

## Become a Friend of SANE

*to help the thousands of Australians who contact us every year because they, or someone they care about, is affected by mental illness.*

## SANE Australia

*A national charity working for a better life for people affected by mental illness – through education, research and campaigning.*

### Education

SANE promotes understanding of mental illness through a range of education resources for those affected, family and friends, health professionals and the general community – books, factsheets, DVDs and CDs as well as a quarterly magazine, *SANE News*. See [www.sane.org](http://www.sane.org) for details and to visit the SANE Bookshop.

### Research

SANE conducts and supports applied research that aims to make a real difference to the lives of people living with mental illness, their family and friends.

### Campaigning

SANE campaigns for –

- Access to all effective treatments
- Support in the community, such as supported accommodation
- Help for family and friends, including education and training
- Action to end stigma and discrimination.

The SANE Media Centre promotes accurate, responsible reporting of mental illness and suicide. It also operates the StigmaWatch program which monitors media coverage of these issues, tackling abuses and highlighting positive stories.

Established over 20 years ago, SANE Australia is an independent organisation which has won many awards for its work. It relies on donations and grants to carry out its work.

SANE operates the only national Freecall Helpline and Helpline Online service for people concerned about mental illness – 1800 18 SANE (7263) – providing information and advice to over 10,000 callers every year . . .

### How you can help

*Online* Become a *Friend of SANE* via [www.sane.org](http://www.sane.org)

*Phone* (03) 9682 5933

*Post* SANE Australia  
PO Box 226  
South Melbourne VIC 3205

**sane**  
AUSTRALIA

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

SANE Helpline

1800 18 SANE (7263)  
[helpline@sane.org](mailto:helpline@sane.org)