



About Mission Australia

Mission Australia is community service organisation that has been transforming the lives of Australians in need for more than 150 years.

Today we provide more than 550 community services that help over 300,000 Australians a year.

Mission Australia's integrated services work together to reduce homelessness and strengthen communities across Australia, by helping people secure jobs, receive an education, find housing and develop important life skills. Early intervention and prevention is at the heart of our work.



Mission Australia recognises the unique status of Aboriginal and Torres Strait Islander peoples as the original owners and custodians of Australia's lands and waters and we are committed to addressing the cultural, social and economic needs of Aboriginal and Torres Strait Islander communities.



Family and Carer Mental Health Program Contacts

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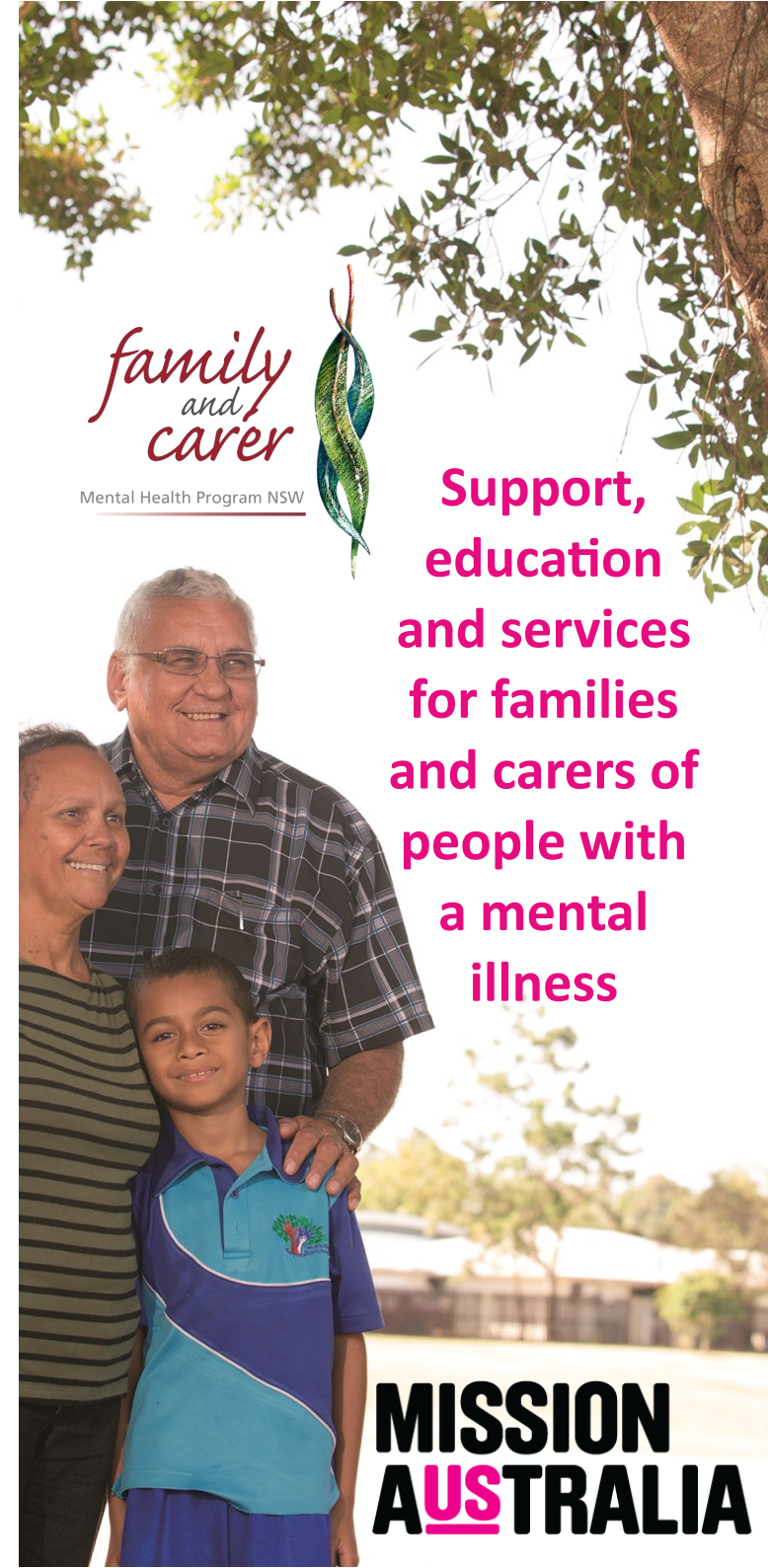
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Working in partnership with Northern NSW and
Mid North Coast Local Health Districts

Funded by Mental Health Drug and Alcohol Office NSW



family
and
carer

Mental Health Program NSW

Support,
education
and services
for families
and carers of
people with
a mental
illness

MISSION
AUSTRALIA

Family and Carer Mental Health Program

Our aim is to ensure families and carers of people living with a mental illness receive appropriate support, information, education and skill development to fulfil their caring role, while maintaining their own health and wellbeing.

We connect carers with carer support groups and networks, Mental Health services, non-government organisations and other service providers.

Our Goals

- Improve the coping, knowledge and management skills of carers
- Enhance the wellbeing, resilience and relationships of carers
- Improve professional and service responsiveness to the needs and circumstances of carers
- Enhance relationships between carers and mental health services
- Improve health and wellbeing of people living with a mental illness through the support of their families and carers.

Group Education and Training

Our education and training coordinators provide tailored and targeted sessions for carers, carer groups and organisations assisting carers such as:

Understanding:

- Schizophrenia
- Bipolar Disorder
- The Caring Role
- Self Care
- Boundaries
- Anxiety
- Resilience and Recovery
- Mindfulness
- Alcohol & other Drugs in MH

Also: 8 Stages of Healing, Story writing, Future Planning, Navigating the Mental Health System, Partners in Depression, Mindfulness, Relaxation and Young Carer programs.

Carer Support

Our carer support workers provide:

- Assessment of carer and family needs
- Emotional support
- Advocacy
- Information about mental illness
- Referral to appropriate support services and counselling
- Support planning
- Assistance navigating the mental health system
- Assistance in understanding carer rights and responsibilities
- Future planning tools and information
- Carers Connecting groups
- Access to local carer peer groups