

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

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



Ready. Step. Go.



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	1300789978
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.

<https://www.qld.gov.au/health/mental-health/carers/index.html>

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.

<http://www.qld.gov.au/health/mental-health/>

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/

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, or a Training Organisation.

Reachout Professional

Content, tools and technology for professionals supporting youth mental health and wellbeing.

<http://au.professionals.reachout.com/>

The Desk

aims to support Australian tertiary students to achieve mental and physical health and wellbeing

<https://www.thedesk.org.au/>

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.

<https://www.jobaccess.gov.au/>

A Practical Guide for Managers

Information and strategies to support an employee with a mental illness.

<https://www.humanrights.gov.au/our-work/disability-rights/publications/2010-workers-mental-illness-practical-guide-managers>

Heads Up

Mentally healthy workplaces work better for everyone, and Heads Up is all about giving individuals and businesses free tools and resources to take action

<https://www.headsup.org.au/>