Inpatient Unit and Hospital Contacts

- Adult Mental Health Unit
  Ph: 6244 3210
- Canberra Hospital (main switch)
  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
- Lifespace
  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 career 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.kidshealth.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

Enquiries about this publication should be directed to ACT Health, Communications and Marketing Unit, GPO Box 825 Canberra City ACT 2601 or email: HealthACT@act.gov.au
www.health.act.gov.au
www.act.gov.au
Enquiries: Canberra 13ACT1 or 132281 | Publication No 14/xxxx

Providing feedback about services

Consumer Engagement Team, ACT Health
Patent Safety & Quality Unit
Ph: 6207 7627
Human Rights Commission
Ph: 6205 5045
Mental Health Consumer Consultants
Ph: 6205 1110

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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.canberracent.gov.au – via our online feedback link.
- If English is not your first language and you require the Translating and Interpreting Service – please phone 13 14 50.
- For those who may be hearing impaired and have a teletypewriter, please phone 6207 0494.
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
- Cocycles and Litusman young carer support ACT – 6287 8448
- Kids Helpline – 1800 55 1800
- Mental Health Foundation Information and Referral – 6282 6638
- 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 9210
- 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.

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.

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