

This table is from the webpage: <https://www.islhd.health.nsw.gov.au/services-clinics/drug-alcohol-service/support-family-and-friends>

Family and Carer Support Organisations

Organisation Name	Support service information
ISLHD Drug and Alcohol Service	<p>BeSMART Group Support The BeSMART support service is directed at group support to aid carers in their journey alongside their loved one who experiences drug and alcohol problems. Phone: 1300 652 226 Illawarra Drug and Alcohol Service, The Orana Centre, 2 Rawson St, Wollongong https://www.islhd.health.nsw.gov.au/groupprograms</p>
	<p>Counselling Service This service involves speaking to a trained counsellor in order to make positive changes to carers' lives, and to manage stress associated with caring for their loved one Phone: 1300 652 226 https://www.islhd.health.nsw.gov.au/services-clinics/illawarra-drug-alcohol-counselling</p>
Alcohol and Drug Information Service (ADIS) NSW	<p>24/7 Support Line Telephone line that carers can access to get immediate crisis, counselling and educational support. Phone: 1800 250 015 https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx</p>
Family Drug Support	<p>Family Support Meetings Open support meetings where families/carers/friends are able to share and express experiences, in a non-judgmental and safe environment Phone: (02) 4782 9222 https://www.fds.org.au/meetings-events/support-meetings/supp-meetings-n-s-w</p>
	<p>Support Line Available 24 hours a day, 7 days a week Phone: 1300 368 186 https://www.fds.org.au</p>

Organisation Name	Support service information
Mental Health Carers ARAFMI IIIAWARRA	<p>Carer Workshop and Information Sessions</p> <p>This service provides advocacy and support for carers whose loved ones' mental health is being affected by substance use. They mainly focus on mental health as a whole through their various services.</p> <p>Phone: (02) 4283 3993 And (02) 4283 3499</p> <p>17 Princes Hwy, Fairy Meadow NSW 2519</p> <p>https://www.facebook.com/arafmiillararra/</p>
STRIDE	<p>Family and Carer's Program</p> <p>Individual and group support is dedicated to all age groups of carers, from children, to young people and adults. This service mainly focuses on giving carers the skills to support their own mental health and wellbeing, and gives them the support to help the health and wellbeing of their loved ones.</p> <p>Phone: (02) 4229 7254</p> <p>https://stride.com.au</p>
Nar-ANON Australia	<p>Family Group Support</p> <p>Compassionate and supportive fellowship dedicated to helping those affected by someone's addiction. Their 12 Step program provides a pathway to healing and recovery for families and friends who have been impacted by the struggles of their loved ones.</p> <p>https://naranon.com.au</p>
One DOOR	<p>Family and Carer Program</p> <p>This service acts as a directory service which points carers in the appropriate direction depending on their individual situation. This service caters for a range of carer needs including education, support groups and mental health.</p> <p>Phone: 1800 843 539</p> <p>https://www.onedoor.org.au/</p>
The Salvation Army	<p>Counselling, Group Support and Community Education</p> <p>The Salvation Army First Floor Program (FFP) is a complete, community-based drug and alcohol service supporting families and individuals in their recovery from drug and alcohol use, mental</p>

Organisation Name	Support service information
	<p>health support, grief and loss. Foundry Family Centre, 132 Wentworth Street, Port Kembla, 2505 Telephone: (02) 4229 1079 Mobile: 0411 143 586 https://www.salvationarmy.org.au/locations/new-south-wales/ewlp/first-floor-program/</p>
Al-Anon Family Groups Australia	<p>Group Support Meetings This service provides group support meetings to openly discuss experiences of carers, and especially focuses on coping with the effects of a loved ones alcohol use. Phone: 1300 252 666 https://al-anon.org.au/meetings/</p>
Alcoholics Anonymous	<p>Group Support Meetings Alcoholics Anonymous focuses on sharing experiences in a safe and caring environment, with anyone who may be going through the same experience. Alcoholics Anonymous encourages discussions between families and friends, and focuses mainly on alcohol sobriety. Phone: 1300 222 222 https://meetings.aa.org.au</p>
Carer Gateway	<p>Counselling Service, Peer Support and Coaching 8 am - 5 pm Monday to Friday Phone:1800 422 737 https://www.carergateway.gov.au</p>
Beyond Blue	<p>24/7 Support Service Telephone Line Telephone support line that provides mental health support services in crisis situations. Phone: 1300 22 4636 https://www.beyondblue.org.au/get-support/urgent-help</p>
Griefline	<p>One-on-One Phone Counselling Phone counselling service provides immediate care and support to people who are experiencing grief due to the effects of caring for a loved one who abuses drugs and alcohol. Phone: 1300 845 745</p>

Organisation Name	Support service information
	<p data-bbox="611 185 919 220">https://griefline.org.au</p> <p data-bbox="611 272 1913 391">Care To Call Program Care to call is a newly developed program which is free. The Care-to-Call service provides a compassionate person who will reach out to you once a week for a friendly check-in call</p> <p data-bbox="611 399 919 435">https://griefline.org.au</p>
Lifeline	<p data-bbox="611 467 953 503">24/7 Crisis Support Line</p> <p data-bbox="611 511 1961 547">This service is a short term support line in which carers are able to contact during times of crisis.</p> <p data-bbox="611 555 846 591">Phone: 13 11 14</p> <p data-bbox="611 599 1098 634">https://www.lifeline.org.au/131114/</p>
NSW Health	<p data-bbox="611 667 877 703">Mental Health Line</p> <p data-bbox="611 711 1955 829">Mental Health Line provides targeted mental health support via telephone. They provide professional help, and can help individuals determine what kind of service they need to seek to get the best help possible. They can also refer individuals to local health programs and services</p> <p data-bbox="611 837 911 873">Phone: 1800 011 511</p> <p data-bbox="611 881 1671 917">https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx</p>
Centrelink	<p data-bbox="611 948 1129 984">Carer Payment and Carer Allowance</p> <p data-bbox="611 992 1955 1068">Payments and services if you provide care for someone with a severe disability, illness or a frail and aged adult.</p> <p data-bbox="611 1076 1388 1112">211 Lake Entrance Road, Shellharbour NSW 2529 And</p> <p data-bbox="611 1120 1184 1156">43 Burelli Street, Wollongong NSW 2500</p> <p data-bbox="611 1164 835 1200">Phone: 132 717</p> <p data-bbox="611 1208 1430 1243">https://www.servicesaustralia.gov.au/individuals/centrelink</p>
1800 Respect	<p data-bbox="611 1268 951 1304">Safety Planning Service</p> <p data-bbox="611 1312 1982 1388">Crisis support, Information, Referrals and Counselling for people who may be living with domestic violence.</p> <p data-bbox="611 1396 917 1432">Phone: 1800 737 732</p> <p data-bbox="611 1440 982 1476">https://1800respect.org.au</p>

