



## Helping You

Our services are free and confidential. You don't need a referral, simply contact us to see what services we can offer you and your family.

## Who is a Carer?

Carers can be family members, friends or neighbours of a person with a mental health issue.

## Information

We provide information for carers and individuals through our regular online newsletter, website, social media, library, meetings and events.

## Like to Know More?

P 9427 7100  
P 1800 811 747 (Regional)  
E [info@helpingminds.org.au](mailto:info@helpingminds.org.au)  
W [helpingminds.org.au](http://helpingminds.org.au)

### Head office

182 Lord Street, Perth  
Western Australia 6000  
F (08) 9427 7119

We offer services in Metro Perth,  
Regional WA & Metro Darwin

[helpingminds.org.au](http://helpingminds.org.au)

## Helping Minds Services

Supporting carers and individuals affected by mental health issues



## FREE subscription

To subscribe to our free e-newsletter please contact HelpingMinds on (08) 9427 7100 or email [info@helpingminds.org.au](mailto:info@helpingminds.org.au)



Is the mental health of someone you care about affecting your life?



## How We Help

HelpingMinds provides professional, quality, confidential support and services to children, youth, adults and families who are caring for someone with a mental illness or individuals who are affected by a mental illness.

The majority of our services are free of charge and focus on: advocacy, education, counselling and support, rest, recreation and respite services.

### Information and support

We provide information and education on mental illnesses and the signs and symptoms to be aware of. We help you find the support you need, and provide reassurance and guidance through these difficult times.

### Peer support workers

Carer Peer Support workers care for a friend or family member with a mental health issue and can support you by personally understanding the challenges you face.

### Advocacy

The Mental Health system in WA is complex. We help you navigate the system and understand your rights. The aim of this service is to work with you to achieve the best possible outcomes.

### Counselling

Professional counselling is available to help you work through issues such as the change in your relationship when someone becomes unwell, grief and loss due to the illness, communication and coping skills and what to say and what not to say.

### Support groups

Our carer support groups are available in the Perth metro and WA regional areas. HelpingMinds holds regular meetings for carers and individuals to come together, offer support and share their experiences, coping skills, information on available treatments and relevant agencies.

### Rest, recreation & respite

- Short-break getaways
- Massage & pamper treatments
- School Holiday Young Carer Camps (8-17 year-olds)
- Recreation programs for adults diagnosed with a mental illness
- Sporting and social activities designed around individuals' interests and a range of fitness levels
- Links to activities in your local area

### Young carer services

- Free professional counselling & support for 8-18 year olds who have a friend or family member with a mental illness
- Individual & group education on mental illness
- Help to develop individual coping strategies, boost self-esteem and confidence
- Counselling on an outreach basis at schools or at a HelpingMinds office
- School holiday youth camps
- School holiday programs
- School holiday education programs

### SMILES program

SMILES is a free program for young carers 8-12yrs living in the Perth metro area and funded regional areas of WA. Young carers get to participate in artwork, music, peer support, interactive exercises, games and problem solving which helps to:

- Increase coping skills/knowledge of mental illness
- Reduce feelings of isolation
- Increase self-esteem/coping skills
- Develop a new freedom for self-expression

### Changing Minds program

- One-hour interactive sessions for secondary school students and/or teachers/parents
- Real stories from people affected by mental illness
- Raising awareness of mental well-being in school communities
- Dispelling myths and misconceptions surrounding mental illness
- Part of the Mental Illness Education Australia coalition

