

# Assisting Families Carer Education

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## Effective Communication for Mental Health Caring

The path to recovery often begins with a difficult conversation. This three part program designed specifically for mental health carers will give you the opportunity to understand how to approach a difficult conversation with your loved ones and also develop the skills and strategies needed to facilitate positive change.

### Part 1

#### Assisting with Meaningful Communication

Communication for families where a mental illness is present can often be challenging. This workshop teaches some foundation skills for positive and effective communication with a view to developing partnership and understanding.

### Part 2

#### Assisting with Conversations about Change

Building on your skills of effective communication, this workshop will help you to understand the process of change and strategies for holding conversations about change with your loved ones.

### Part 3

#### Assisting with Challenging Conversations

This workshop gives participants the opportunity to consider the types of challenging conversations mental health carers face . It will introduce the concept of conflict and ways of minimising conflict and aggression.

## Assisting with Mental Illness

Looks at the concepts of mental health and mental illness; some indicators of mental illness; key differences between poor mental health and a diagnosed mental illness; brain structure and brain function in relation to mental illness.

**This workshop is a foundation for all other Carer Assist workshops.**

## Assisting with Psychosis

Aims to teach participants how to recognise features of psychosis as they present, in context with the person for whom you care and how to respond to some of these features. Also provides information about treatment options including local supports and services.

**This workshop is a foundation for the Assisting with Schizophrenia workshop.**

## Assisting with Depression

This workshop will give you the opportunity to learn more about the illness depression and the signs, symptoms and treatments. It will also explore the impact on family members and carers, identify supports and self care strategies.

**This workshop is a foundation for Assisting with Bipolar Disorder workshop.**

## Assisting with Schizophrenia

Learn about the definition, diagnosis and course of schizophrenia, as well as concepts of recovery and wellness support planning.

**It would be beneficial to attend the Psychosis workshop prior to this.**

## Assisting with Bipolar Disorder

Discusses differences of bipolar disorder and depression. Covers description, mania, associated risks and treatment options. The experience of living with bipolar is explored and the impact of being a support person.

**It would be beneficial to attend the Depression workshop prior to this.**

## Assisting with Risk of Suicide

This workshop aims to build on your skills and confidence to have a conversation with your loved-one about suicide and/or self-harm; to help you identify warning signs and know how to reach out for help and support.

## Finding Hope in Grief and Loss

This workshop will give you the opportunity to; acknowledge the losses mental illness brings to families, understand how the concepts of grief and loss can apply to the role of a carer, explore your personal experiences of grief and loss with regard to being a carer of someone with a mental illness and consider strategies for moving forward.

## Assisting with Recovery

Aims to address the concept of recovery from both the family and carer perspective and that of the person experiencing mental illness, acknowledge the tensions and dilemmas for carers and look at practical strategies for families to support their collective recovery: carers need recovery too.

## Assisting with Caring for Yourself

Mental illness has an impact on everyone who cares about the person with the illness. This workshop explores the importance of self-care for families and carers. It aims to help identify aspects of life which may get in the way of self-care and to assist in developing ideas and strategies for nurturing and informing your personal self-care journey.

## Assisting with Mindfulness

Provides an introduction to the concept of mindfulness, its benefits and applications for carers, other family members and the person that you care for. This workshop offers an opportunity for you to experience some techniques which can be used in your daily life.

## The Carer Advocates

The Carer Advocates work part-time and provide carers of people with a mental illness with:

### Information

The provision of information about mental illness, services and the mental health system is essential to ensure that carers' needs are met and to assist them to better care for their friend or relative.

### Education

An important aspect of the Carer Advocate's role is to provide education to empower carers so that their needs can be met.

This is on a one to one basis or through our educational programs such as Assisting Families which can be delivered in single modules or as a 4 to 8 week program.

### Advocacy

Where appropriate, they advocate on behalf of carers to ensure that the carers have access to information and services that they require.

### Support

The Carer Advocates provide emotional support both over the telephone and face to face.

If you are a carer or service provider in the Sydney and South Western Sydney LHDs, please contact the appropriate Carer Advocate at the offices listed below:

#### Sydney Local Health District

plus Liverpool, Fairfield and Bankstown LGA's

##### Bankstown Office

Ph: (02) 9708 2670

#### South Western Sydney Local Health District

##### Campbelltown Office

Ph: 0423 767 501

##### Moss Vale Office

Ph: (02) 4868 2755

or in the case of an emergency, please call Lifeline (24 hours) on 13 11 14

For an interpreter call 13 14 50 (Translating and Interpreting Services)



#### One Door Mental Health

Locked Bag 5014, Gladesville NSW 1675

1800 THE KEY (843 539)

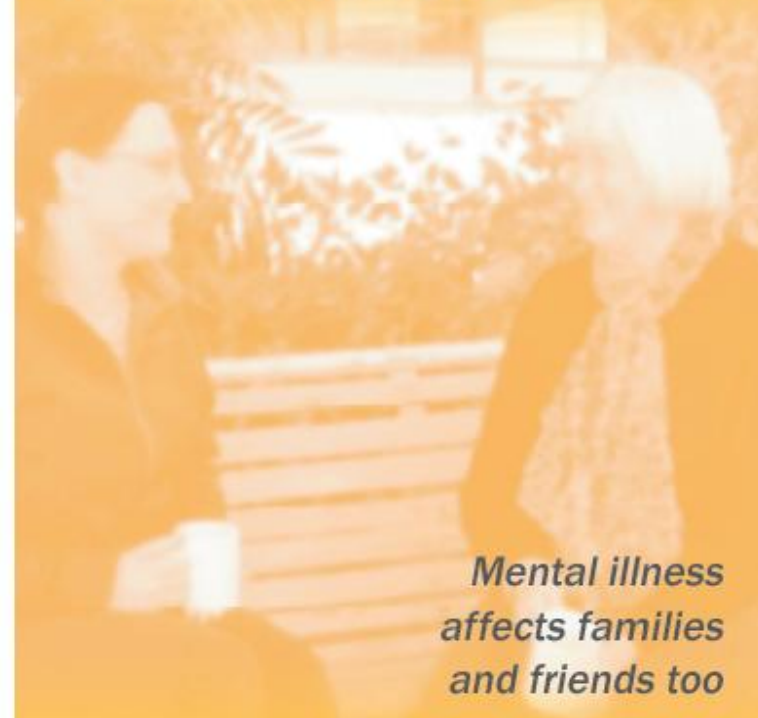
admin@onedoor.org.au

onedoor.org.au

ABN 58 903 786 913



# Are you close to someone with a mental illness?



*Mental illness affects families and friends too*

*Carer Assist helps families and friends by providing emotional support, information education and advocacy*

