



drummond street services
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*family mental
health support
services*





The Family Mental Health Support Service (FMHSS) is for all people experiencing (or at risk of) the impacts of depression, anxiety and other mental health problems. It is also for their families and the people who care about them.

It has long been recognised that the broad impact of mental illness on both the person with the mental illness and their loved ones is considerable and far reaching. The FMHSS provides services for families to assist them to both understand the illness, its treatment and provide the support necessary to assist everyone to cope, build resilience and recover.

The FMHSS can assist individuals, couples, parents, young people and families to manage the many impacts of mental ill health on areas like:

- Physical health
- Sleeping
- Daily life
- Parenting
- Couple relationships
- Work or study
- Diet and lifestyle
- Understanding the illness and its treatments
- Financial issues and/or stable accommodation



How to access this service:

No formal referral or paperwork is required. Ask your client (or assist them) to contact our Intake Worker on 9663 6733. They will be asked a series of questions which will help us to understand how mental illness impacts their particular family and offer the right information and services, including details of family mental health and relationships. They will be offered free counselling, case management where issues are complex and/or service if they:

- Identify as having a mental health problem (whether there has been a formal diagnosis or not)

OR

- Are in a family or relationship with someone who does

Also available at drummond street services

- Support groups and free community seminars
- Family relationship counselling for individuals, couples and families
- Gay and lesbian specific counselling and services
- Parenting education and support
- Youth services
- Family therapy



As a professional, do you see:

Individuals

- With mental illness including depression and anxiety
- Who are struggling in work or family relationships
- Who have trouble sleeping and managing daily life

Families

- Where one person is mentally unwell
- Where parents or children are worried
- Who need help navigating the mental health system
- Or just need to offload and discuss concerns

Couples

- Where mental illness such as depression or anxiety is either affecting the relationship or where the partners do not understand the impact of illness on their relationship between the two people
- Where loss of intimacy and side effects of medication are an issue

Parents

- Who feel very anxious about their children
- Who are unsure how mental health issues are affecting their parenting or where they feel their partner is undermining their capacity to parent

Young people

- Concerned about their feelings and mental health
- Having problems with friends, school or work
- Are constantly worried about a parent's mental illness