

## Mental Illness Fellowship of SA (MIFSA)

is the largest specialist mental health non government organisation in South Australia. MIFSA is part of a national body with branches across states and territories in Australia. MIFSA offers a diverse range of programs and services for people living with mental illness, carers and the community. MIFSA services include:

- ☀️ One-to-one support
- ☀️ Activity Programs
- ☀️ Carer Programs
- ☀️ Counselling
- ☀️ Respite
- ☀️ Training
- ☀️ Support Groups
- ☀️ Community Education

*“When you first get diagnosed it should be part of the script to come to MIFSA”*

Activity Programs participant



### Mental Illness Fellowship South Australia

PO Box 310	mifsa@mifsa.org
MARLESTON SA 5033	www.mifsa.org
<b>MIFSA Wayville</b>	<b>T (08) 8378 4100</b>
5 Cooke Terrace, Wayville SA 5034	F (08) 8378 4199
<b>MIFSA Panangga</b>	<b>T (08) 8382 5588</b>
64 Elgin Avenue, Christies Beach SA 5165	F (08) 8186 3500
<b>MIFSA Reynella</b>	<b>T (08) 8322 0140</b>
PO Box 255, Morphett Vale SA 5162	F (08) 8322 0816
<b>MIFSA Eyre</b>	<b>M 0488 794 272</b>
PO Box 2292, Pt Lincoln SA 5606	
<b>MIFSA Mount Gambier</b>	<b>T (08) 8723 6533</b>
PO Box 1146, Mount Gambier SA 5290	F (08) 8723 6588

## Helpful Websites



Supporting people  
living with mental  
illness, their families  
and friends

sharing the journey

## Mental Illness Fellowships:

[www.mifa.org.au](http://www.mifa.org.au) Mental Illness Fellowships of Australia  
[www.mifsa.org](http://www.mifsa.org) Mental Illness Fellowship of SA  
[www.mifact.org.au](http://www.mifact.org.au) Mental Illness Fellowship of the ACT  
[www.sfnsw.org.au](http://www.sfnsw.org.au) Schizophrenia Fellowship of NSW  
[www.mifq.org.au](http://www.mifq.org.au) Mental Illness Fellowship of Qld  
[www.mifnq.org.au](http://www.mifnq.org.au) Mental Illness Fellowship of Nth Qld  
[www.mifellowship.org](http://www.mifellowship.org) Mental Illness Fellowship of Victoria  
[www.mifwa.org.au](http://www.mifwa.org.au) Mental Illness Fellowship of WA  
[www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org) Mental Health Carers NT

## South Australian Organisations:

[www.aceda.org.au](http://www.aceda.org.au) ACEDA incorporating Panic and Anxiety, Obsessive Compulsive Disorder and Eating Disorders associations  
[www.carersaustralia.com.au](http://www.carersaustralia.com.au) Carers SA  
[www.carersupport.org.au](http://www.carersupport.org.au) Carer Support  
[www.ncnw.org.au](http://www.ncnw.org.au) Northern Carers Network  
[www.centacare.org.au](http://www.centacare.org.au) Centacare  
[www.saccls.org.au](http://www.saccls.org.au) Community Legal Centres  
[www.clubhouse.org.au](http://www.clubhouse.org.au) Diamond Clubhouse  
[www.dacssa.org.au](http://www.dacssa.org.au) Disability Advocacy & Complaints Service SA  
[www.dircsa.org.au](http://www.dircsa.org.au) Disability Information and Resource Centre  
[www.edasa.org.au](http://www.edasa.org.au) Eating Disorders Association of SA  
[www.lwb.org.au](http://www.lwb.org.au) Life Without Barriers  
[www.linkonline.com.au](http://www.linkonline.com.au) Link Disability Magazine  
[www.mhcsa.org.au](http://www.mhcsa.org.au) Mental Health Coalition of SA  
[www.neami.org.au](http://www.neami.org.au) Neami Limited  
[www.nunku.org.au](http://www.nunku.org.au) Nunukuwarrin Yunti  
[www.panicanxietydisorder.org.au](http://www.panicanxietydisorder.org.au) Panic Anxiety Disorder Assoc  
[www.peerwork.org.au](http://www.peerwork.org.au) Peer Work Project  
[www.rasa.org.au](http://www.rasa.org.au) Relationships Australia SA  
[www.sttars.org.au](http://www.sttars.org.au) Supporting Survivors of Torture and Trauma  
[www.ucwesleyadelaide.org.au](http://www.ucwesleyadelaide.org.au) Uniting Care Wesley Adelaide

## SA Government Services

[www.guardianshipboard.sa.gov.au](http://www.guardianshipboard.sa.gov.au) Guardianship Board  
[www.hcscsa.gov.au](http://www.hcscsa.gov.au) Health & Community Services  
Complaints Commissioner  
[http://sacomcommunity.org](http://http://sacomcommunity.org) SA Community Connecting Up Aust  
[www.hsfinder.sa.gov.au](http://www.hsfinder.sa.gov.au) Human Services Finder  
[www.publictrustee.sa.on.net](http://www.publictrustee.sa.on.net) Office of the Public Trustee  
[www.opa.sa.gov.au](http://www.opa.sa.gov.au) Office of the Public Advocate  
[www.service.sa.gov.au](http://www.service.sa.gov.au) Service SA  
[www.wis.sa.gov.au](http://www.wis.sa.gov.au) Women's Information Service

## National Organisations:

[www.arafemi.org.au](http://www.arafemi.org.au) ARAFEMI - *promoting and improving the well being of people affected by mental illness*  
[www.adf.org.au](http://www.adf.org.au) Australian Drug Foundation  
[www.beyondblue.org.au](http://www.beyondblue.org.au) Beyondblue  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) Black Dog Institute  
[www.depressionnet.com.au](http://www.depressionnet.com.au) Depression site for Australians  
[www.eppic.org.au](http://www.eppic.org.au) Early Psychosis Prevention & Intervention  
[www.bipolar.com.au](http://www.bipolar.com.au) Eli Lilly Australia  
[www.psychiatry24x7.com](http://www.psychiatry24x7.com) Janssen Cilag  
[www.kidshelp.com.au](http://www.kidshelp.com.au) Kids Helpline  
[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au) Mental Health Associations  
[www.mhca.com](http://www.mhca.com) Mental Health Council of Australia  
[www.mja.com.au](http://www.mja.com.au) Medical Journal of Australia  
[www.mindaustralia.org.au](http://www.mindaustralia.org.au) MIND Australia  
[www.mmha.org.au](http://www.mmha.org.au) Multicultural Mental Health, Australia  
[www.mmha.org.au/mmha-products/fact-sheets](http://www.mmha.org.au/mmha-products/fact-sheets) MMHA Fact Sheets in different languages  
[www.grieflink.asn.au](http://www.grieflink.asn.au) NILAG: National Association for Loss and Grief (Aust)  
[www.oyh.org.au](http://www.oyh.org.au) Orygen Youth Health  
[www.ourconsumerplace.com.au/news](http://www.ourconsumerplace.com.au/news) Resource Centre for Mental Health Consumer Developed Initiatives  
[www.reachout.asn.au](http://www.reachout.asn.au) Reach Out! - Online mental health service for young people  
[www.sane.org](http://www.sane.org) Sane Australia  
[www.welfarights.org.au](http://www.welfarights.org.au) National Welfare Rights Network

## National Government:

[www.health.gov.au](http://www.health.gov.au) Commonwealth Department of Health and Ageing, (includes National Mental Health plan 2003)  
[www.healthinsite.gov.au](http://www.healthinsite.gov.au) Health Insite: an Australian Government initiative

## Research bodies:

[www.mhri.edu.au](http://www.mhri.edu.au) Mental Health Research Institute of Vic

## Overseas Organisations:

[www.schizophrenia.com](http://www.schizophrenia.com) Information Support and Education Centre, USA  
[www.mentalhealth.com](http://www.mentalhealth.com) Internet Mental Health  
[www.nmha.org](http://www.nmha.org) Mental Health America  
[www.nami.org](http://www.nami.org) National Alliance of the Mentally Ill (USA)  
[www.world-schizophrenia.org](http://www.world-schizophrenia.org) World Fellowship for Schizophrenia and Allied Disorders  
[www.appi.org](http://www.appi.org) American Psychiatric Press

[www.mifsa.org](http://www.mifsa.org)