



Supporting a family member or friend with a mental health issue?



You have a right to be involved
We can help

Family members and friends who provide ongoing care and support are considered to be 'carers' under the Carer's Recognition Act and the Mental Health Act.

Carer Advocates can assist you with:

- Understanding your rights
- Access to mental health services
- Referrals to practical support
- Information and resources
- Complaints processes

Our services are free, confidential and everyone is welcome



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