

When your world is affected by your mental health, finding help and information can be a struggle.



Ready. Step. Go.

The National Disability Coordination Officer (NDCO) Program works toward the Australia-wide coordination and delivery of support services for people (15 to 64 years) with disabilities that are, or will be attending, university, TAFE or other training organisations.

NDCO's work to build links between the education, training and employment sectors, so that people with a disability have assistance at all levels.

This brochure aims to highlight services and information that might be helpful for you and your family on the road ahead.



 Find us on Facebook:
NDCO Queensland Regions



www.ndco.stepscs.net.au



FINDING HELP

When problems with
Mental Health
affect you or your family



HELP LINES - All Help lines also have websites (search in Google).

24 hr Counselling & Support

ARAFMI - for carers of people with a mental illness	1800 35 1881
Lifeline	13 11 14
Mensline	1300 78 99 78
Kids Helpline - for 5 to 25 year olds	1800 55 1800

Information and Advice

Beyondblue Information and referrals	1300 22 46 36
SANE Information, advice and referrals	1800 18 SANE (7263)
Parentline (8am - 10pm) advice to parents and carers	1300 30 1300
Family Drug Help (9am - 9pm weekdays)	1300 660 068

INFORMATION & ADVICE

Mental Illness Fellowship Australia

This site has a large number of factsheets online about different mental health conditions and what can be done to help. It also provides details of locations of member organisations around Australia who provide support for families and individuals experiencing mental illness.
www.mifa.org.au

Mental Health First Aid Courses and Resources
Very helpful courses and resources with information and strategies to assist you.
www.mhfa.com.au

Beyondblue
This site has lots of information and resources on a range of topics, not just depression.
www.beyondblue.org.au

SANE Australia
This site has information in a number of formats including video and podcasts. Also a number of stories from other people.
www.sane.org
www.sane.org/mobile (for mobile phones)

Carers Matter
This site provides info and resources for carers and families of people with a mental illness.
www.health.qld.gov.au/mhcarer/default.asp

HealthInSite
A wide range of up-to-date information on health and wellbeing.
www.healthinsite.gov.au/

Adult, Child and Youth Mental Health
Provides specialist mental health services people and assistance for families and carers. See the following site for Public mental health services and their locations, or contact your local hospital.
www.health.qld.gov.au/mentalhealth/

QFinder
Find health services near you.
www.qfinder.qld.gov.au

FOR YOUNG PEOPLE

ReachOut
Has factsheets, information and personal stories. A chance also to chat with others facing similar challenges.
<http://au.reachout.com>

Headspace
Providing information, where to get help and stories from others, as well as a parents and carers section.
<http://headspace.org.au/>

Somazone
Developed by young people for young people. Focuses on health and lifestyle issues such as mental health, drug-use, relationships and body image.
<http://somazone.com.au/>

Youthbeyondblue
Find information and ideas to help yourself or those around you.
www.youthbeyondblue.com/

Headroom
Access to information, links and support for young people, as well as parents and carers.
www.headroom.net.au

E-couch
Free online program for preventing and coping with depression, generalised anxiety disorder, and social anxiety disorders.
www.ecouch.anu.edu.au/welcome

It's Allright
For young people with a friend or family member affected by mental illness.
<http://itsallright.org/>

Find local services and support groups near you by calling the Schizophrenia Fellowship of NSW Inc
1800 985 944

GETTING HELP WHEN STUDYING

Teachers or guidance counsellors can also benefit from ideas to support you or your family member. These sites might be useful to suggest for staff at school, Uni, TAFE or a Training Organisation.

Reachout Teachers Network
Access to resources and practical strategies encompassing a range of mental health issues, includes online technologies.
<http://www.teachers.reachoutpro.com.au>

Resource Kit for Staff and Students
'Mental Health Issues on Campus' resource kit found at the NCVER site (free to register and download). <http://www.ncver.edu.au/>

Beyondblue Modules
Teacher resources including those aimed at enhancing and maintaining emotional and psychological resilience.
www.beyondblue.org.au/index.aspx?link_id=4.64

Classroom Ideas
Strategies for addressing mental health wellbeing in a classroom.
<http://media.mytalk.com.au/4bc/podcasts/mental-health.pdf>

GETTING HELP WHEN WORKING

Employers can also benefit from ideas to support you or your family member. These sites might be useful to suggest to a manager or employer.

JobAccess
Access to information and practical ideas for the workplace.
Helpline for employers and employees 1800 464 800
http://jobaccess.gov.au/Employers/Being_a_disability_confident_organisation/Understanding_mental_illness/Pages/home.aspx

A Practical Guide for Managers
Information and strategies to support an employee with a mental illness.
http://www.hreoc.gov.au/disability_rights/publications/workers_mental_illness_guide.html