



**PROVIDING
MENTAL HEALTH SERVICES
& CARER SUPPORT**

WHO IS A CARER?

- Family member, friend, neighbour who has any ongoing relationship and supports someone with mental ill health
- Carers can also be a child caring for a parent with mental ill health
- The person with mental ill health does not need to be a diagnosed

HOW WE HELP

YOUTH SERVICES

- Counselling
- Respite
- Education in Schools
- Psycho-education
- Brokering other services



HOW WE HELP

Adult carer services

- Counselling (couples, families and individual)
- Advocacy
- Peer support
- Respite
- Lobbying
- Education and training
- Support groups



HOW WE HELP

Mental Health support services

- PHaMS
- FMHSS (“*Talk it out*”)
- Respite
- Partners in Recovery
- Mental health promotion/prevention



Personal Helpers
& Mentors Program

An Australian Government Initiative



WHO ELSE CAN HELP?

- Headspace
- Richmond Wellness
- Lifeline – 13 11 44
- Beyond Blue
- Your GP
- In an emergency call 000



THANK YOU FOR CARING!

