



照顾精神病患者？

什么是精神病？

患有精神病的人士在说话、思维、感觉或行为方式上可能有问题。他们的言语、思维、感觉和行为可能很混乱。这可能会使精神病患者、照顾者和整个家庭生活非常艰难。精神病不怪任何人，也不是一件令人可耻的事情。

谁是‘照顾者’？

照顾者是指为家庭成员或好友提供生活及/或情感支持的人士。照顾患有精神病的家庭成员或好友非常重要。照顾他们的人就叫做‘照顾者’。照顾者可以是任何年龄的人士。

什么是‘暂息’？

在照顾精神病患者时，您往往会忘了自己的健康和福祉。您的健康和福祉也非常重要。抽出一些时间，让自己放松一下，或者做自己喜欢的事情，可以帮助您保持健康，从而能够更好地照顾好自己照顾的人士。这通常称为‘暂息’。

精神健康计划

精神健康团队帮助照顾者，让社区了解精神病患者的照顾者和家人的需要。我们可以提供支持服务，帮助应对危机，满足日常需要，做好未来规划。我们理解精神病、照顾者问题和精神健康服务。

我们能够为照顾者提供以下帮助：

- 提供个人服务来帮助照顾者
- 提供信息、代言及其他服务机构的联系
- 按要求组织暂息服务
- 支持照顾者支持小组并提供相关资源
- 组织支持照顾者健康和福祉的计划

维多利亚州照顾者协会

我们为住在Brimbank、Hobsons Bay、Maribyrnong、Melbourne、Melton、Moonee Valley、Wyndham和Hume (仅限于Sunbury)等地方政府区域的家庭照顾者提供支持服务。

我们开展一系列专家计划，其中包括：养老计划、助残计划、精神健康计划、Carers@Work和青年照顾者计划。

若要了解更多情况，请致电(03) 9396 9550。

若需要口译，请致电131 450。

Chinese

Caring for someone with a mental illness?

What is mental illness?

People with a mental illness can have problems in the way they speak, think, feel or behave. Their speech, thinking, feeling and behaviour can be all mixed up. This can make life very hard for the person with the illness, the carer and the whole family. Mental illness is no one's fault and is not something to be ashamed of.

Who is a 'carer'?

A carer is a person who provides physical and/or emotional support to a family member or close friend. Looking after a family member or close friend with a mental illness is very important. A person who does this is called a 'carer'. Carers can be anyone of any age.

What is 'respite'?

Often when you care for someone with a mental illness your own health and wellbeing gets forgotten. Your health and wellbeing is also very important. Taking some time for yourself to relax or do something you enjoy can help you to stay well and be better able to look after the person you care for. This is often called 'respite'.

The Mental Health Program

The mental health team helps carers and informs the community about the needs of carers and families of people living with a mental illness. We can offer support in times of crisis, everyday needs and when planning for the future. We understand mental illness, carer issues and mental health services.

We can assist carers by:

- Providing a personal service to help carers
- Providing information, advocacy and linking to other services
- Organising respite services when requested
- Supporting and resourcing carer support groups
- Organising programs to support carers health and wellbeing

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury only).

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

To find out more please call (03) 9396 9550

If you need an interpreter call 131 450