

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

FREE workshop for carers by Carers Victoria in partnership with Sunbury Community Health and supported by Hume City Council

Caring from someone with a mental health condition? Feeling lost and confused about how to access services?

This interactive three-part program explores different aspects of the mental health system, how to interact with it and how to manage the carer role and look after carer wellbeing.

WHO SHOULD ATTEND

This program is open to all carers and families of a person with a mental health condition who want support to navigate the mental health system.

SESSION 1

Covers navigating the mental health system, the carer's rights according to the Mental Health Act 2014, Carers Recognition Act and the Chief Psychiatrist guidelines, and making a complaint.

SESSION 2

Builds on the understanding the rights of the carer and the person they support and gain a better understanding what advocacy is and how carers can advocate for themselves and the person they support.

SESSION 3

Focuses on building the communication skills and strategies to use to better advocate for themselves and person they support, it also explores the importance of and how to look after themselves when advocating for themselves and the person they support.

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 22 April

Session 2 Wednesday 29 April

Session 3 Wednesday 6 May

Time 12.00pm - 3.30pm

Each session three hour duration

Where Sunbury Community Health Lotherington Room
12-28 Macedon Street, Sunbury

Cost Free (Refreshments and light lunch provided)

BOOKING INFORMATION

To secure your place, visit

www.carersvic7242.eventbrite.com.au

or for further information phone Tracy Sparks, Sunbury Community Health on 9744 9227 or Education Services at Carers Victoria on 1800 514 845.

CARERS VICTORIA EDUCATION SERVICES

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