



Like to Know More?

To find out more about our Peer Support services please contact:

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Carer Peer Support

Supporting your journey as a carer



helpingminds.org.au



Carer Peer Support Workers

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

HelpingMinds understands the value of a lived experience and employs Carer Peer Support Workers to support others who care for a person with mental health issues.

When You Are a Carer

Supporting someone through their journey of mental illness and recovery can be challenging. When things become difficult it can be hard to know where to seek help or know what help is available.

Sometimes talking with someone who has lived through or experienced a similar situation can help ease your fears and concerns. This can help you realise that you are not alone, nor are you the only one.

A Shared Connection

Carer Peers know:

- what it is like when you get that diagnosis
- the frustration when you are trying to get support
- what it is like trying to deal with difficult behaviours
- the feeling of tip toeing around the person
- the feeling you are to blame or being blamed
- the feeling of loss and grief
- the conflicting emotions that relate to the caring role
- what it is like to hide the issues from friends, family and work
- what it is like the have to call the authorities