

**We can help you....**

work in partnership with  
mental health professionals and  
link you with other support services



## Key Contacts

Cairns Mental Health Carers  
**Support Hub (07) 4041 2543**  
9am - 4:30pm week days

Lifeline 24hour Counselling  
**131 114** Mobile Free Call

Salvo Line 24hour Support Line  
**1300 363 622** Every day of the  
year

Cairns & Hinterland Mental  
Health & ATODS (Queensland  
Mental Health)  
Acute Care Team (ACT)  
**(07) 4226 3100**  
8am - 4:30pm week days  
(Afterhours this number diverts  
to the Cairns Base Hospital )

Emergency **000**  
for Police & Ambulance



**Are you caring for  
someone with a  
mental illness?**

**Looking for support and information?**

Talk to someone who will understand how you feel

Someone who knows what it's like



**Feeling confused,  
worried or  
concerned?**

**Phone the Cairns Mental Health  
Carers Support Hub**

**(07) 4041 2543**

9am – 4.30pm week days

We understand

We listen

We can support you

We can help you



A member of the Mental Illness Fellowship of Australia

*The Cairns Mental Health Carers Support Hub is a Mental Illness Fellowship of North Queensland service that is supported by a partnership with Commonwealth Respite and CareLink Centre and Anglicare North Queensland:*

**ANGLICARE**

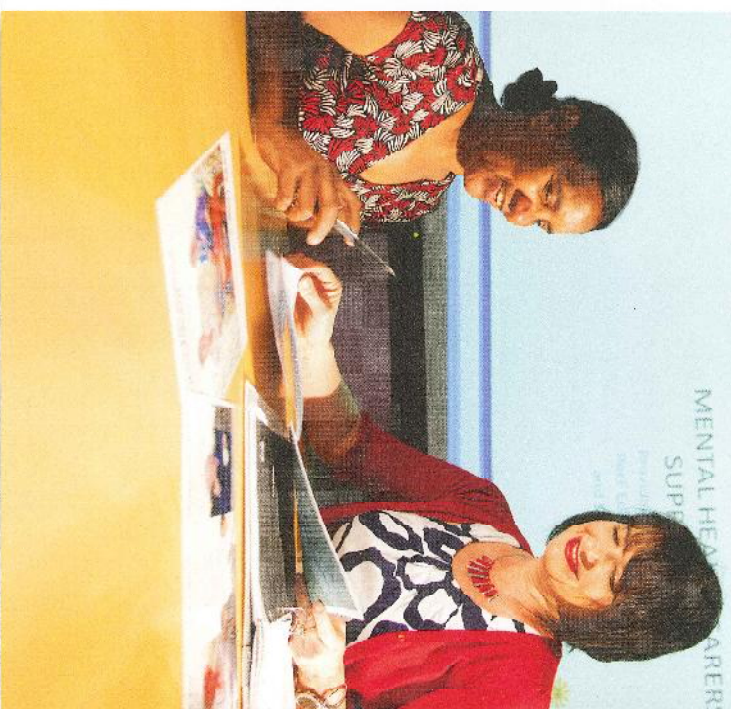
**Commonwealth Respite  
and CareLink Centre**

**Need information?**

We can explain mental illness and how it affects you and your family

We can help you make sense of what is happening

We can help you keep going with our range of support services



**Mental illness will  
affect one in five  
Australians this  
year (ABS 2007)**

Mental illness also affects partners, families and friends in a number of ways

It can be a struggle caring for someone with a mental illness

But you are not alone

