

# THE GOALS OF THE KIT

**SUPPORT  
SERVICES &  
RESOURCES  
SECTION**  
SECTION  
RESOURCES  
SERVICES &  
KIT



## **EMPOWERING YOUNG PEOPLE OF PARENTS WITH A MENTAL ILLNESS / DUAL DIAGNOSIS AND THEIR FAMILIES**

The Support Services and Resources Section is for workers, young people and families to use as supporting material to the Care Plan in the Young People's section of **THE COLOURED KIT**

## Acknowledgements

We acknowledge the Ngunnawal people as the traditional owners and continuing custodians of the lands of the ACT and we pay our respects to the Elders, their families and ancestors. We acknowledge that the effects of the forced removal of Indigenous children from their families as well as past racist policies and actions continues today.

We acknowledge that Indigenous people hold distinctive rights as the original peoples of modern day Australia, including the right to a distinct status and culture, self-determination and land. We celebrate Ngunnawal culture and the invaluable contribution to the community.

This Project was a partnership between the Youth Coalition of the ACT and the Children of Parents with a Mental Illness Project, Mental Health ACT.

We would like to thank all individuals and services who generously gave their time and effort to the development of The Coloured Kit. It would not have been possible without:

- All of the young people who were part of the working group or consultations that helped to develop The Coloured Kit. Thank you especially to Isaac Fox and Joe Smith
- Paola Mason and Nerelle Goad, Children of Mentally Ill Consumers (COMIC), for developing the original "Supporting Our Family Kit" and giving us permission to use it as the basis for The Coloured Kit. COMIC's kit can be accessed from [www.howstat.com/comic](http://www.howstat.com/comic)
- Steve Byrne, Project Officer, and Carrie Fowlie, Project Coordinator, of The Coloured Kit, Youth Coalition of the ACT
- Therese Foster, Coordinator, Children of Parents affected by Mental Illness Project, Mental Health ACT
- All the workers and services who generously contributed information, assistance and on-going feedback:
  - o Youth Coalition of the ACT's Staff Team including Amanda Bode & Meredith Hunter
  - o Alcohol and Drug Program, ACT Health; CarersACT; Child and Women's Health Program, ACT Health; Co-Morbidity Project, ACT Health; CYCLOPSACT; Institute of Child Protection Studies; and the Mental Health ACT Consumer Consultant.
  - o Philippa Spice and Ken Osborne, Youth Education Program and Youth in the City
  - o Bridget Dillon, Social Worker, Mental Health ACT
  - o Child and Adolescent Mental Health Clinicians
  - o ACT Children of Parents affected by a Mental Illness Project Steering Committee
  - o Mental Health ACT Children of Parents affected by a Mental Illness Interest Group
  - o Sue Roche, Department of Education and Training
  - o The Youth Coalition of the ACT's Alcohol and Other Drug Services Directory 2006.

A project evaluation report is available from [www.youthcoalition.net](http://www.youthcoalition.net) or [www.health.act.gov.au](http://www.health.act.gov.au).  
**This Project was funded by the Carers Recognition Grants Program of the Department of Housing and Community Services.**

Document date: June 2007 Version 2

# **CONTENTS**

<b>1) DIRECTORY OF SERVICES</b>	<b>3</b>
<b>2) YOUTH SERVICES</b>	<b>6</b>
<b>3) SCHOOL SUPPORT SERVICES OF THE ACT DEPARTMENT OF EDUCATION</b>	<b>8</b>
<b>4) ALTERNATIVE EDUCATION PROGRAMS</b>	<b>9</b>
<b>5) YOUTH REFUGES AND ACCOMMODATION SUPPORT SERVICES</b>	<b>11</b>
<b>6) RIGHTS</b>	<b>12</b>
<b>7) CONTACT LIST - CRISIS &amp; INFORMATION SUPPORT SERVICES</b>	<b>13</b>
<b>8) ADDITIONAL SERVICE DIRECTORIES &amp; RELATED INFORMATION RESOURCES</b>	<b>15</b>
<b>9) INFORMATION, EDUCATION AND TRAINING FOR WORKERS</b>	<b>17</b>
<b>10) WEB BASED INFORMATION AND RESOURCES</b>	<b>19</b>
<b>11) BOOKS</b>	<b>24</b>

# DIRECTORY OF SERVICES

Below are some services that provide support for children, young people and families affected by mental illness, dual diagnosis, and alcohol and other drugs in the ACT. Each service listing includes a brief description of the service, opening hours and days, and a contact phone number. Services are listed alphabetically.

## Alateen

A volunteer based self help group for children and young people aged 10 – 19 years of age who have a family member or support person experiencing problematic alcohol use.


 10:30am – 12:30pm (Monday – Friday)

 6249 8866

---

## ACT Disability, Aged & Carer Advocacy Service (ADACAS)

Individual advocacy for people with disabilities, people who are ageing and their carers.

 9am - 5pm (Monday – Friday)


 6242 5060

---

## Bungee

*Belconnen Community Service*

Promotes mental health for North Canberrans aged 5 – 18 years of age. Provides sport, recreation, counselling, art and drama activities, and parenting, stress and anger management courses.


 9am – 6pm (Monday – Friday)


 6264 0242

---

## Carers ACT

Provides comprehensive carers' support services in the ACT. Provides information, referral, advocacy, counselling, community education, respite and support services for unpaid family carers, including young carers.

 9am – 5pm (Monday – Friday)

 1800 242 636 (Commonwealth Carer Resource Centre)

1800 052 222 (Commonwealth Carelink)

 24 hours


 1800 059 059 (Commonwealth Carer Respite)

---

## Child and Adolescent Mental Health Services (CAMHS)

*Mental Health ACT*

Provides assessment and treatment for people under 18 years of age who are experiencing moderate to severe mental health problems. Appointment required. Priority is given to see children of parents with a mental illness who have had a parent hospitalised in the past 12 months, of parents with a chronic and severe mental illness, and of parents who are experiencing psychological disturbance.

 9am – 5pm (Monday – Friday)

 6205 1971 (Intake)

 24 Hours (CAT Crisis Team)


 1800 629 354


---

## Child and Family Centres

*Department of Disability, Housing and Community Services*

Provide a range of free services for children, young people and their families including information, parenting information and support, Social Workers, Early Childhood Workers, Maternal and Child Health Nurse, specialist support, counselling, nutrition, outreach and playgroups.

 9am – 5pm (Monday – Friday)


 6207 0120 (Gungahlin)  
6207 8228 (Tuggeranong)

---

## CYCLOPS ACT

*Anglicare Canberra and Goulburn Youth and Family Services*

A young carer specific service for people aged 10 -18 years of age and their families. Provides information, referral, case management, personal support, support groups, recreation, education and training, advocacy and brokerage. Also run a Kids Club group for children of parents with a mental illness.


 9am – 5pm (Monday – Friday)

 6232 2432

---

## Directions ACT

An alcohol and other drug specific service that provides a range of services including information, education, group work, food, internet, support, referrals, family support, outreach and counselling.


 9am – 5pm (Monday – Friday)

 6122 8000

---

## Drugs in the Family

A volunteer based peer support service for family and support people affected by someone else's substance use. Provides information and the opportunity to share experiences.

 Call for meeting times.



 6257 3043

---

## Family Placement Scheme

*Galilee*



Cares for children and young people aged up to 18 years of age who have been exposed to abuse or neglect by providing short and long-term foster care. Provides services for disadvantaged young people, especially those who are homeless or unemployed. Also provides respite care and support.

-  9am – 5pm (Monday – Friday)
  -  6290 2191
- 

## Families and Carers Support Group

*Ted Noffs Foundation & Family Drug Support*





An alcohol and other drug focused support group specifically for families and support people affected by someone else's substance use.

-  Meetings run fortnightly, call for times.
  -  6123 2400
- 

## Family Drug Support



*Alcohol and Drug Program, ACT Health*

Education and support for families and support people affected by substance use issues. Program includes family counselling, assessment, the 'stepping stones' program, referrals, 24 hr telephone support, information and support. Professional advice, education to workers and family drug support groups also available.

-  9am – 5pm (Monday – Friday)
  -  6205 4515 (Alcohol and Drug Program)
  -  24 hours
  -  6207 9977
- 



## Gugan Gulwan Youth Aboriginal Corporation

The only Indigenous specific youth centre in the ACT. Information and support available to young people and their families for all issues including alcohol and other drug issues, dual diagnosis and social and emotional well-being. Provides advocacy and support to young people for court, custody, law and transport issues and after hours outreach. Numeracy, literacy, alternative education, parenting and family programs are available.

-  9am – 5pm (Monday – Friday)
  -  6231 9555
- 



## Hidden Corners Theatre

A theatre group for young carers 12 – 25 years of age.

-  9am – 5pm (Monday – Friday)
  -  6232 2432
- 

## Inanna



Provides, for women with or without children, crisis and long-term accommodation, outreach, workshops, activities and community events. Focuses on homelessness and mental health issues.

-  9am – 5pm (Monday – Friday)
  -  6295 3323
- 

## Junction Youth Health Service

*Anglicare Canberra and Goulburn Youth and Family Services*



A free, confidential and youth specific general health service open to people 12 – 25 years of age. Doctors, nurses, counsellors, youth workers, health workers, and drug and alcohol workers are available. Young people don't need a Medicare card. Free youth specific counselling.

-  1pm – 5pm (Monday – Friday)
  -  6232 2423
- 

## Karralika (Family Program)

*Alcohol and Drug Foundation ACT*



Residential therapeutic community providing treatment for the whole family.

-  9am – 5pm (Monday – Friday)
  -  6292 2733
- 

## Keeping Families Connected



*Carers ACT*

Support group for anyone caring for someone affected by a mental illness or dual diagnosis.

-  9am – 5pm (Monday – Friday)
  -  6296 9900
- 

## Marymead Child and Family Centre

Provides a range of services to assist families in their role of parenting, including parenting skills groups, family support, a parent-child contact centre, foster and residential care, respite care, support programs for young people affected by disability, support for grandparents raising grandchildren. Counselling for children with behaviour problems and their parents is also available.

-  9am – 5pm (Monday – Friday)
  -  6162 5800
-

## Mental Illness Fellowship of the ACT

Provides information, support and vocational rehabilitation for people living with schizophrenia and other mental disorders, their families and friends.

 8:15am – 3.30pm (Monday – Friday)


 6205 1349

---

## Respite Care Program

*Mental Health Foundation*

Short term respite program for people 18 years of age and over with a confirmed psychiatric disability. Residents must be self managing in household, personal care, treatment and regimes, able to live unsupervised and co-operate with others. Also provides information, outreach, peer support, supported accommodation, The Rainbow, and life skills programs for people living with a mental illness.


 9am – 5pm (Monday – Friday)

 6282 6658 (Information and Referral Line)

---

## Respite Care ACT

Provides support to people with disabilities, the frail aged, people with mental health issues and also the primary carers of these groups. Services for people over 18 years of age. Also provides respite to carers of adults with diagnosed mental health conditions.

 9am – 5pm (Monday – Friday)


 6288 0955

---

## St Nicholas Young Carers Program

*St Vincent de Paul*

Supports children and young people aged 9 - 16 years of age. Provides primary or part-time care to a family member / friend with an illness or disability. Also provides two five-day camps per year and monthly catch-up activities such as movies, swimming and bowling.

 9am – 5pm (Monday – Friday)


 6122 9727

---

## Supporting Families With Adolescents

*YWCA of Canberra*

An outreach counselling service for young people aged 12 – 18 years of age and their families. Also provides a respite accommodation program.

 9am – 5pm (Monday – Friday)


 6258 5933

---

## Temporary Family Care Program

*Barnardos Canberra Children's Family Centre*

Emergency care and planned respite care for children aged up to 17 years of age whose families are in crisis. Also provides monthly camps for children over 9 years of age. Care provided for children or young people with a mental illness or children of a parent with a mental illness. A Care & Protection (formerly Family Services) referral is not required. Also offers Kids Friends, tutoring, parenting, outreach and transition programs.


 9am – 5pm (Monday – Friday)

 6241 5466

---

## Winnunga Nimmityjah Aboriginal Health Service

Provides a holistic health service for Aboriginal and Torres Strait Islander people. Provides counselling, advocacy, referral and support. Social and emotional well-being counsellors, dual diagnosis workers, youth workers, doctors, dentist and an opioid program nurse are also available. Information, referral and community education can be facilitated.

 9am – 5pm (Monday – Friday)


 6284 6222

---

## Young Carers Program

*Kincare*

Provides in-home nursing, support, respite services and assistance to young carers, the elderly and people with disabilities.

 9am – 5pm (Monday – Friday)

 1300 733 510

---

# YOUTH SERVICES

Below are some youth specific services in the ACT. The youth sector defines “young people” as people between 12 – 25 years of age. However some youth services target a particular age range – it is important to check with each service. There are many youth services in the ACT which provide a range of services from counselling to recreation to education to crisis support.

## YOUTH CENTRES



Youth centres are a great point of contact for young people and for workers. If you're not sure what youth services are available for a young person you're working with then your local youth centre can be a great starting point.

Youth Centres provide a range of supports for people 12 - 25 years of age. Each one provides different services such as a drop-in centre, case management, emergency relief, school holiday programs, alternative education programs, transport support, free food, computers, activities, sport and recreation.



### AXIS Youth Service (Queanbeyan)

 6297 2921  
 [www.qcc.nsw.gov.au](http://www.qcc.nsw.gov.au)

### Gugan Gulwan Youth Aboriginal Corporation (Erindale)

 6231 9555  
 [www.makingcontact.net.au](http://www.makingcontact.net.au)

### Gungahlin Youth Service


 6123 4411  
 [www.gungahlin.org](http://www.gungahlin.org)

### Mura Lanyon Youth Centre



 6294 4633  
 [www.ywca-canberra.org.au/lanyon.htm](http://www.ywca-canberra.org.au/lanyon.htm)

## Communities @ Work

### Tuggeranong Youth Centre

 6293 2146  
 [www.commsatwork.org/TYRC.htm](http://www.commsatwork.org/TYRC.htm)

### U-Turn Youth Services (Belconnen)

 6264 0260  
 [www.belcomserv.com.au/youth](http://www.belcomserv.com.au/youth)

## Communities @ Work

### Weston Creek Youth Centre

 6288 4744  
 [www.commsatwork.org](http://www.commsatwork.org)

### Woden Youth Centre

 6282 3037  
 [www.wcs.org.au](http://www.wcs.org.au)

### Youth in the City (Civic)



 6232 2444  
 [www.anglicarecg.org.au](http://www.anglicarecg.org.au)

For more information about youth services go to the Youth Coalition of the ACT's young people's website:  
[www.makingcontact.net.au](http://www.makingcontact.net.au)

## SOME SPECIALIST YOUTH SERVICES IN THE ACT

### Sexual Health and Family Planning ACT (SHFPACT)

Provides sexual and reproductive health clinical services as well as training in sexual and reproductive health for health professionals and community groups. SHFPACT'S clinic is open every weekday except Wednesday from 9am to 5pm. The OPTIONS free drop in clinic, operates from 10am to 1pm and doesn't require an appointment. Other services include: emergency contraception, pregnancy testing, pregnancy options & information, contraception options, STI (sexually transmissible infections) information & screening.

 6247 3077  
 [www.shfpact.org.au](http://www.shfpact.org.au)

### Multicultural Youth Service

An outreach and drop-in service assisting young people aged 12 - 25 from a culturally and linguistically diverse background (migrants and refugees) to overcome barriers to obtaining work, education or training. The service provides one to one support and recreational activities.

 6247 1794  
 [www.mys.org.au](http://www.mys.org.au)

## **Youth Law Centre ACT**

A free legal and referral service for young people aged 12 - 25 in the ACT. Open 1 - 5pm, Monday - Friday, Provides confidential advice on youth legal matters ranging from criminal charges, to housing and tenancy issues and domestic violence matters - we can help with many different legal issues. Drop in available.



6262 7077



[www.youthlawact.org.au](http://www.youthlawact.org.au)

---

## **Domestic Violence Crisis Service**

Provides services to all people affected by domestic violence and has a specific young people's worker. 24hr / 7 days a week direct crisis intervention and crisis telephone support services, court support, access to safe accommodation, support for family and friends and education programs in schools and in the community are available.



6280 0900 (24 hour crisis line)



[www.dvcs.org.au](http://www.dvcs.org.au)

## **OTHER YOUTH SERVICES**

There are many youth services that aren't represented above. For further information see the resources listed below.

### **Youth Coalition of the ACT**

The peak body representing the interests of people between 12 – 25 years of age and those who work with them. Activities include: representation and advocacy, social policy development, weekly ebuletin, monthly youth sector forums, Drugs in the Family Project, bus tours of the services system, training and professional development, resource and sector development, young people and workers websites, research and consultations, Youth Week, bi-annual conference and sector support.



6247 3540



[www.youthcoalition.net](http://www.youthcoalition.net)

---

### **[www.makingcontact.net.au](http://www.makingcontact.net.au)**

The Youth Coalition of the ACT's website for young people. Provides information on a range of issues including drugs, housing, legal issues and the youth centres in the ACT.

---

### **The Big Red Book**

The first directory of over 100 youth services in the ACT. It is also a handbook for people working with young people, which includes strategies and tools for working with young people, information and resources, additional services, and dates for your diary. Downloadable and updated regularly.



6247 3540



[www.youthcoalition.net](http://www.youthcoalition.net)



# SCHOOL SUPPORT SERVICES


This section provides a brief overview of student support services delivered in ACT public schools. Key program and position names have been italicised. Some of the services are delivered through the Department of Education and Training ([www.decs.act.gov.au/services/services.htm](http://www.decs.act.gov.au/services/services.htm)) and other services are provided by the Department of Disability, Housing and Community Services ([www.dhcs.act.gov.au](http://www.dhcs.act.gov.au)). Non-government schools, including Catholic schools, have their own support systems and processes, contact individual schools for further information.

## Identifying key supports within the school system

Young people are able to access and are encouraged to seek support through anyone that they have a connection with at their school. This could include: Tutorial or Home Group, Teachers, Youth Support Workers in High Schools, School Counsellors, Student Welfare Team, Deputy Principal, Principal, or other school staff such as front office staff.

*Youth Support Workers in High Schools* are part of the *Student Welfare Team* and work collaboratively with existing school services, the youth sector and community services to facilitate and coordinate a cross section of programs, groups and activities to suit and support the identified student demographic and need. A directory of the 20 Youth Support Workers in High Schools in the ACT is available as part of the Big Red Book from the Youth Coalition of the ACT.


 6247 3540


 [www.youthcoalition.net](http://www.youthcoalition.net)

All ACT Government school students can access a School Counsellor. Both School Counsellors and Youth Support Workers can be accessed through the individual school. The ACT Department of Education and Training has a Student Support Services Section.

 6205 7617

There are also Community Outreach Workers available at selected schools through the Schools as Communities Program. Workers assist families and schools to work more effectively together, and can be contacted through individual schools. For further information on which schools offer this program:


 13 22 81 - Canberra Connect,  
the ACT Government Portal


 [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

## Attendance

If a young person is having difficulties with attendance, the *Youth Connection Program*, call 6207 4528, can assist. If a young person has not attended school in the past term, the *Youth Education Support (YES) Program* (young people aged 11 - 15 years) can be contacted to assist re-engaging and

supporting their education. For further information:

 6205 6075 (Northside)

 6205 6074 (Southside)

## Transport

Young people may also be eligible for the *Student Transport Program*, which provides free bus travel to students to and from school under certain conditions. For further information:

 6207 7036

 [www.tams.act.gov.au/move/public\\_transport/stp](http://www.tams.act.gov.au/move/public_transport/stp)

## Educational Programs

If a young person is experiencing difficulties in maintaining progress, attendance or engagement at school due to caring responsibilities or associated issues, the school support personnel and teachers can work with the young person and family / carers to develop an *Individual Learning Program (ILP)*. An ILP can be a short or long-term strategy that identifies goals, actions and outcomes for students and establishes key people with responsibility for implementing actions. The ILP team works together to develop strategies to support such issues as attendance, alternative assessment, timetables, transitions and support structures. Further information about ILP's can be requested from schools, particularly personnel detailed above.


## Resolving Problems


If a young person, their parent, carer, or support worker is having difficulties resolving educational support issues, and unsuccessful attempts have been made to address this with the school, the *Schools Directorate* can assist. The Directorate can be contacted if:

- You are unsure of how to navigate the school system, or
- There has been an incident with the school that you are unhappy with.

The Directorate would listen, synthesize the issues and assist in resolving the problem. For further information:

 6205 5429 (Northside)

 6205 5428 (Southside)

 6205 3313 (Central)

The COPMI National Resources Centre provides advice and tips for teachers and workers on how to support young people in school settings:

 [www.copmi.net.au/education](http://www.copmi.net.au/education)

The ACT young carers service, CYCLOPSACT, has developed a kit called Making Education Work, for more information:

 6232 2432

 [www.cyclopsact.org](http://www.cyclopsact.org)




# ALTERNATIVE EDUCATION PROGRAMS

Alternative Education Programs are provided by a range of government and community services in a variety of settings. They are an option for students who are experiencing challenges in a mainstream learning environment. They are limited in their capacity and resources, so should not be seen as the first option if a student is having difficulty at school. All efforts should be made first to find ways of addressing the young person's needs within their current school. However, it's important to be aware that these programs exist and their name suggests, provide an alternative learning environment. Below are a few services for reference.

## Access Education - Learning Options & Access 10 (Year 10 alternative)

### Canberra Institute of Technology

Program for young people over 16 years of age, provides flexible learning opportunities to achieve an adult year 10 equivalent relevant to intended learning and/or training pathways.

-  Phone 6207 4872
-  judy.southwell@cit.act.edu.au
-  www.cit.act.edu.au

## Adolescent Day Unit

### Office for Children, Youth and Family Support




Program for young people 12 – 15 years, provides intensive and specialist support through a day program.

-  6205 1999
-  www.dhcs.act.gov.au/ocyfs/young\_people.htm

## Canberra College Cares (CCCares)

### Canberra College

Program for young people aged 14 – 20 years, provides an educational and support program for young carers, pregnant and parenting students in the ACT.

-  6205 6787
-  jan.marshall@ed.act.edu.au
-  www.canberrac.act.edu.au/special-programs/cccares

## The Galilee Education Program

### Galilee




Program for young people aged 12 – 16 years, provides accredited programs, information, advocacy, case management, peer education, counselling and referrals.

-  6296 3410 Galilee Education Services
-  6290 2191 Galilee Main Office
-  mvhclancy@yahoo.com.au
-  urayarragalilee@yahoo.com.au
-  www.galilee.org.au

## Northside High School Student Support Centre

### Department of Education and Training





Program for young people enrolled in year 7 – 10 at northside highschools, provides an alternative education setting for students at risk, where students are given support within academic and social systems.

-  6253 5321
-  nhssc@internode.on.net
-  www.det.act.gov.au

## Numeracy & Literacy Program

### Gugan Gulwan Aboriginal Youth Corporation




Offers basic numeracy and literacy to Aboriginal & Torres Strait Islander young people to assist them to access other education options.

-  6231 9555
-  george.wilson@gugan-gulwan.org.au
-  malcolm@gugan-gulwan.org.au
-  www.makingcontact.net.au

## SITE

### Dickson College

Program is designed for those students whose needs cannot be met in traditional school settings by providing an opportunity for students to gain a Year 10 Certificate and preparation for continuing studies at college, CIT or in employment.

-  6205 6455
-  gillian.finch@ed.act.edu.au
-  www.dicksonc.act.edu.au/faculties/focus\_program

## Southside High School Student Support Centre

### Department of Education and Training

Program for young people enrolled in year 7 – 10 at southside highschools, provides an alternative education setting for students at risk, where students are given support within academic and social systems.

-  6205 6804



maureen.smith@ed.act.edu.au



www.det.act.gov.au

---

## **The Cottage**

### ***Child & Adolescent Mental Health Services (CAMHS)***

A therapeutic day program for adolescents who have moderate to severe mental health issues and who are experiencing difficulties in mainstream schooling because of these issues. Referrals through CAMHS, call for further details.



6205 1128

---

## **YARDS**

### ***Canberra Institute of Technology***

10 week program for young people 15 – 25 years, which provides transitional support to work towards education and employment goals.



6205 4778



kevin.ruddick@cit.act.edu.au



ariel.ford@cit.act.edu.au

---

## **Youth Education Program**

### ***Anglicare Youth and Family Services***

Program for young people 15 – 19 years, provides flexible learning opportunities to achieve an adult year 10 equivalent.



6232 2433



philippa.spice@anglicarecg.org.au

# YOUTH REFUGES AND ACCOMMODATION SUPPORT SERVICES

Youth refuges provide various types of crisis and short-term supported accommodation to young people under 18 years of age inclusively. There are 5 youth refuges in the ACT, their details are:

## Belleden Youth Service



15 – 17 years

6231 2221

## Canberra Youth Refuge



16 – 19 years

6247 0330

## OASIS Canberra Youth Residential Service - Crisis



12 – 18 years

6288 6248

## Lowana Young Women's Service



13 – 18 years

6231 3297

## Queanbeyan Youth Refuge



12 – 17 years

6232 9717

Some issues for workers to consider include:

- In line with best practice, the young person should be involved in the referral process. Most often the accommodation service will need to speak with the young person in order for a referral to take place.
- Some adult oriented accommodation services accept people under 18 years of age, however this varies service by service. Check details with each service prior to making a referral.
- There are severe accommodation shortages in the ACT therefore it can be very difficult to find appropriate accommodation available for anyone including young people.
- Many young people have reported having had poor experiences of housing and homelessness services, including youth refuges, this can be for a variety of reasons.

See the Youth Coalition of the ACT's *Telling It How It Is: Listening to Young People about Youth Homelessness in the ACT and the Services That Support Them*. For further information about young people's experience visit [www.youthcoalition.net](http://www.youthcoalition.net)

- Every effort should be made to find an alternative accommodation prior to young people entering the refuge system.

Other services that may be able to provide support include:

## Canberra Emergency Accommodation Service

### Anglicare Youth and Family Services

The crisis service provides telephone support and information for people over 16 years of age.



24hours



6257 2333 (crisis line via Lifeline)

The brokerage service provides various types of assistance including bond, motels and rent arrears.



6230 1486 (brokerage service)

## Homelinx, Centacare

Provides support for young men and women over 15 years old experiencing or at risk of experiencing homelessness



Monday – Friday 9am – 5pm



6163 7600

## STREETS, Anglicare Youth and Family Services

Provides support for young men and women 12 - 25 years old experiencing or at risk of experiencing homelessness



Monday – Saturday 10am – 6pm



6247 7749



6230 1486

Care and Protection (1300 556 729) can also provide 24hour support to people under 18 years of age.

For further information on youth refuges and accommodation services see:

- **The Big Red Book – a directory of youth services** in the ACT. Regularly updated and downloadable from [www.youthcoalition.net](http://www.youthcoalition.net)
- **ACTCOSS Referral Guide to Emergency Accommodation and Support Services in the ACT Region (2005)**. Downloadable from [www.actcoss.org.au](http://www.actcoss.org.au).

# RIGHTS

In the *Young People's Section of The Coloured Kit* there is a section about rights. It is important that both young people and those who work with them are aware of what those rights are and the frameworks that have been established to support those rights. Below is a brief overview of some of those mechanisms.


## United Nations Conventions on the Rights of the Child

Australia is a signatory to the Convention on the Rights of the Child which is the first legally binding international instrument to incorporate the full range of human rights — civil, cultural, economic, political and social rights. The Convention sets out these rights in 54 articles and two Optional Protocols. For further information:

 [www.ohchr.org/english/law/crc.htm](http://www.ohchr.org/english/law/crc.htm)

## Public Advocate of the ACT (PA ACT)


The PA ACT (formerly Office of the Community Advocate) has a range of statutory functions and powers with respect to children and young people, and adults with a mental illness or impaired decision making ability, who require protection from abuse, exploitation or neglect. They have responsibilities to generally promote, and individually represent, the best interests of people who are not able to protect or represent their own interests.

 6207 0707

 [www.oca.act.gov.au](http://www.oca.act.gov.au)

## Human Rights Commission

The ACT Human Rights office is a small, independent office. Their mandate is to promote human rights in the ACT by administering the Discrimination Act 1991 and the Human Rights Act 2004, which commenced operation on 1 July 2004. The ACT is the first jurisdiction in Australia to have an explicit statutory basis for respecting, protecting, fulfilling and promoting civil and political rights. Training and information is available. For further information:

 6205 2222

 [human.rights@act.gov.au](mailto:human.rights@act.gov.au) or [www.hrc.act.gov.au](http://www.hrc.act.gov.au)

## Human Rights and Equal Opportunity Commission (HREOC)

The HREOC have resources for children, young people and teachers, on human rights, discrimination and social justice. The HREOC has also produced a number of reports, including *Not For Service: Experiences of Injustice and Despair in Mental Health Care in Australia*.

 [www.hreoc.gov.au](http://www.hreoc.gov.au)

## National Children's and Youth Law Centre

The National Children's and Youth Law Centre is an independent, non-profit organisation working for all Australians under the age of 25. They host the website *Lawstuff: Know Your Rights*, as well as *What's Up CROC?*, a site dedicated to Australia's implementation to the

Convention on the Rights of the Child (CROC).

 [www.ncylc.org.au](http://www.ncylc.org.au)  
[www.ncylc.org.au/croc](http://www.ncylc.org.au/croc)  
[www.lawstuff.org.au](http://www.lawstuff.org.au)

## Disability and Community Services and Children and Young People Commissioner

ACT Human Rights Commission

The Commissioner considers complaints and encourages providers to make improvements to services and to ensure service standards are met. The role also consults, seeks advice and encourages the participation of children and young people in decision-making.

 [www.hrc.act.gov.au](http://www.hrc.act.gov.au)

## Children and Young People Act 1999

The *Children and Young People Act 1999* is the key legislative framework for people under the age of 18 in the ACT. Many people who work with children and young people, for example Care and Protection Workers, are bound to work within the Act. The objects of the Act are:

- a. to provide for and promote the care, protection and wellbeing of children and young people in a way that recognises their right to grow in a safe and stable environment and that takes into account the responsibilities of parents and others for them;
- b. to recognise that children and young people have the right to be protected from abuse and neglect and that their protection is the responsibility of parents and families with community and government support;
- c. to ensure that children and young people are provided with a safe and nurturing environment by organisations and people who, directly or indirectly, provide care and protection for them;
- d. to ensure that services provided by or for government for the care and protection of children and young people foster their health, education, developmental needs, spirituality, self-respect, self-reliance and dignity;
- e. to recognise that the support of young offenders, and the provision of positive opportunities to allow them to become valuable community members, is the responsibility of parents and families with community and government support; and
- f. to prevent abuse and neglect of children and young people through the provision of appropriate assistance to parents and others who have responsibility for children and young people<sup>1</sup>




Several amendments were made to the Act from 1 August 2006. A factsheet has been developed explaining these changes and can be accessed from the **Department of Disability, Housing and Community Services** on [www.dhcs.act.gov.au/ocyfs/publications/OCYFS%20Information%20Sheet.pdf](http://www.dhcs.act.gov.au/ocyfs/publications/OCYFS%20Information%20Sheet.pdf). For further information about the Act visit ACT Legislation Register at [www.legislation.act.gov.au](http://www.legislation.act.gov.au)

Note: Further changes to the Act are expected in late 2007.

# CONTACT LIST - CRISIS & INFORMATION SUPPORT SERVICES




Below you'll find the contact numbers of some crisis, emergency and information support services.

## Alcohol and Drug Program ACT

-  24 hour
-  6207 9977
-  Support, intake and referral




---

## Calvary Hospital

-  24 hour
-  6201 6111
-  Emergency support




---

## Canberra Emergency Accommodation Service

-  24 hour
-  6257 2333
-  Emergency accommodation support, referral, brokerage and provision




---

## Canberra Connect

-  24 hour
-  13 22 81
-  The link to all ACT Government services and agencies – they can put you straight through.






---

## Canberra Hospital




-  24 hour
-  6244 2222
-  Emergency support

---

## Care & Protection Services




-  After hours
-  1300 556 729 - General Public
-  1300 556 728 - Mandated reporters
-  1300 556 729 - After Hours Crisis Service
-  Crisis support, information and referral

## Domestic Violence Crisis Service

-  24 hour
-  6280 0900
-  Counselling, outreach, education, support and referral




---

## Healthfirst

-  24 hour
-  6207 7777
-  Health telephone advice line staffed by registered nurses




---

## Kids Help Line

-  24 hour
-  1800 551 800
-  Free call support, counselling and referral to other support services




---

## Lifeline

-  24 hour
-  13 1114
-  Phone counselling and referral to other support services




---

## Mensline Australia

-  24 hour
-  1300 789 978
-  Supports men who are dealing with family and relationship difficulties




---

## Youth Law Centre ACT




-  1-5pm, Mon to Fri
-  6262 7077
-  Free legal and referral service for young people

---




## Legal Aid Office (ACT)

-  9am – 4pm
-  1300 654 314
-  Crisis legal advice and support




## Legal Aid - After Hours Advice

-  6pm – 9am
  -  0429 440 084
  -  Crisis legal advice and support
- 




## Mental Health Crisis Team

-  24 hour
  -  1800 629 354
  -  Emergency mental health information and support
- 




## Open Family

-  24 hour
  -  0417 382 441  
0417 554 641
  -  Youth street workers on call, outreach support 12-25 year olds
- 



## Parentline

-  9am – 9pm Mon - Fri
  -  6205 8800
  -  Support, counselling and referral to other support services and occasional drop in
- 




## Poisons Information

-  24 hour
  -  13 11 26
  -  Poison information
- 

## Police

-  24 hour
  -  000 (Emergency)  
131 444 (Attendance)  
6298 0555 (Queanbeyan)
- 

## Sane Australian Help line

-  9am – 9pm only
-  1800 187 263
-  Free call mental health information and mental health resources

# ADDITIONAL SERVICE DIRECTORIES & RELATED INFORMATION RESOURCES

There are a number of service directories available for the ACT produced by a variety of community and government services. The following list should enable you find almost any government or community service in the ACT.

## Contact Handbook

CONTACT is Canberra's community information directory with over 3,000 non profit & community organisations listed. Also accessible on CD and internet. The Citizens Advice bureau also produce a range of information guides, including the free food guide.

 6248 7988


 [www.citizensadvice.org.au](http://www.citizensadvice.org.au)

---

## Alcohol & Other Drug Services Directory

The first specific Alcohol and Other Drugs Services Directory for the ACT.


 6247 3540


 [www.youthcoalition.net](http://www.youthcoalition.net)

---

## The Big Red Book

The first directory of over 100 youth services in the ACT. It is also a handbook for people working with young people, which includes strategies and tools for working with young people, information and resources, additional services, and dates for your diary. Downloadable and updated regularly.


 6247 3540

 [www.youthcoalition.net](http://www.youthcoalition.net)

---

## The Rack

The Rack is list of networks, committees and elists for the youth and community sectors in the ACT. It is produced every six months.

 [www.youthcoalition.net](http://www.youthcoalition.net)

 [info@youthcoalition.net](mailto:info@youthcoalition.net)

---

## Mental Health Directories

There are two directories of mental health services available. The Mental Health ACT services directory is accessible online through the ACT Health website, and lists both government and community services. It is downloadable from [www.health.act.gov.au](http://www.health.act.gov.au) along with other publications, including *Paths of Healing - Discharge Information for Consumers and Carers*.

 [www.health.act.gov.au](http://www.health.act.gov.au)

The Mental Health Foundation ACT also provides a directory of mental health services in the ACT.

 6282 6658

 [www.mhf.org.au](http://www.mhf.org.au)

---

## ACT Directory of Aboriginal and Torres Strait Islander Resources

A useful resource which provides information on Indigenous ACT Community organisations, ACT departments, Commonwealth Government departments and performers, artists and consultants.

 6207 8708

 [www.dhcs.act.gov.au/community/ATSIA/publications.html](http://www.dhcs.act.gov.au/community/ATSIA/publications.html)

---

## Multicultural Directory of the ACT

This directory includes information on multicultural organisations, clubs, the multicultural calendar, ethnic schools, multi-faith and specific aged related services. For a copy contact the ACT Office of Multicultural Affairs

 6207 6275

 [www.dhcs.act.gov.au/community/mau/directory.htm](http://www.dhcs.act.gov.au/community/mau/directory.htm)

---

## ACT Transcultural Mental Health Network

The ACT Transcultural is a network made up of people who are interested in transcultural mental health issues. Focused on information dissemination, providing advice on policy and planning of services and supporting research. For further information:

 6205 1178

 [jane.pepper@act.gov.au](mailto:jane.pepper@act.gov.au)

---


## [www.makingcontact.net.au](http://www.makingcontact.net.au)


The Youth Coalition of the ACT's website for young people. Provides information on a range of issues including drugs, housing, legal issues and the youth centres in the ACT.

---

## Parentlink: Quick Contacts

A quick telephone guide to a range of services for; after hours support, supported accommodation, young people, parenting skills, counselling and alcohol and drugs, plus more.

 13 34 27

 [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)



---



## Youth Support Workers in High Schools

### *The Big Red Book: A Handbook and Directory for People Who Work with Young People*



A section of the Big Red Book includes a list of Youth Support Workers in Schools. Downloadable and updated regularly.

 6247 3540  
 [www.youthcoalition.net](http://www.youthcoalition.net)

---

## Referral Guide to Emergency Accommodation and Support Services in the ACT Region 2005




A directory of accommodation services in the ACT. Electronic and hard copies are available from ACT Council of Social Services (ACTCOSS).

 6202 7200  
 [www.actcoss.org.au](http://www.actcoss.org.au)

---

## Queer Directory for Young People *Youth Coalition of the ACT, SCOPE Youth Services, AIDS Action Council*

A directory of Queer-friendly services and activities in the ACT. Developed by Queer young people for Queer young people. Available in hardcopy and electronically from:

 [www.youthcoalition.net](http://www.youthcoalition.net)  
 [www.aidsaction.org.au](http://www.aidsaction.org.au)  
 [www.qnet.org.au](http://www.qnet.org.au)  
 [www.makingcontact.net.au](http://www.makingcontact.net.au)

---

## QNET: Canberra's Queer Youth Space



Qnet is an online community for gay, lesbian, bi, transgendered and intersex people under the age of 25. It's also a place for their friends, family, teachers, supporters and peers to offer support, get information and make new contacts.

 [www.qnet.org.au](http://www.qnet.org.au)

---

## The LINK

The LINK is a quick reference phone, fax and email contact list for youth and community organisations in the ACT region. It is produced quarterly by Youth In The City.

 6232 2415  
 [youthinthecity@anglicarecg.org.au](mailto:youthinthecity@anglicarecg.org.au)

## Women's Information & Referral Centre

The Centre has comprehensive up-to-date listings of government and non-government organisations and agencies that provide information, practical assistance, and personal support to women and their families.

 6205 1075  
 [www.wirc.act.gov.au](http://www.wirc.act.gov.au)

---

## Men's Services Directory

Produced by the Canberra Men's Centre, a not-for-profit service providing aid, relief and support to men. Directory is available free to download.

 6230 6999  
 [www.menscentre.com.au](http://www.menscentre.com.au)

# INFORMATION, EDUCATION AND TRAINING FOR WORKERS

The following services and networks provide information, professional and community education on COPMI, young carer and related issues. Some of the below services also provide information and educational materials for children, young people and families.

## COPMI Project

### *Mental Health ACT*

The COPMI project aim is to promote the mental health of children and young people aged between 0 - 18 years who have a parent affected by a mental illness. The project engages both Mental Health Services ACT and the broader community. It provides an intersectoral steering committee and ACT wide COPMI network. These groups guide the project, help identify needs for this group across the sectors and enhance the opportunities to develop the community's capacity to provide appropriate and sustainable programs to address the various and varying needs of this population. The COPMI Project of Mental Health ACT also provides information, training and networking on COPMI issues.

Contact Therese Foster:

 6205 1469

 [therese.foster@act.gov.au](mailto:therese.foster@act.gov.au)

## COPMI National Resource Centre

Information for workers, parents and families, children and young people. Lists programs and services, resources and media. Electronic Discussion List available as well as downloadable resources. See the Web Based Information and Resources Section for more information.

 [www.copmi.net.au](http://www.copmi.net.au)

## Young Carers Network

Open to all individuals and organisations with an interest in the needs of young people who take on care responsibilities in their families. The ACT Young Carers Network aims to increase the awareness of young carers in the community, work together to provide a range of supports to young carers and their families, and identify service gaps and lobby for resolution. For more information contact the Young Carers Coordinator at Carers ACT:

 6296 9900

 [www.carersact.asn.au](http://www.carersact.asn.au)

## Young Carer Issues

### *CYCLOPS ACT*

Amongst its other services, CYCLOPS<sup>ACT</sup> provides community education on young carers. They have also produced a resource for teachers and schools called Making Education Work (MEW) to assist schools support young carers.

 6232 2432

 [team@cyclopsact.org](mailto:team@cyclopsact.org)

 [www.cyclopsact.org](http://www.cyclopsact.org)


## Mental Health Education

### *Mental Illness Education ACT*

Innovative community mental health education aiming to improve knowledge about mental health and reduce stigma towards people with mental illness. Programs include education sessions to schools, community groups and government departments by people with a personal experience of living with a mental illness, a youth mental health website, media literacy programs, and projects on body image and CALD groups.

 6257 1195

 [mieact@mieact.org.au](mailto:mieact@mieact.org.au)

 [www.mieact.org.au](http://www.mieact.org.au)  
[www.realitycheck.net.au](http://www.realitycheck.net.au)

## Mental Health Community Education

### *ACT Health*

Education programs are available for consumers, carers, health professionals, service providers and the broader community to improve understanding of mental health and illness.

 6205 1178

 [jane.pepper@act.gov.au](mailto:jane.pepper@act.gov.au)

## Training and Professional Development Calendar

### *Youth Coalition of the ACT*

The Training and Events Calendar is a product of the Training and Professional Development Network and is produced by the Youth Coalition of the ACT every quarter. Also posted through the Youth Coalition E-Bulletin.


 6247 3540

 [info@youthcoalition.net](mailto:info@youthcoalition.net)

## Co-morbidity Bus Tours

### *Youth Coalition of the ACT*

For alcohol and other drug, mental health, youth and community agencies in the ACT. The Youth Coalition runs monthly bus tours, providing the opportunity to gain insight into the alcohol and other drug, mental health, youth and community agencies in the ACT and meet other professionals in the alcohol and other drug, mental health, youth and community sectors. To register:

 6247 3540

 [info@youthcoalition.net](mailto:info@youthcoalition.net)

## **Youth Coalition E-Bulletin**

The largest community ebulletin in the ACT with over 620 subscribers. Provides a weekly update of information on news, activities, policies, grants and events relating to young people, and the youth and community sector. To subscribe:



[ebulletin@youthcoalition.net](mailto:ebulletin@youthcoalition.net)



[www.youthcoalition.net](http://www.youthcoalition.net)

---

## **Mental Health Community Coalition E-Bulletin**

The Mental Health Community Coalition is the peak body for mental health in the ACT, composed of and advocates on behalf of community organisations, consumers and carers involved in the area of mental health. They produce a monthly E-Bulletin.



[admin@MHCC.net.au](mailto:admin@MHCC.net.au)



6249 7756



[www.mhccact.org.au](http://www.mhccact.org.au)

---

## **AUSEINET**

The Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) develop, collect and disseminate information on promotion of mental health, prevention of mental disorder, early intervention in mental illness (PPEI), and suicide prevention. Also have online information on Aboriginal and Torres Strait Islander mental health and related issues, information for consumers and carers, and resources to assist jurisdictions, service providers, consumers and carers to implement a recovery approach. To subscribe to the ebulletin:



08 8201 7670



[www.auseinet.com](http://www.auseinet.com)

---

## **Community Development Network (CDNet)**

An electronic network used to share information and activities amongst community workers in the ACT. To subscribe:



<http://four.pairlist.net/mailman/listinfo/cdnet>

# WEB BASED INFORMATION AND RESOURCES

The following web based information and resources are categorised by topic or target audience.

## CHILDREN OF PARENTS WITH A MENTAL ILLNESS (COPMI)

### Children of Parents with a Mental Illness (COPMI) National Resource Centre

A national website providing information, resources and contacts for workers, children and young people, and parents and families. National and international links are provided. Many downloadable resources including *Family Talk*, a booklet written with and for families in which a parent has a mental illness or mental health problem. It contains tips and information for parents, children and young people and others who care. Also included are 'Press Out' cards for children and young people to use to record their important phone numbers. Auspiced by the Australian Infant, Child, Adolescent and Family Mental Health Association.

 [www.copmi.net.au](http://www.copmi.net.au)  
[www.aicafmha.net.au](http://www.aicafmha.net.au)

### Champs Worldwide

A national website providing information, resources and contacts for workers, children, young people and families about COPMI and mental illness.

 [www.champsworldwide.com](http://www.champsworldwide.com)

### Children of Mentally Ill Consumers (COMIC)

COMIC is comprised of a group of adults who share a common interest for children of parents with a mental illness. Provides information, resources (including a *Supporting Our Family Kit*), teacher information and links.

 [www.howstat.com/comic](http://www.howstat.com/comic)

### Paying Attention To Self (PATS): A Peer Support Program For Young People Who Have A Parent With A Mental Illness

PATS is a collaborative project targeted at young people aged 12 - 18 years who have a parent affected by mental illness. Information, links, and project evaluation report are available. The program guide is now online for organisations who have attended the program training.

 [www.rch.org.au/pats/index.cfm](http://www.rch.org.au/pats/index.cfm)

## YOUNG CARERS

### Young Carers National Website

Offers young carers important information on programs and support services, links and tips on looking after their own health and wellbeing, and the opportunity to share their stories with other young carers so that they don't feel so alone. A Young Carer Pack has been put together to assist young carers find the support they need. It contains tips on how to care safely and to deal with challenges.

 [www.youngcarers.net.au](http://www.youngcarers.net.au)

 1800 242 636 (Freecall Carer Advisory Service)

### CYCLOPS ACT

An ACT specific site for young carers includes youth specific information, links, strategies, discussion and a workers section.

 [www.cyclopsact.org](http://www.cyclopsact.org)

### Partners in Care Campaign (UK)

The campaign highlights the challenges faced by carers of all ages of people with different mental health problems and learning disabilities. Encourages true partnerships between carers, patients and professionals. Resources include: *Caring Around the Clock*: Booklet with information and support for young people. This publication is an illustrated 16-page booklet designed to help young carers cope with the pressures they face. Downloadable from the website.

 [www.rcpsych.ac.uk/campaigns/pinc](http://www.rcpsych.ac.uk/campaigns/pinc)

### Young Carers Research Group (UK)

Conducts high quality research, evaluation and consultancy on all matters relating to children with caring responsibilities – young carers – in order to advance knowledge and inform the development of health and social care policy and good practice.

 [www.lboro.ac.uk/departments/ss/centres/YCRG](http://www.lboro.ac.uk/departments/ss/centres/YCRG)

## PARENTING

### Parentlink

A parenting program from the ACT Department of Disability, Housing & Community Services (DHCS). Provides factsheets on parenting.

 [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

 13 34 27

## Parenting Well: Resources for Healthy Families (USA)

For parents and practitioners. Includes fact sheets, information and resources and tools regarding parenting with a mental illness. The right resources give parents with mental illness and their families the hope, knowledge, and tools they need to succeed. Provides the latest research data and treatment information to aid in parent skills training, program supports, and policy development.



[www.parentingwell.org](http://www.parentingwell.org)

---

## Can a Depressed Parent be a Good Parent? You Bet! (USA)

A downloadable pamphlet produced by the Children's Hospital Boston and the National Depression Screening Day program in the USA.



[www.experiencejournal.com/depression/pdfs/goodparent.pdf](http://www.experiencejournal.com/depression/pdfs/goodparent.pdf)

---

## 7 Steps to Safety Kit

A downloadable kit for families with children of all ages. It has information, tips and activities for families to work together to help children feel, and be, safe at home. Developed by the Northern Territory Office of Children and Families.



[www.families.nt.gov.au](http://www.families.nt.gov.au)

---

# MENTAL HEALTH

## Itsallright.org

Youth website of SANE Australia. Contains the diaries of four fictional teenagers touched by mental illness. It also has useful factsheets and provides an online information and referral service on mental illness including schizophrenia, depression and anxiety disorders.



[www.itsallright.org](http://www.itsallright.org)

---

## SANE Australia

An independent national charity helping people affected by mental illness through campaigning, education and research. Provide downloadable factsheets on mental illness for a variety of ages and languages in addition to guidebooks, videos, and other material, some of which are available in hard-copy from their online bookshop.



[www.sane.org](http://www.sane.org)

---

## Reality Check

Information on youth mental health. Offers useful and different information about mental illness and where young people can go for help in the ACT.



[www.realitycheck.net.au](http://www.realitycheck.net.au)

---

## Mental Illness Fellowship of the ACT

Provides fact sheets for consumers, carers, clinicians and the general public. The fact sheets help families and people affected by mental illness to understand the issues and formulate plans.



[www.mifact.org.au](http://www.mifact.org.au)

---

## Mental Health Foundation ACT

Provides links to news, services, library and their directory of mental health services in the ACT.



[www.mhf.org.au](http://www.mhf.org.au)

---

## ORYGEN Youth Health

An organisation made up of a specialist youth mental health service, a research centre and a range of education, advocacy and health promotion activities. Produces a range of resources about youth mental health issues, including videos, booklets, information sheets and manuals.



[www.orygen.org](http://www.orygen.org)

---

## Headspace

Australia's new National Youth Mental Health Foundation.



[www.headspace.org.au](http://www.headspace.org.au)

---

## Headroom

Promotes positive mental health and provides specific information for children, young people, parents and friends, and professionals.



[www.headroom.net.au](http://www.headroom.net.au)

---

## MoodGYM

An Internet-based interactive therapy program designed to prevent depression in young people. It includes assessments of anxiety and depression, 'warpy' thinking, life-event stress, parental relationships, and pleasant event scheduling.



[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

---

## Ybblue

Partner of beyondblue: the national depression initiative. Provides advice on ways to recognise depression and anxiety, how to talk about it, and what services are out there to help.



[www.beyondblue.org.au/ybblue/index.aspx](http://www.beyondblue.org.au/ybblue/index.aspx)

---

## YoungMinds (UK)

A national charity committed to improving the mental health of all babies, children and young people. Information for young people, parents and professionals on mental health issues affecting young people and their families.



[www.youngminds.org.uk/family](http://www.youngminds.org.uk/family)

---

## Rethink (UK)

The largest severe mental illness charity in the UK. Information about mental illness, living with mental illness, campaigns, services and resources.



[www.rethink.org](http://www.rethink.org)

## YOUNG PEOPLE

### Kids Help Line

Kids Help Line is Australia's only free, confidential and anonymous, 24-hour counselling service specifically for young people aged between 5 and 25. Counselling is available over the phone or via email and webcounselling.



[www.kidshelp.com.au](http://www.kidshelp.com.au)



1800 551 800 (Freecall)

### Making Contact

Includes information about youth services, issues and events in the ACT. Hosted by the Youth Coalition of the ACT, the peak body for youth affairs.



[www.makingcontact.net.au](http://www.makingcontact.net.au)

### Somazone

Provides an anonymous question and answer service, publishes personal stories, and provides useful information on a range of youth services.



[www.somazone.com.au](http://www.somazone.com.au)

### Reach Out

Provides youth friendly support information and referrals for young people's mental health and well-being.



[www.reachout.com.au](http://www.reachout.com.au)

### Bursting the Bubble

For young people about abuse by family members. Provides quizzes, stories, information and advice. Developed by the Domestic Violence & Incest Resource Centre, Victoria.



[www.burstingthebubble.com](http://www.burstingthebubble.com)

### Australian Youth Facts

Hosted by the Australian Clearinghouse for Youth Studies, this site provides facts and statistics about Australia's young people.



[www.youthfacts.com.au](http://www.youthfacts.com.au)

## INDIGENOUS

### Reconciliation Australia

An independent, not-for-profit organisation established in 2000 by the former Council for Aboriginal Reconciliation aiming to promote and build reconciliation between Indigenous and non-Indigenous Australians.



[www.reconciliation.org.au](http://www.reconciliation.org.au)

### Australian Indigenous HealthInfoNet

Publishes published, unpublished and specially-developed material about Indigenous health. Freely accessible to policy makers, service providers, researchers, students and the general community.



[www.healthinonet.ecu.edu.au/](http://www.healthinonet.ecu.edu.au/)

### National Aboriginal Community Controlled Health Organisation (NACCHO)

The national peak Aboriginal health body representing Aboriginal Community Controlled Health Services throughout Australia.



[www.naccho.org.au](http://www.naccho.org.au)

### Koori Drug Info

Aims to build capacity among Indigenous communities by increasing the relevance and accessibility of DrugInfo Clearinghouse information and services.



[www.kooridruginfo.adf.org.au](http://www.kooridruginfo.adf.org.au)

## MULTICULTURAL

### Multicultural Mental Health Australia (MMHA)

Provides national leadership in mental health and suicide prevention for Australians from culturally and linguistically diverse (CALD) backgrounds.



[www.mmha.org.au](http://www.mmha.org.au)

### Centre for Multicultural Youth Issues

Aims to strengthen and build partnerships between young people, support services and the community; with a primary focus on young people from refugee and newly arrived communities.



[www.cmyi.net.au](http://www.cmyi.net.au)

## Multicultural DrugInfo

Drug and alcohol information targeting culturally and linguistically diverse (CLD) workers and communities. Victoria focused, however includes general information.

 [www.druginfo.adf.org.au/multicultural](http://www.druginfo.adf.org.au/multicultural)

---

## Multicultural Youth Services

Provides assistance for accommodation, employment, education, training, family issues and any other matters that are important to young people. Also runs social, recreational and community development projects.

 [www.mys.org.au](http://www.mys.org.au)

---

# DUAL DIAGNOSIS

## Dual Diagnosis Kit

The New South Wales Department of Community Services (DoCS) in collaboration with the Mental Health Coordinating Council (MHCC) in NSW developed the kit for workers, and children and young people working with families affected by parental dual diagnosis. Includes a youth specific dual diagnosis Zcard and children's story books. The kit is free and downloadable.

[www.community.nsw.gov.au/html/news\\_publications/dual\\_diagnosis.htm](http://www.community.nsw.gov.au/html/news_publications/dual_diagnosis.htm)

---

## Here To Help (Canada)

A partnership of seven leading mental health and addictions nonprofit agencies in Canada. Provide access to evidence based information, services and supports on mental health, mental disorders and substance use problems and disorders.

 [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

---

## Stopping the Merry-Go-Round

Final report on dual diagnosis treatment options for the ACT (1999)

 [www.health.act.gov.au](http://www.health.act.gov.au)

---

## Barriers to Service Provision for Young People with Presenting Substance Misuse and Mental Health Problems


Details the barriers to service provision for young people experiencing dual diagnosis. (2005)

 [www.facs.gov.au](http://www.facs.gov.au)

---

## Mental Illness With Problematic Drug Or Alcohol Use

A resource on dual diagnosis, including links to information, resources, a range of services, a discussion group and the ability to consult directly with an expert.

 [www.swsahs.nsw.gov.au/areaser/midas/](http://www.swsahs.nsw.gov.au/areaser/midas/)

---

## Mind the Gap: to Improve Support for Children from Families where there are Mental Illness and Substance Abuse (MISA) Issues (2004)

A literature review and a National Illicit Drug Strategy (NIDS) Project. A Partnership Between The Mental Health Coordinating Council (NSW) and The Department of Community Services (NSW).

 [www.mhcc.org.au/projects/LitRev~MindtheGap.pdf](http://www.mhcc.org.au/projects/LitRev~MindtheGap.pdf)

---

## Caught in the Gap: Dual Diagnosis and Young People

A report including key recommendations for future directions to improve health outcomes for young people with dual diagnosis.

 [www.naah.org.au/DDReport.pdf](http://www.naah.org.au/DDReport.pdf)

---

## ARAFMI QLD

Provides support services for families and friends of people with mental illness and/or psychiatric disability. Developed the "Dual Diagnosis - Mental Illness & Substance Use", a handbook for families and friends of people who have a mental health problem and a substance use disorder. The book provides information and explores possible strategies for coping. \$5.00 plus postage.

 [www.arafmiqld.org.au](http://www.arafmiqld.org.au)

---

# ALCOHOL AND OTHER DRUGS

## Australian Drug Information Network (ADIN)


ADIN search results are from 1500+ quality assured sites to ensure the most comprehensive search of Australian and international alcohol and drug information. Websites have been critically reviewed by alcohol and drug professionals for credible and useable content.

 [www.adin.com.au](http://www.adin.com.au)

---

## Drug Info Clearinghouse

Offers a range of services, including many free information products, a special library, a telephone and email information service, a website, and email alert services for people interested in drug prevention.

 [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

---

### **Centre for Youth Drug Studies**

The Youth Research arm of the Australian Drug Foundation, which aims to develop effective drug policy and prevention programs within a variety of community settings.



[www.cyds.adf.org.au](http://www.cyds.adf.org.au)

---

### **National Drug & Alcohol Research Centre**

A multidisciplinary research centre, with activities including a bibliographic database, research projects, an Annual Symposium, workshops and monthly research seminars, a free quarterly newsletter, and general AOD information.



<http://ndarc.med.unsw.edu.au>

---

### **National Centre for Education and Training on Addiction (NCETA)**

One of three national research centres in the AOD field, concerned with investigating workforce development in the alcohol and other drugs related field.



[www.nceta.flinders.edu.au](http://www.nceta.flinders.edu.au)

---

### **Turning Point Alcohol & Drug Centre**

Competency based training, short courses, information, research and sector development. Also provides online live counseling.



[www.turningpoint.org.au](http://www.turningpoint.org.au)

[www.counsellingonline.org.au](http://www.counsellingonline.org.au)



# BOOKS

This section provides a brief bibliography of books for children, young people, parents and workers on mental health issues. The end of the section provides ideas about how to access some of these books in the ACT. Books marked with an asterisk are currently available for loan from the Mental Health Foundation, ([www.mhf.org.au](http://www.mhf.org.au)).

## FOR CHILDREN

### **Why Are You So Sad? A Childs Book About Parental Depression**

Defines depression, identifies depression treatments, and provides many self-help options for those coping with a depressed parent. Includes a note to parents and spaces for writing questions or drawing to help express emotions and concerns. For children aged 5 - 8 years of age.

Andrews, Beth (2002) Magination Press, American Psychological Association, Washington DC, USA. ([www.maginationpress.com](http://www.maginationpress.com))

### **Sometimes My Mommy Gets Angry**

Some mornings, Annie's mother smiles and other days her mother doesn't smile at all and gets very angry. Those days Annie has to be a big girl and make her own breakfast, and even put herself to bed at night. But Annie's grandma helps her remember what to do when her mommy isn't well, and her silly friends are there to cheer her up. And no matter what, Annie knows that even when Mommy is angry on the outside, on the inside she never stops loving her. For children aged 5 years of age and older.

Campbell, Bebe Moore (2003) Illustrated by E.B Lewis, Puffin Books Penguin Young Readers ([www.penguin.com](http://www.penguin.com))

### **The Wise Mouse**

About a girl whose mother has a mental health problem and a 'wise mouse' who helps the girl. Children will be encouraged to explore their own feelings about the problem and what it may mean for their family. For children aged 5 –11 year of age.

Ironside, Virginia (2003) Young Minds, United Kingdom ([www.youngminds.org.uk](http://www.youngminds.org.uk)).

### **'You're Not Alone': A SANE Guide to mental illness for children\***

A cartoon-style book inspired by the experience of Dan Halloran whose mother had schizophrenia. Written for children who have a parent or other person close to them with a mental illness. Explains what mental illness is, how it is treated, and how to cope on a day-to-day basis. For children aged 6 - 12 years of age.

SANE, Australia (2004) ([www.sane.org](http://www.sane.org))

### **Jake's Dinosaurs\***

A picture book written for children who have a mother with serious mental illness. For children aged 3 - 6 years of age. Sved Williams, A (1996) Women and Children's Hospital Adelaide, Documents Services, University of South Australia,

Australia. ([www.wch.sa.gov.au](http://www.wch.sa.gov.au))

### **Robby Rose and Monkey Wilkinson\***

A picture book written about a boy whose mother develops post-natal depression after the birth of her second child. For children aged 3 - 6 years of age.

Wilkinson, L (1996) Women's and Children's Hospital, Adelaide. Document Services, University of South Australia, Australia. ([www.wch.sa.gov.au](http://www.wch.sa.gov.au))

### **My Illustrated Mum**

About a girl who has a mother dealing with manic depression and an older sister dealing with adolescence. For children aged 10 years of age and over.

Wilson, Jacqueline (1999) Double Day, Delacorte Press, USA. ([www.randomhouse.com](http://www.randomhouse.com))

### **Handle With Care**

Contains information and activities to help children understand more about mental illness, their feelings and ways to take care of themselves. For children aged 8 - 12 years of age.

L. Kaszanski & G Ferrari (1997) Association of Relatives & Friends of the Mentally Ill, Western Australia ([www.arafmi.asn.au](http://www.arafmi.asn.au)).

### **Helpful Harry\***

An adult child of a parent with a mental illness wrote this booklet for Children of Mentally Ill Consumers ([www.howstat.com/comic](http://www.howstat.com/comic)) to help young children understand mental illness. For preschool aged children.

Email: [comic.admin@bigpond.com](mailto:comic.admin@bigpond.com) to obtain a copy.

### **Sad days, Glad Days – A Story about Depression**

Amanda Martha tries to understand her mother's depression, which sometimes makes her sleep all day, feel sad, or cry.

For children aged 5 - 8 years of age.

Hamilton, Dewitt (1995), Concept Books.

### **Helicopter Man\***

A diary-style book about a boy whose father has schizophrenia. For children aged 9 – 12 years old. Winner of the Children's Book Council of Australia Awards 2006.

Fensham, Elizabeth (2005) Bloomsbury, Allen & Unwin. Sydney, Australia.

### **Darcy Daisy and the Firefly Festival: Learning about Bipolar Disorder and Community**

Darcy's teacher has bipolar disorder. She doesn't understand her teacher's behaviour and turns to her mother for answers. Darcy and her mother sort out the truth from myth and decide that the best way to support her teacher is by being nice to her and accepting her. For children aged 4 to 10 years of age.

Lewandowski, L. and Trost, S (2005) First Page Publications, Michigan, USA

## YOUNG PEOPLE

### Joe's Diary\*

Joe is twelve and his mother has schizophrenia. For young people aged 10 - 14 years of age.  
SANE, Australia ([www.sane.org.au](http://www.sane.org.au))

### Something on my mind\*

A comic for young people with a parent with a mental illness. Explores mental illness and what is meant by terms such as dual diagnosis, bipolar, depression and schizophrenia. Also looks at some of the impacts on young people of living with a parent who has a mental illness, and provides advice on coping strategies and information on Australian support services and contacts. For young people 12 years of age and over. Note: Streetwise Communications has now closed down.

### Nothing to be Ashamed Of: Growing up with Mental Illness in Your Family

This book explores what mental illness is and the effects it can have on families, especially young people. It explores ways of helping young people find positive ways to cope with the stresses of having a family member with a mental illness. For young people aged 10-15 year olds.  
Dinner, S.H. (1989) Lothrop, Lee and Shephard Books, New York. USA

### Understanding Mental Illness\*

Provides information for young people with a parent with a mental illness.  
Johnson, J.T. (1989) Lerner Publications CO., Minneapolis, Minnesota.

### Saving Francesca\*

Narrated by a young woman, who has just started year 11 at a new school, she and her family are also trying to deal with the effects of her mother's depression. For young people aged 13 – 17 years of age.  
Marchetta, Melina (2003) Penguin, Sydney Australia.

## HOW TO ACCESS BOOKS ON MENTAL ILLNESS AND DUAL DIAGNOSIS

Below are 4 ideas to access the books listed above.

### Mental Health Foundation ACT

A mental health consumer focused community based organisation that provides information and referrals, outreach, life skills and support groups. They also have a mental health focused library. Collection includes books, videos and audio tapes. Catalogue is available online.



6282 6658



[info@mhf.org.au](mailto:info@mhf.org.au)



Suite 5, 42 Townshend St. Phillip



[www.mhf.org.au](http://www.mhf.org.au)

These resources are available to borrow unless otherwise noted. **Membership is free and up to 2 items can be borrowed for 2 weeks.** Call before dropping in.

### ACT Public Library Service

There are 9 libraries run by the ACT Public Library Service in Canberra and each have different opening hours. Membership is free to anyone who **lives, works or studies** in the ACT region. You can join at your local branch or online.



6205 9000



[library.customerinfo@act.gov.au](mailto:library.customerinfo@act.gov.au)



[www.library.act.gov.au](http://www.library.act.gov.au)

### Suggesting a purchase

If the resource you're looking for is not available then you can suggest they purchase an item to be included in their collections. They will try to fulfil everyone's expectations in providing a balanced and relevant collection for all community members, although they cannot fulfil all requests. Suggestions are considered by their professional staff within the context of broad appeal, budgetary considerations and policy guidelines. You can suggest a purchase at your local branch or online:



[www.library.act.gov.au/mylibrary/suggest](http://www.library.act.gov.au/mylibrary/suggest)

### Shrink-Rap Press Books

Produces books using cartoons and simple text to talk about psychiatric and emotional problems. Some useful book might be *Too Blue*, about depression and other mood disorders, and *The Panic Book*, which shows how a panic disorder works and what can be done about it. Written by Phillips, Neil and Illustrated by Wever, Chris. Both are Psychiatrist. For children and young adults.



(02) 8765 0222



[srpsales@geko.net.au](mailto:srpsales@geko.net.au)



[www.shrinkrap.com.au](http://www.shrinkrap.com.au)

## PURCHASING BOOKS

### Local bookshop

Your local bookshop should be able to tell you if the book you are looking for is in print. They can order books from Australia and overseas. You can search for bookshops under business type in the Yellow Pages ([www.yellowpages.com.au](http://www.yellowpages.com.au)) or under business name in the White Pages ([www.whitepages.com.au](http://www.whitepages.com.au))

# NOTES

# THE COOL OUTR EED KIT



[www.youthcoalition.net](http://www.youthcoalition.net)



[www.dhcs.act.gov.au](http://www.dhcs.act.gov.au)  
[www.health.act.gov.au](http://www.health.act.gov.au)