



Providing feedback about services

Consumer Engagement Team,
ACT Health

Patient Safety & Quality Unit
Ph: **6207 7627**

Human Rights Commission
Ph: **6205 2222**

Mental Health Official Visitors
Ph: **6205 5045**

Mental Health Consumer Consultants
Ph: **6205 1110**

Inpatient Unit and Hospital Contacts

- Adult Mental Health Unit
Ph: **6244 3210**
- Canberra Hospital (main switch)
Ph: **6244 2222**
- Ward 2N Calvary Hospital
Ph: **6201 6022**
- Calvary Hospital (main switch)
Ph: **6201 6111**

Someone to talk to

- Canberra Men's Centre
Ph: **6230 6999**
- CatholicCare Ph: **6163 6100**
- Lifeline Ph: **13 11 14**
- Mensline Australia
Ph: **1300 789 978**
- Relationships Australia
Ph: **6122 7130**
- Youthline (4pm-12midnight)
Ph: **6257 2333**

Australian websites that provide quality information and links about medications, family and carer supports, diagnoses, consumer support kits:

- www.act.health.gov.au
- www.beacon.anu.edu.au
- www.betterhealth.vic.gov.au
- www.carersact.asn.au
- www.cyclopsact.org
- www.kidshelp.com.au
- www.mhfa.com.au
- www.mifa.org.au
- www.mhima.com.au
- www.mydr.com.au
- www.sane.org
- www.copmi.net.au

ACT websites that list low cost personal development, self help courses and community activities:

- www.wirc.act.gov.au

Accessibility

The ACT Government is committed to making its information, services, events and venues accessible to as many people as possible.

- If you would like to receive this publication in an alternative format (such as large print) please phone 13 22 81. Alternatively you can submit a request at www.canberraconnect.act.gov.au – via our online feedback link.
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- For those who may be hearing impaired and have a teletypewriter, please phone 6207 0494.

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Information for Carers, Family and Friends

Mental Health, Justice Health, Alcohol & Drug Services



Mental Health, Justice Health and Alcohol and Drug Services Information for Carers, Family and Friends

A carer is a family member or friend who provides care and support for a parent, child, relative or friend who has a disability, a mental and/or physical illness or who is frail aged.

Young carers are children and young people up to 25 years of age who provide care in families where someone has an illness, a disability, a mental health issue or who has an alcohol or other drug problem.

Many people do not identify themselves as a Carer and therefore are unaware of the support available to them.

Crisis Contacts

Immediate access to ACT mental health services for consumers in crisis

- **Mental Health Triage/Crisis Assessment and Treatment Team (CATT)**
Ph: **1800 629 354** Free call (except from mobile and public phones) or Ph: **6205 1065** 24 hours a day, 7 days a week
- **Children & Adolescents:**
Ph: **6205 1971**
Mon- Fri business hours
Contact CATT after hours
- ACT Police **000** or **131 444**
- ACT Ambulance Service **000**

Information on support, advice and referral for alcohol and drug issues and for families and friends of people using drugs

- Alcohol and Drug Program 24 hours a day, 7 days a week
Ph: **6207 9977**
- Directions Inc Ph: **6122 8000**
- Family Support Drug Helpline Ph: **1300 368 186**, 24 hours a day, 7 days a week
- COMPASS group (Directions Inc) for families, siblings and friends Ph: **6122 8000**
- Kids In Focus (Barnardos) – An outreach service for kids and their families where there is alcohol and substance misuse
Ph: **6228 9500**

To contact Community Mental Health Teams (business hours)

- *Woden Mental Health*
Ph: **6205 1488**
- *Tuggeranong Mental Health*
Ph: **6205 2777**
- *Belconnen Mental Health*
Ph: **6205 1110**
- *City Mental Health*
Ph: **6205 1338**
- *Child & Adolescent Mental Health Services*
Ph: **6205 1971**
- *Older Persons Mental Health Services*
(for persons with a mental illness aged 65 years and over) Ph: **6205 1957**

Support and/or linkage with other services

- ACT Mental Health Consumer Network – **6230 5796**
- Skills for Carer – CIT- **6207 3628**
- ADACAS – **6242 5060**
- Carer Advisory Service – **1800 242 636**
- Carers ACT – **1800 242 636** or **6296 9900**
- Commonwealth Respite and Carelink Centre – **1800 052 222**
- Cyclops and Litmus young carer support ACT – **6278 8444**
- Kids Helpline – **1800 55 1800**
- Mental Health Foundation Information and Referral – **6282 6658**
- Public Advocate of the ACT – **6207 0707**
- Winnunga Nimmityjah Aboriginal Health Clinic and Health Services ACT Inc – **6284 6222**
- Young Carers Group (Carers ACT) – **1800 242 636** or **6296 9900**

To contact other areas of Mental Health, Justice Health and Alcohol and Drug Services (business hours)

- Mental Health Service for people with an intellectual disability – **6207 8210**
- Eating Disorders Program – **6205 1519**
for people with eating disorders.
- Forensic Mental Health – **6205 1551**
for people with mental health issues and current/past criminal matters.
- Perinatal Mental Health Consultation Service – **6205 1469**
for women with mental health issues during the preconception, antenatal and postnatal periods.