

NAVIGATING THE MENTAL HEALTH SYSTEM AND THE CARING RELATIONSHIP THREE PART PROGRAM

FREE sessions for carers by Carers Victoria

This is a three-part program designed for people supporting someone with mental health condition.

TOPICS WILL INCLUDE

SESSION 1 UNDERSTANDING THE SYSTEM

Session one will increase the carers understanding of the clinical mental health service system and their rights within this system according to the Mental Health Act 2014, Chief Psychiatrist Guidelines and Carers Recognition Act.

SESSION 2 KNOW WHAT THE RIGHTS OF THE CARER AND THE PERSON THEY SUPPORT

Session two builds on the carers rights and introduces the rights of the person they support within the system and to better understand what advocacy is, how carers can advocate for themselves and the person they support.

SESSION 3 ADVOCACY SKILLS AND CARING FOR YOURSELF

Session three looks at communication skills and strategies to use when self-advocating and advocating for the person they support. The session will also explore how the carer can take care of themselves when advocating and navigating the system.

Please note The program sessions are three hours in duration. Participants must attend the first session to continue in the program and cannot bring the person they care for.

When

Session 1 Wednesday 27 November
Session 2 Wednesday 4 December
Session 3 Wednesday 11 December

Time 10.00am – 1.00pm
Each session three hour duration

Where Frankston North
Community Centre
26 Mahogany Avenue, Frankston

Cost Free
Refreshments provided

BOOKING INFORMATION

To secure your place, visit www.carersvic-6899.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #6899.

CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845

E education@carersvictoria.org.au
www.carersvictoria.org.au

f /carersvictoria @carersvictoria