



## Your rights as a carer

The mental health system in WA is complex. We can help you navigate it, protect your rights and express your own wishes. This is known as advocacy.

Our advocacy team can assist you with:

- Understanding your rights
- Having your voice heard when decisions are being made about the person you care for
- Accessing mental health services
- Referrals to practical support
- Information and resources
- Complaints processes

**You have a right to be involved in your loved ones care and we can help.**

## Get in touch

📞 (08) 9427 7100 / 1800 811 747

✉️ [info@helpingminds.org.au](mailto:info@helpingminds.org.au)

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



## Where we are

Broome  
Carnarvon  
Fremantle  
Geraldton  
Hillarys  
Joondalup

Mandurah  
Midland  
Perth  
Port Hedland  
South Lake



Registered provider



# Does someone in your life have mental health challenges?



**FREE & CONFIDENTIAL SUPPORT**



## Supporting a loved one, living with mental health challenges

This can be a difficult and isolating experience. It's normal to feel a range of emotions and to have questions around how you can best support the person you care for.

**We are here to help.**

## Free and confidential support

HelpingMinds offer free and confidential support to family and friends of people living with mental health challenges, across WA.

## Am I really a carer?

You may be a partner, child, parent, friend or even a neighbour who is supporting someone who lives with mental health challenges.

The experience of mental ill-health not only affects the individual but also the people around them.

Each carer experience is different and your role may be ongoing or irregular and may involve practical, emotional or financial support.

Caring for someone who lives with mental ill-health can be a demanding and isolating experience, and it is important to look after your own mental and physical wellbeing.

“ The overwhelming sense of meeting other people who were going through the same thing - you felt you weren't alone.”



## Support groups

Our regular support groups, for family and friends of people living with mental ill-health, provide a safe environment for people to come together and offer each other support, share experiences, coping skills and information.

Support groups can bring a sense of empowerment, improve connection and take away some of those feelings of distress, exhaustion and isolation.

## Counselling for family and friends

When someone close to you changes because of mental ill-health you may feel a mix of emotions, including anger, loss and sadness.

We offer free and confidential phone counselling to people who are supporting a loved-one with mental health challenges.

**1800 811 747**

## Children and young people

We offer school holiday programs and after school workshops for young people prone to mental ill-health or are close to someone experiencing mental ill-health.

We provide counselling for 8-17 year olds who live in Perth Metro, Carnarvon and Broome and have a family member living with mental health challenges.

Programs for young people who are experiencing emotional and social issues are available in Geraldton, Carnarvon and Broome.

## Educating schools and community

HelpingMinds offer free and informative on-line programs to help educate students, teachers, parents and the community.

These fun and interactive workshops aim to raise awareness and reduce stigma about mental health.

Workshops include:

- Raising resilient children
- Mental health basics
- Boost your wellbeing
- Social media and mental health
- Working with anxiety in the classroom
- Bullying

