

Murray Bridge



The program/s below can be accessed via:

Centacare Catholic Family Services,

Location: 33 Carey Street Salisbury 5108 & 55 Adelaide Road Murray Bridge 5253

Contact Person: Susan Everett

Phone 08 8531 8888 or 0408 898 096

Email severett@centacare.org.au

Personal Helpers & Mentors Service (PHaMS)

Length: 1-2 years **Frequency:** available daily **Waiting Time:** Approx 6-8 weeks **Cost:** Free

The PHaMs program supports people whose lives are significantly affected by a severe mental illness. The program focuses on the person's recovery, providing them with opportunities, support and services that help them reconnect with their community.

PHaMs Service aims to facilitate mental health recovery and self-determination through individualised support that is holistic and strength based.

Our mission is to be accessible, non-stigmatising and respectful of culture, values and diversity.

We recognise that Recovery is a journey that embraces peer support, hope and community engagement.

A non-clinical service.

Self-referral as well as referral from family, friends or other Agencies and Mental Health Professionals is accepted.

The program/s below can be accessed via:

Mental Illness Fellowship of South Australia

Location: 5 Cooke Terrace, Wayville SA 5034

Contact Person: Paula Smith

Phone 08 8378 4100

Email paulas@mifsa.org

Carer Support Program

Length: 7 weeks **Frequency:** Weekly , 3 hours **Waiting Time:** Nil **Cost:** Single \$40 (\$15 conc) or Couple/family \$60 (\$25 conc)

The Carer Support Program offer various options to the person experiencing mental illness and to their families and friends through peer to peer education. The program uses research evidence and the first hand knowledge of facilitators who share their experience and wisdom. There is nothing more powerful than hearing about the impact of mental illness from those who have lived it.

No referral required, maximum 15 per group.

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The program/s below can be accessed via:
Mental Illness Fellowship of South Australia (MIFSA)
Location: 5 Cooke Terrace, Wayville SA 5034
Contact Person/s: Judy Burke
Phone 08 8276 4552

Sanctuary Support Group

When: 2nd Tuesday of each month, 4-6pm **Waiting Time:** Nil **Cost:** Gold coin donation

For carers of people with Borderline Personality Disorder (BPD), to increase awareness of BPD, recognise challenges, and share with others experiencing similar journeys. Advice about ways of engaging with loved ones as well as sources of information and treatment are also on the agenda.