Health Centre, runs support groups for consumers and carers in various languages in various locations, tel 9840 3800, <http://www.dhi.gov.au/tmhc/staff.htm>

8. GROW is a 12-step program for people with any mental illness, they have many groups, tel 9569 5566, www.grow.net.au

9. Family and Mental Health Program, run by SSWAHS at Rozelle Hospital, runs a support group for mothers with a mental illness, tel 9556 9353

10. Eating Disorders Foundation of NSW, tel 9412 4499, www.edf.org.au

11. Alzheimers Australia, tel 9805 0100, www.alzheimers.org.au
12. Serenity runs groups for people with anxiety and/or depression.
Call Ray Brooks for details on 9740 9539
13. GRASP is a support group in Parramatta for partners of people with Asperger's syndrome, tel 4626 2814
14. Co-dependents Anonymous, tel 8230 3959
15. Club Speranza is a group for people affected by suicide, tel 9908 1233,
www.clubesperanza.org

Hope this is helpful

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Our phone lines are open from 9.30am-4.30pm Mon-Fri, except Wednesdays when the lines open at 12.30pm. People can also email us for information, at info@mentalhealth.asn.au

We also have a small resource centre where people can come in and read books or watch videos on various mental health issues – this is at the address below. Our website has various fact sheets that can be printed out freely.