

Join In, Join Up!

About the project

Our Community, The Pharmacy Guild of Australia, the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) and Telstra have united to deliver the 'Join In, Join Up' project.

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – as study after study has shown.

The Join In, Join Up! webpages will include a listing of all sorts of Australian community groups, collected under 21 category headings. Thousands of Australian community groups are already listed through the Our Community Directory of Organisations, which will be improved and expanded in coming weeks.

Members of the public will be able to go to the Join In, Join Up! webpages and find a group in their local or interest area.

In addition, pharmacists and pharmacy assistants will be joining the campaign to help people 'get connected' with a great community group, acting as a link between the public and the community organisations listed on directory.

The Join In, Join Up! website will also include nine specific listings for groups who may have the most to gain by joining in and joining up. These listings – for people with a long-term illness; people with a disability; people experiencing grief; people who are lonely; people from non-English-speaking backgrounds; older people; new parents; carers; and people with a mental illness – will provide a starting point for those keen to take a more active role in community life.

How your community group can help

Please help us to complete the nine specific listings.

On the following pages you will find the listing for **people with a mental health issue**. Have we got it right? Which groups are listed that shouldn't be? Which have we missed? How can the listing be improved?

Email your suggestions to rosem@ourcommunity.com.au.

(Please note that nine listings are being compiled so you'll need to provide details about which listing your comment relates to.)

Thanks for your help.

Name of Organisation	Telephone	1800/1300	Website
National			
Anxiety Network Australia		1300 760 072	www.anxietynetwork.com.au
Panic Anxiety Disorder Association Inc (PADA)	08 8227 1044		www.panicanxietydisorder.org.au
Lifeline	13 11 14		www.lifeline.org.au
	(Kids Helpline)	1800 55 1800	
	02 6215 9400		
DepressioNet		1300 13 55 42	www.depressionet.com.au
Mental Illness Fellowship of Australia			www.schizophrenia.org.au
Sane Australia		1800 187 263	www.sane.org
Australian Mental Health Consumer Network	07 3844 3009		www.amhcn.org.au
Mental Health Council of Australia	02 6285 3100		www.mhca.org.au
Multicultural Mental Health Australia	02 9840 3333		www.mmha.org.au
Beyond Blue		1300 224 636	www.beyondblue.org.au
Black Dog Institute	02 9382 4530		www.blackdoginstitute.org.au
Suicide Prevention Australia	02 9568 3111		www.suicidepreventionaust.org
Grow		1800 558 268	www.grow.net.au
Mental Health Association			www.dmda.mentalhealth.asn.au/
Headspace - Australia's National Youth Mental Health Foundation	03 8346 8213		www.headspace.org.au/
Reach Out!			www.reachout.asn.au
Consumers' Health Forum of Australia	02 6273 5444		www.chf.org.au/
National Rural Health Alliance Inc	02 6285 4660		http://nrha.ruralhealth.org.au/?IntCatId=14
ACT			
Grow	02 6295 7791		www.grow.net.au/Branches/ACT/ACT.htm
Mental Health Foundation ACT Inc	02 6282 6658		www.mhf.org.au/mhf/default.aspx?
Lifeline		13 11 14	www.act.lifeline.org.au/
Health Care Consumers' Association of the ACT	02 6290 1660		www.hcca.org.au/index.php
NSW			
Grow	02 9633 1800		www.grow.net.au/Branches/NSW/NSW.htm
Mental Health Association NSW Inc (Health Concerns)		1300 794 991	www.dmda.mentalhealth.asn.au/support/index.htm
(Anxiety Disorders Support and Information)		1300 794 992	
The Depression & Mood Disorders Association of NSW		1300 794 991	http://dmda.mentalhealth.asn.au/supgrp.htm
Anxiety Disorders Support & Information (ADSI)		1300 794 992	http://ada.mentalhealth.asn.au/
TOP (Triumph Over Phobias) Self Help Groups	02 9339 6093		
Neami	03 9481 3277		www.neami.org.au/default.htm
Schizophrenia Foundation of NSW Inc	02 9879 2600		www.sfnsw.org.au/INDEX.htm
Lifeline	13 11 14		www.lifeline.org.au
	(Kids Helpline)	1800 55 1800	
	(National Office) 02 6215 9400		

NT				
TEAM Health – Top End Association for Mental Health		08 8948 4399		www.teamhealth.asn.au/about.html
Grow		08 8985 4799		www.grow.net.au/Branches/NT/NT.htm
Lifeline			13 11 14	www.lifeline.org.au
	(Central Australia)	08 8953 1250		www.lifeline.org.au/ntlifeline
QLD				
Grow		07 3394 4344		www.grow.net.au/Branches/QLd/QLd.htm
Mental Health Association Qld Inc		07 3271 5544		www.mentalhealth.org.au/
The Panic Anxiety Disorder Association (P.A.D.A) Qld Inc.		07 3353 4851		www.users.bigpond.com/padaqld
Care for Life		07 5573 3873		http://careforlife.org.au/index.php?page=home
Queensland Alliance		07 3832 2600		www.qldalliance.org.au
Lifeline			13 11 14	www.lifeline.org.au
SA				
Grow		08 8244 9299		www.grow.net.au/Branches/SA/SA.htm
Mental Illness Fellowship South Australia		08 8221 5160		www.mifsa.org/
NEAMI		03 9481 3277		www.neami.org.au/default.htm
MIND		08 8363 1144		www.rfv.org.au/index.htm
Lifeline			13 11 14	www.lifeline.org.au
	(Adelaide)	08 8202 5111		www.ucwesleyadelaide.org.au/lifeline/
	(Central SA/NT)	08 8633 1790		www.lifeline.org.au/central-sant
Health Consumers' Alliance South Australia		08 8223 1374		www.hcasa.asn.au/
TAS				
Grow		03 6223 6284		www.grow.net.au/Branches/Tas/TAS.htm
Lifeline			13 11 14	www.lifeline.org.au
	(Hobart)	03 6224 3450		www.lifeline.org.au/hobart
	(North West)	03 64246547		www.lifeline.org.au/northwesttas
Mental Health Council of Tasmania		03 6224 9222	1800 808 890	
Aspire		03 6333 3111		www.aspire.org.au
VIC				
Mental Illness Fellowship Victoria		03 8486 4200		www.mifellowship.org/
The Mental Health Foundation of Victoria		03 9427 0406		www.mentalhealthvic.org.au/
Jesuit Social Services		03 9415 8700		www.jss.org.au/content/view/50/79/
Grow		03 9528 2977		www.grow.net.au/Branches/Vic/VIC.htm
NEAMI		03 9481 3277		www.neami.org.au/default.htm
Anxiety Recovery Centre Victoria	(OCD & Anxiety Helpline)	03 9886 9377		www.arcvic.com.au/
	(Office)	03 9886 9233		
Reach Out Southern Mental Health Association		03 9585 5677		www.smha.org.au/site/
Anxiety Disorders Association of Victoria Inc		03 9853 8089		www.adavic.org.au/
MIND		03 9455 7900		www.rfv.org.au/index.htm
Victorian Mental Illness Awareness Council (VMIAC)		03 9387 8317		www.vmiac.com.au/
Lifeline			13 11 14	www.lifeline.org.au
Psychiatric Disability Services of Victoria (VICSERV) Inc		03 9519 7000		www.vicserv.org.au/vicserv/about/index.htm
Mental Health Music Network		03 9326 9970		www.mentalhealthmusicnetwork.net/HOME.html

	Aspire	03 5560 3000		www.aspire.org.au
	Prahran Mission	03 9692 9500		www.prahranmission.org.au/
WA	Grow	08 9315 1666		www.grow.net.au/Branches/WA/WA.htm
	Richmond Fellowship Western Australia	08 9258 3060		www.rfwa.org.au/index.php
	CLAN WA Indigo Project	08 9498 2829		www.clanwa.com.au/services/indigo
	Mental Illness Fellowship of WA	089228 0200		www.mifwa.org.au/home.html
	Lifeline		13 11 14	www.lifeline.org.au
		08 9261 4444		www.lifelinewa.org.au/