

# Healthy Living

ADVERTISING FEATURE

## What is a mental health carer?

A mental health carer is someone who provides emotional, practical or financial support to someone close to them living with mental illness.

You may not even realise you are a carer. Often, you are just a parent, sibling, grandparent, child, friend or co-worker, who looks out for someone doing it tough. Sometimes, it can feel exhausting to support someone with

the mental health challenges they are facing, and you may feel alone.

Carer counselling is a free and confidential service that HelpingMinds provides to mental health carers. It's a one-on-one session with a qualified professional where you can discuss your situation and who you are supporting.

Counselling provides you with a safe space to discuss concerns, ask

questions and have an open conversation.

For some people, just the process of telling their story to a counsellor, and being listened to, is helpful.

You don't have to go through it alone. This is where HelpingMinds comes in. We can support you with self-care techniques and setting healthy boundaries as well as learning how



best to support your person.

HelpingMinds has offices across Perth Metro including Midland on 1A Sayer Street. We also provide phone counselling. Make an appointment by calling HelpingMinds' friendly team on 9427 7100.

## Providing the BEST care for any AGE

Founded in 1948, Perth Radiological Clinic (PRC) has been providing radiology or diagnostic medical imaging services in Perth for more than 70 years.

Its specialist radiologists have exceptional clinical reputations for excellence in diagnostic and interventional radiology.

While PRC can rightly claim to be the longest continually operating private imaging service in Perth, there is nothing 'old fashioned' about the business.

Our equipment is continually refreshed

ensuring world class technology is available. Our reputation attracts staff and doctors of the highest calibre.

We do however have a soft spot for patients who, like us, have gained significant experience of life!

There are a range of imaging investigations that are particularly relevant to our active seniors and consider talking to your GP about some or all of these if you have not already.

Bone Mineral Densitometry is used to check your bone strength. A



CT Coronary Calcium Scan is used to calculate your risk of coronary artery disease.

A CT Coronary Angiogram is used in patients with low to moderate symptoms of coronary artery disease to visualise blockages in the coronary arteries. Image guided injection of steroid into joints can effectively treat pain

that is limiting your ability to do the things you enjoy.

Specialised injections of anaesthetic and steroid into nerves of the back can offer relief of back pain.

All these services are offered routinely at Perth Radiological Clinic as well as all the usual X-rays, CTs Ultrasounds and MRI.

Our friendly staff will look after you, understanding that sometimes you may not be quite as sprightly as you once were, and may need a little assistance through the process.

Would you like to strengthen your family relationships?

Family LINK is a free program that will help your family to connect and talk to each other in a fun and relaxed way.

Midland

Ellenbrook

5-week program | Dinner included

"We were struggling to connect as a family and were focusing on the negatives. The Family LINK program helped us realise each other's unique strengths and qualities. I now have hope for my little family." — Beth, 43

Call 9427 7100 for more information

If transport is a barrier, please speak to our team on registration



This program is open to families living in and around the Swan region. Funded by the Australian Government Department of Social Services.

helpingminds  
Mental Health Services & Carer Support

helpingminds.org.au

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