

# Family and Carer Mental Health Program



**Uniting**

## Do you care for someone who is living with mental health challenges?

We provide education and training, one-to-one support, and support groups to help ensure you have the tools you need in your caring role.

**The Family and Carer Mental Health Program** partners with 4 Local Health Districts to support people living in Northern and Western Sydney, the Blue Mountains, and the Central Coast.



## Caring for your wellbeing so you can thrive

Caring for a family member or friend can be very rewarding, but it also has its challenges. If your loved one is living with emotional distress, trauma or a mental health condition, the experience is not only felt by them, but also those closest to them.

As part of our Family and Carer Mental Health Program, you can access **3 types of support**.

### 1. Information and training

Our carer information and training sessions aim to build resilience and improve each carer's ability to cope with the challenges of caring for someone with a mental health condition.

Sessions can be attended online, in small groups in the community, or one-to-one with a member of our team.

### 2. Individual support

We'll meet with you in person or online to provide emotional support, share information and connect you to services that meet your unique needs.

### 3. Support groups

Join one of our local support groups for people who are caring for someone living with a mental health condition or experiencing symptoms of mental ill health. We organise guest speakers and it's a chance to meet and connect with other carers who understand and share some of your experiences.



## See how it works

Watch our short video series to learn more about how this program can support you and the people you care for. Hear encouraging stories from participants and our practitioners:



## **Am I eligible?**

You can access this program if you are a family member or carer of someone living with mental health concerns.

## **Make a referral**

If you're interested in joining the program, please get in touch.



## About Uniting

Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone, exactly as they are.

## Contact us

Monday to Friday: 8am–4pm

## Find out more

### **Northern Sydney | Guringai and Dharug**

(02) 8599 4855

[fcmhinfons@uniting.org](mailto:fcmhinfons@uniting.org)

### **Western Sydney | Dharug**

(02) 8599-4880

[fcmhinfows@uniting.org](mailto:fcmhinfows@uniting.org)

### **Central Coast | Darkinjung**

(02) 4322 1855

[fcmhinfocc@uniting.org](mailto:fcmhinfocc@uniting.org)

### **Nepean Blue Mountains |**

### **Dharug, Gundungurra and Wiradjuri**

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