

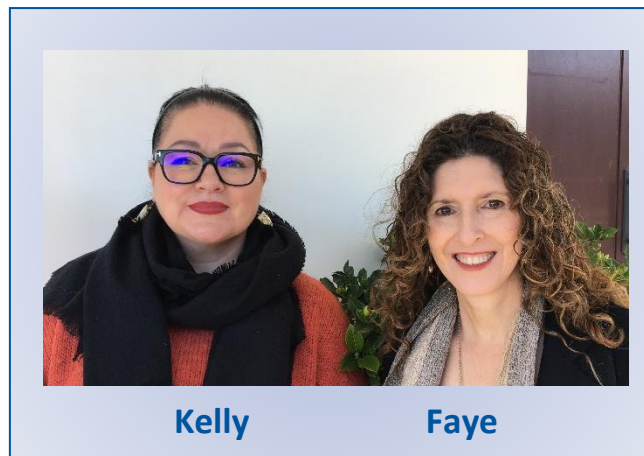
Mental Health Family and Carer Support Team

INFORMATION. EDUCATION. SUPPORT.

About our team

The Mental Health Family and Carer Support Team includes professional and lived experience staff.

Team members have specialised training in supporting families and carers. They work closely with services to promote carer perspectives and wellbeing.



Faye is a Family and Carer Support Worker. She has extensive training and experience in delivering support to families and carers of all ages.

Kelly is a Carer Consultant. She has a personal lived experience of caring for someone with a mental illness. She can provide peer support.

What we do

- Listen to you
- Link you into useful supports
- Facilitate carer support groups
- Help you navigate services
- Provide information about mental health and wellbeing
- Help you develop strategies for caring
- Provide tips on self-care
- Help with financial assistance
- Advocate on your behalf
- Work with mental health services and community organisations to better understand and respond to the needs of families and carers
- Develop resources for families and carers
- Provide age appropriate support and information for children
- Provide a regular newsletter

Tips for Carers

- Get support for yourself
- Seek helpful information
- Look after your own health and wellbeing
- Maintain relationships with supportive friends and family
- Get regular exercise, fresh air and sunshine
- Recognise your own limits and set boundaries
- Do things you enjoy
- Maintain regular social activities
- Get enough sleep, rest and relaxation
- Acknowledge your feelings
- Don't blame yourself or others



Children and Young Carers

Children and young people can be impacted by family mental illness. Programs are available to reduce stigma around mental illness, help young people to learn good coping strategies, and help them develop supportive networks. Our team can help link people into appropriate services and programs.

Families, carers and supporters (including children) of a person receiving mental health and wellbeing services are to be supported in their role in decisions about the person's assessment, treatment and recovery.

Principle 20, Families and Carers, Mental Health and Wellbeing Act 2022

Contact the Mental Health Carer Support Team

P: (03) 5454 7612

E: mhcarersupport@bendigohealth.org.au

Other important phone numbers

Mental Health Regional Triage Service: **1300 363 788**

Carer Gateway: 1800 422 737

Carers Victoria: 1800 242 636

Family Drug Support helpline: 1300 368 186

Head to Health: 1800 595 212

Independent Mental Health Advocacy: 1300 947 820

Mental Health Complaints Commissioner: 1800 246 054

Talk It Out helpline (Murray region): 1300 022 946

The Mental Health Tribunal: 1800 242 703