



Are you a family member or friend of someone living with mental health challenges?

# 1800 314 325

## Tandem Support and Referral Line

Call us for **free** on 1800 314 325 between **9am-5pm** on **Monday-Friday** to:



**Speak** with someone who understands your situation



Seek general **advice, advocacy and information on services** to meet your needs



Seek support with **NDIS access** and plan issues



Telephone **interpreters** can be provided

# tandemcarers.org.au

Go to our website [tandemcarers.org.au](https://tandemcarers.org.au) for **free** support & referral information available **24 hours a day, 7 days a week** including:

- **COVID-19 support** for family and friends, **wellbeing activities & links to official information** about the pandemic
- Latest **eNews** updates from family and friends in mental health
- Register for our fortnightly **online & phone meeting 'Tandem Time'**
- **Share your story** or become a **Family Ambassador** to advocate for a better Victorian mental health system
- Attend our weekly **Live Guided Meditation** at 12pm every Thursday at [facebook.com/tandemcarers](https://facebook.com/tandemcarers)
- Join our **C.R.A.F.T. activity (Crochet Remotely Along with Friends at Tandem)** to make a wall hanging to be launched after COVID-19