

# Join in, Join Up!

## Get Connected.

There's a community group out there waiting for your call

### MENTAL HEALTH



**Mental health issues**, by definition, make it more difficult to function and participate in society. And, because life isn't always fair, not participating in social relations – circles of friends, family groups, clubs and societies – can exacerbate mental health issues.

Being isolated is bad for your mental health; being integrated is good for your mental health. And while you can't just walk into a supportive new family or sign up to a set of new friends, you can join a community group, just like that, and get the benefits.

Social isolation negatively affects your health; socially supportive interactions have the opposite effect – **all the studies say so**.

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

Some groups are made up of people that have similar issues to yours. They know what it's like. They can understand how you feel. And they can give you tips on dealing with your problems. You don't have to cope with this on your own.

**Look them up in the following pages.**

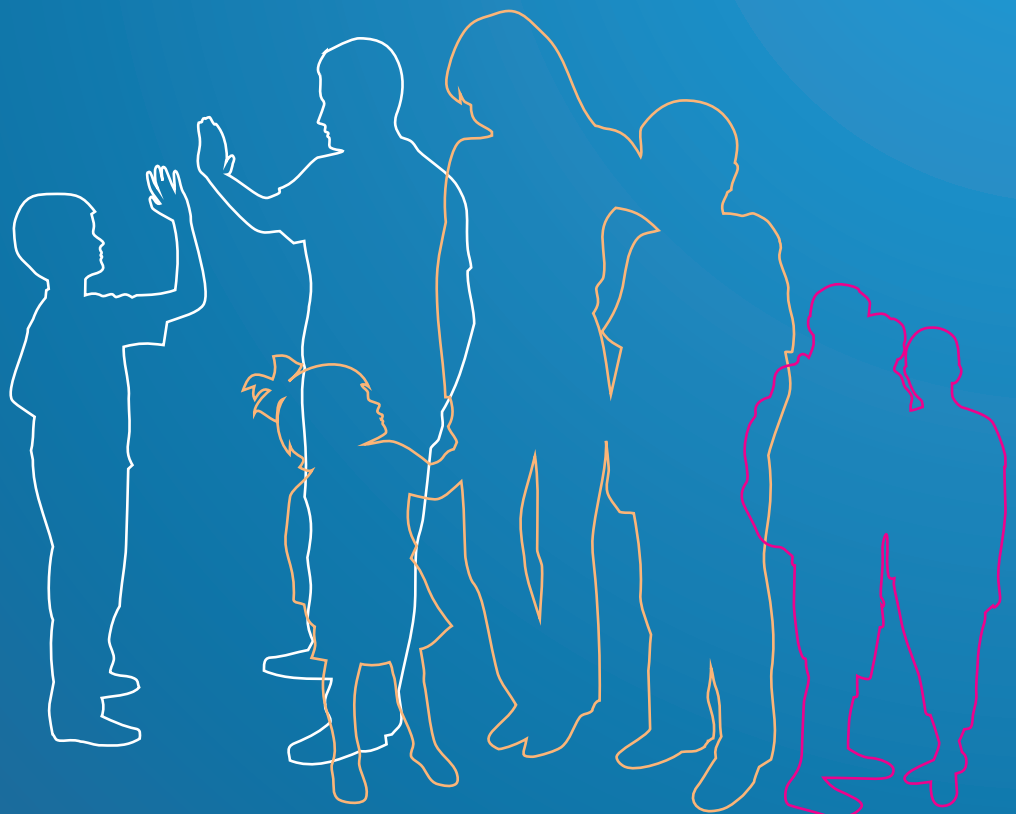
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

**Look on the Our Community website – [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) – for a group you can relate to.**

**Come on – Join in, Join up!**

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

**There's a community group out there waiting for your call!**



## National Groups

Group	Telephone	Freecall Phone	Website
Anxiety Network Australia		1300 760 072	<a href="http://www.anxietynetwork.com.au">www.anxietynetwork.com.au</a>
Panic Anxiety Disorder Association Inc (PADA)	08 8227 1044		<a href="http://www.panicanxietydisorder.org.au">www.panicanxietydisorder.org.au</a>
Lifeline	13 11 14		<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
(Kids Helpline)	02 6215 9400	1800 55 1800	
DepressioNet		1300 13 55 42	<a href="http://www.depressionet.com.au">www.depressionet.com.au</a>
Mental Illness Fellowship of Australia			<a href="http://www.schizophrenia.org.au">www.schizophrenia.org.au</a>
Sane Australia		1800 187 263	<a href="http://www.sane.org">www.sane.org</a>
Australian Mental Health Consumer Network	07 3844 3009		<a href="http://www.amhcn.org.au">www.amhcn.org.au</a>
Mental Health Council of Australia	02 6285 3100		<a href="http://www.mhca.org.au">www.mhca.org.au</a>
Multicultural Mental Health Australia	02 9840 3333		<a href="http://www.mmha.org.au">www.mmha.org.au</a>
Beyond Blue		1300 224 636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Black Dog Institute	02 9382 4530		<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Suicide Prevention Australia	02 9568 3111		<a href="http://www.suicidepreventionaust.org">www.suicidepreventionaust.org</a>
Grow		1800 558 268	<a href="http://www.grow.net.au">www.grow.net.au</a>
Mental Health Association			<a href="http://www.dmda.mentalhealth.asn.au/">www.dmda.mentalhealth.asn.au/</a>
Headspace - Australia's National Youth Mental Health Foundation	03 8346 8213		<a href="http://www.headspace.org.au/">www.headspace.org.au/</a>
Reach Out!			<a href="http://www.reachout.asn.au">www.reachout.asn.au</a>
Consumers' Health Forum of Australia	02 6273 5444		<a href="http://www.chf.org.au/">www.chf.org.au/</a>
National Rural Health Alliance Inc	02 6285 4660		<a href="http://nrha.ruralhealth.org.au/?IntCatId=14">http://nrha.ruralhealth.org.au/?IntCatId=14</a>

## ACT Groups

Grow	02 6295 7791		<a href="http://www.grow.net.au/Branches/ACT/ACT.htm">www.grow.net.au/Branches/ACT/ACT.htm</a>
Mental Health Foundation ACT Inc	02 6282 6658		<a href="http://www.mhf.org.au/mhf/default.aspx?">www.mhf.org.au/mhf/default.aspx?</a>
Lifeline		13 11 14	<a href="http://www.act.lifeline.org.au/">www.act.lifeline.org.au/</a>
Health Care Consumers' Association of the ACT	02 6290 1660		<a href="http://www.hcca.org.au/index.php">www.hcca.org.au/index.php</a>

## NSW Groups

Grow	02 9633 1800		<a href="http://www.grow.net.au/Branches/NSW/NSW.htm">www.grow.net.au/Branches/NSW/NSW.htm</a>
Mental Health Association NSW Inc (Health Concerns)		1300 794 991	<a href="http://www.dmda.mentalhealth.asn.au/support/index.htm">www.dmda.mentalhealth.asn.au/support/index.htm</a>
(Anxiety Disorders Support and Information)		1300 794 992	
The Depression & Mood Disorders Association of NSW		1300 794 991	<a href="http://dmda.mentalhealth.asn.au/supgrp.htm">http://dmda.mentalhealth.asn.au/supgrp.htm</a>
Anxiety Disorders Support & Information (ADSI)		1300 794 992	<a href="http://ada.mentalhealth.asn.au/">http://ada.mentalhealth.asn.au/</a>
TOP (Triumph Over Phobias) Self Help Groups	02 9339 6093		
Neami	03 9481 3277		<a href="http://www.neami.org.au/default.htm">www.neami.org.au/default.htm</a>
Schizophrenia Foundation of NSW Inc	02 9879 2600		<a href="http://www.sfnsw.org.au/INDEX.htm">www.sfnsw.org.au/INDEX.htm</a>
Lifeline	13 11 14		<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
(Kids Helpline)	02 6215 9400	1800 55 1800	

## NT Groups

TEAM Health – Top End Association for Mental Health	08 8948 4399		<a href="http://www.teamhealth.asn.au/about.html">www.teamhealth.asn.au/about.html</a>
Grow	08 8985 4799		<a href="http://www.grow.net.au/Branches/NT/NT.htm">www.grow.net.au/Branches/NT/NT.htm</a>
Lifeline		13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Lifeline (Central Australia)	08 8953 1250		<a href="http://www.lifeline.org.au/ntlifeline">www.lifeline.org.au/ntlifeline</a>

## QLD Groups

Group	Telephone	Freecall Phone	Website
Grow	07 3394 4344		<a href="http://www.grow.net.au/Branches/QLD/QLD.htm">www.grow.net.au/Branches/QLD/QLD.htm</a>
Mental Health Association Qld Inc	07 3271 5544		<a href="http://www.mentalhealth.org.au/">www.mentalhealth.org.au/</a>
The Panic Anxiety Disorder Association (P.A.D.A) Qld Inc.	07 3353 4851		<a href="http://www.users.bigpond.com/padaqld">www.users.bigpond.com/padaqld</a>
Care for Life	07 5573 3873		<a href="http://careforlife.org.au/index.php?page=home">http://careforlife.org.au/index.php?page=home</a>
Queensland Alliance	07 3832 2600		<a href="http://www.qldalliance.org.au">www.qldalliance.org.au</a>
Lifeline		13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>

## SA Groups

Grow	08 8244 9299		<a href="http://www.grow.net.au/Branches/SA/SA.htm">www.grow.net.au/Branches/SA/SA.htm</a>
Mental Illness Fellowship South Australia	08 8221 5160		<a href="http://www.mifsa.org/">www.mifsa.org/</a>
NEAMI	03 9481 3277		<a href="http://www.neami.org.au/default.htm">www.neami.org.au/default.htm</a>
MIND	08 8363 1144		<a href="http://www.rfv.org.au/index.htm">www.rfv.org.au/index.htm</a>
Lifeline (Adelaide)	08 8202 5111		<a href="http://www.ucwesleyadelaide.org.au/lifeline/">www.ucwesleyadelaide.org.au/lifeline/</a>
Lifeline (Central SA/NT)	08 8633 1790		<a href="http://www.lifeline.org.au/central-sant">www.lifeline.org.au/central-sant</a>
Health Consumers' Alliance South Australia	08 8223 1374		<a href="http://www.hcasa.asn.au/">www.hcasa.asn.au/</a>

## TAS Groups

Grow	03 6223 6284		<a href="http://www.grow.net.au/Branches/Tas/TAS.htm">www.grow.net.au/Branches/Tas/TAS.htm</a>
Lifeline (Hobart)	03 6224 3450		<a href="http://www.lifeline.org.au/hobart">www.lifeline.org.au/hobart</a>
Lifeline (North West)	03 64246547		<a href="http://www.lifeline.org.au/northwesttas">www.lifeline.org.au/northwesttas</a>
Mental Health Council of Tasmania	03 6224 9222	1800 808 890	
Aspire	03 6333 3111		<a href="http://www.aspire.org.au">www.aspire.org.au</a>

## VIC Groups

Mental Illness Fellowship Victoria	03 8486 4200		<a href="http://www.mifellowship.org/">www.mifellowship.org/</a>
The Mental Health Foundation of Victoria	03 9427 0406		<a href="http://www.mentalhealthvic.org.au/">www.mentalhealthvic.org.au/</a>
Jesuit Social Services	03 9415 8700		<a href="http://www.jss.org.au/content/view/50/79/">www.jss.org.au/content/view/50/79/</a>
Grow	03 9528 2977		<a href="http://www.grow.net.au/Branches/Vic/VIC.htm">www.grow.net.au/Branches/Vic/VIC.htm</a>
NEAMI	03 9481 3277		<a href="http://www.neami.org.au/default.htm">www.neami.org.au/default.htm</a>
Anxiety Recovery Centre Victoria (OCD & Anxiety Helpline)	03 9886 9377 03 9886 9233 (office)		<a href="http://www.arcvic.com.au/">www.arcvic.com.au/</a>
Reach Out Southern Mental Health Assoc	03 9585 5677		<a href="http://www.smha.org.au/site/">www.smha.org.au/site/</a>
Anxiety Disorders Association of Victoria Inc	03 9853 8089		<a href="http://www.adavic.org.au/">www.adavic.org.au/</a>
MIND	03 9455 7900		<a href="http://www.rfv.org.au/index.htm">www.rfv.org.au/index.htm</a>
Victorian Mental Illness Awareness Council	03 9387 8317		<a href="http://www.vmiac.com.au/">www.vmiac.com.au/</a>
Lifeline		13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Psychiatric Disability Services of Victoria Inc	03 9519 7000		<a href="http://www.vicserv.org.au/vicserv/about/index.htm">www.vicserv.org.au/vicserv/about/index.htm</a>
Mental Health Music Network	03 9326 9970		<a href="http://www.mentalhealthmusicnetwork.net/HOME.html">www.mentalhealthmusicnetwork.net/HOME.html</a>
Aspire	03 5560 3000		<a href="http://www.aspire.org.au">www.aspire.org.au</a>
Prahan Mission	03 9692 9500		<a href="http://www.prahanmission.org.au/">www.prahanmission.org.au/</a>

## WA Groups

Grow	08 9315 1666		<a href="http://www.grow.net.au/Branches/WA/WA.htm">www.grow.net.au/Branches/WA/WA.htm</a>
Richmond Fellowship Western Australia	08 9258 3060		<a href="http://www.rfwa.org.au/index.php">www.rfwa.org.au/index.php</a>
CLAN WA Indigo Project	08 9498 2829		<a href="http://www.clanwa.com.au/services/indigo">www.clanwa.com.au/services/indigo</a>
Mental Illness Fellowship of WA	089228 0200		<a href="http://www.mifwa.org.au/home.html">www.mifwa.org.au/home.html</a>
Lifeline		13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Lifeline (WA)	08 9261 4444		<a href="http://www.lifelinewa.org.au/">www.lifelinewa.org.au/</a>

## What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

## Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

## How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

## Who?

Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

## Join In, Join Up! Get Connected!

[www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin)

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health







The Pharmacy  
Guild of Australia

# *Join in Join up*

Helping Australians  
engage in community  
groups for better health.

We want to encourage you to  
***Join in Join up*** - for better health.

For further information visit your  
local community pharmacy, or  
**[www.ourcommunity.com.au](http://www.ourcommunity.com.au)**

