

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-judgemental and safe environment Phone: (02) 4782 9222 https://www.fds.org.au/meetings-and-events/</p>
	<p>SAGE Individual Support Online one-on-one support with a trained health professional that you select https://sage.fm/fds</p>

Organisation Name	Support service information
	<p>Support Line Available 24 hours a day, 7 days a week Phone: 1300 368 186 https://www.fds.org.au</p>
<p>Mental Health Carers ARAFMI IIIAWARRA</p>	<p>Carer Workshop and Information Sessions 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. Phone: (02) 4283 3993 And (02) 4283 3499 17 Princes Hwy, Fairy Meadow NSW 2519 https://www.facebook.com/arafmiillararra/</p>
<p>STRIDE</p>	<p>Family and Carer's Program 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. Phone: (02) 4229 7254 https://stride.com.au</p>
<p>Nar-ANON Australia</p>	<p>Family Group Support Targeted Indigenous services that focus on providing care and comfort to carers who are concerned about a loved ones drug and/or alcohol use in a culturally sensitive manner. Albion Park Community Hall, Russell St, Albion Park Phone: (02) 4257 3342 https://naranon.com.au</p>
<p>One DOOR</p>	<p>Family and Carer Program 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</p>

Organisation Name	Support service information
	<p>education, support groups and mental health. Phone: 1800 843 539 https://www.onedoor.org.au/</p>
The Salvation Army	<p>Counselling, Group Support and Community Education 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 health support, grief and loss. Foundry Family Centre, 132 Wentworth Street, Port Kembla, 2505 Telephone: (02) 4229 1079 Mobile: 0411 143 586 http://www.firstfloorprogram.org.au</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://www.al-anon.org.au/electronic#snew</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>

Organisation Name	Support service information
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/get-immediate-support</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 https://griefline.org.au</p>
	<p>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 https://griefline.org.au</p>
Lifeline	<p>24/7 Crisis Support Line This service is a short term support line in which carers are able to contact during times of crisis. Phone: 13 11 14 https://www.lifeline.org.au/131114/</p>
NSW Health	<p>Mental Health Line 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 Phone: 1800 011 511 https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx</p>
Centrelink	<p>Carer Payment and Carer Allowance Payments and services if you provide care for someone with a severe disability, illness or a frail and aged adult.</p>

Organisation Name	Support service information
	211 Lake Entrance Road, Shellharbour NSW 2529 And 43 Burelli Street, Wollongong NSW 2500 Phone: 132 717 https://www.servicesaustralia.gov.au/individuals/centrelink
1800 Respect	Safety Planning Service Crisis support, Information, Referrals and Counselling for people who may be living with domestic violence. Phone: 1800 737 732 https://1800respect.org.au