

Robina Private Hospital

Resources for families, carers and friends

Respected resources and helplines that provide valuable information to carers, friends and families listed below

Arafmi is a community based organisation that provides support to the whole family by way of support groups, workshops and accommodation
www.arafmi.com.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live
www.beyondblue.org.au

Blue Knot Foundation, national centre of excellence for complex trauma, provides phone counselling, resources and workshops for adults affected by childhood trauma and abuse. It seeks to educate and provide training support for people supporting survivors personally and professionally
www.blueknot.org.au

Butterfly Foundation represents all people affected by eating disorders and negative body image - a person with the illness their family and their friends
www.thebutterflyfoundation.org

Headspace centres act as a one-stop-shop for young people aged 12 - 25 years old who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support
www.headspace.org.au

Lifeline is a national charity providing all Australians experiencing a personal crisis with access for 24 hours crisis support and suicide prevention services
www.lifeline.org.au

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Open Arms (formerly VVCS) is a nationally accredited mental health service for current and former Australian Defence Force members and their families, providing free and confidential counselling to support mental health and wellbeing
www.openarms.gov.au

PANDA - Perinatal Anxiety & Depression Australia is a specialist not-for-profit organisation that supports expecting and new mothers and fathers and their families to recognise and recover from perinatal anxiety, depression and postnatal psychosis
www.panda.org.au

Qlife is Australia's first nationally-orientated counselling and referral service for people who are lesbian, gay, bisexual, transexual and/or intersexual (LGBTIQA)
[www.qlife.org.au](http://www qlife.org.au)

Sane Australia is national mental health charity working to support four million Australians affected by complex mental illness. Sane's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy
www.sane.org

Suicide Call Back Service is a national wide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide
www.suicidecallbackservice.org

Stepping Stones is a membership-based community of people with a mental illness who are dedicated to rebuilding their lives
www.stepsingstoneclubhouse.org