

Meetings

Our meetings are open to anyone interested - just come along and you will be most welcome at 7.30 pm on the second Tuesday of each month at:

Betty Day Centre
67 Argyle Street
St Kilda 3182

The centre is easily accessed by public transport along Chapel or Barkly Streets and can be approached from Bath or Argyle Streets. A detailed map is on our website (Melways Map 58 Ref. C9)

Newsletter

Membership of the Inner South Family and Friends is free and our newsletter and website give notice of special events, changes in services and other relevant information, providing support especially for those unable to attend meetings.

Donations towards the cost of the newsletter and website are always welcome but are not tax deductible.

Inner South Family and Friends receives funding from the Dept. of Health Alfred Psychiatry, the Commonwealth Respite and Carelink Centre and Carers Vic as well as support from City of Port Phillip

Library

We keep a considerable library of books relevant to mental health in our office at the Waiora Clinic. The catalogue can be accessed on the internet or you can leave us a message and we will mail it to you.

To borrow from the library forward a completed form and we can either leave the books at reception or take them to our next meeting. A borrowing form is available on our website.

Website

<http://www.isfaf.org>

The website includes information on the following:

- Area Mental Health Services
- Psychiatric Disability Rehabilitation and Support Services (PDRSS)
- Mental Health Peak Bodies
- Carer and consumer support (contacts and information)
- Financial support (for consumer and carer)
- Forthcoming events

Suggestions for inclusion on the website may be posted to our address, or emailed to isfaf@alfred.org.au



Who we are

We are a community support group for the families and friends of people with a serious mental illness in the Inner South East region comprising the Cities of:

- Glen Eira
- Port Phillip
- Stonnington

Carers from outside these areas seeking information and support are always welcome too.

Contact Details

To join the mailing list or become a member, either telephone or email us:

Inner South Family and Friends
C/- Waiora Clinic

Level 2, 435 Malvern Road

South Yarra VIC 3141

Telephone: (03) 9076 4713

Email: isfaf@alfred.org.au

Messages can be left on our voicemail and we will return your call.

We aim to

- Share experiences
- Gain information on resources available for people with a mental illness or psychiatric disability and their carers, and circulate this information
- Keep abreast of the latest developments in mental health
- Invite to our meetings speakers from areas relevant to mental health
- Act to protect and promote the interests of people with mental illness and their carer
- Help carers to become better informed so that both they, and those for whom they care, can lead more rewarding lives

["The participation of families in mental health care is of central importance for its success. The education of families about the mental illness of one of their members can significantly reduce the relapse rate for a severe mental illness such as schizophrenia".](#)

What Helps Recovery from Mental Illness?

Research suggests that some of the important factors promoting recovery and reducing the chance of relapse are:

- Appropriate medication
- Suitable accommodation
- Individual and group counselling
- A supportive community, family and friends
- Good communication between carers, consumers and health workers

It's hard to separate the effects of good treatment and rehabilitation, appropriate accommodation, a supportive family and effective collaboration, or to say which is more important. They all can play a vital role in positive outcomes. The absence of these positive factors usually hinders recovery from illness.

Foreword to 'Families as Partners in Mental Health Care' - (World Fellowship for Schizophrenia & Allied Disorders 2007)

Achievements

For more than twenty years we have worked with services and organisations in our region to promote better understanding, management and treatment of people with a mental illness and greater support for carers. We have consistently sought to reduce the stigma of mental illness and to actively promote a community that is accepting of those with mental illness.

Inner South Family and Friends is involved in:

- The Mental Health Carer Support Fund – Alfred Psychiatry
- Providing input into various planning and consultative committees in the Inner South and other regions
- Active promotion and involvement in education forums and conferences relevant to mental health
- Regular publication of a Newsletter
- Individual support and mentoring for carers and consumers
- Establishment and updating our resource library held at Waiora Clinic