

**Are you providing
ongoing care &
practical support
to a loved one living with
mental health challenges?**



CARER ADVOCATES
can assist you with
FREE ACTIVE SUPPORT
throughout Western Australia



**MENTAL HEALTH
EDUCATION, SERVICES & CARER SUPPORT**

Under the Carer Recognition Act 2004 You are legally defined as a carer

As a recognised carer you have 'carers rights'

Our team of carer advocates can work with you according to your specific needs including:

- Understanding your rights as a carer
- Accessing mental health services
- Referrals to practical support
- Information and resources
- Processing complaints
- Guidance on legal matters
- Accompany you to meetings*

*Perth Metro Area

“ Advocate stood shoulder to shoulder through a long process in which we were trying to get the hospital to communicate and treat us respectfully ”

9427 7100
helpingminds.org.au



If you require more of these leaflets please contact marketing@helpingminds.org.au