

**Are you a carer for a family member or friend with mental ill-health?**



**You have a right to be involved.  
A carer advocate can help.**

**A family member or friend** who provides **ongoing care and support** is considered to be a **'carer'** under the **Carers 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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