

COPES: CARERS OFFERING PEERS EARLY SUPPORT

The COPES program offers help to carers who are supporting a loved one who is receiving treatment at St Vincent's Mental Health.

When a family member or friend is diagnosed or hospitalized due to mental illness, the flow on effect to loved ones can be traumatic.

Carers may feel confused and isolated and find it difficult to discuss worries with friends and colleagues.

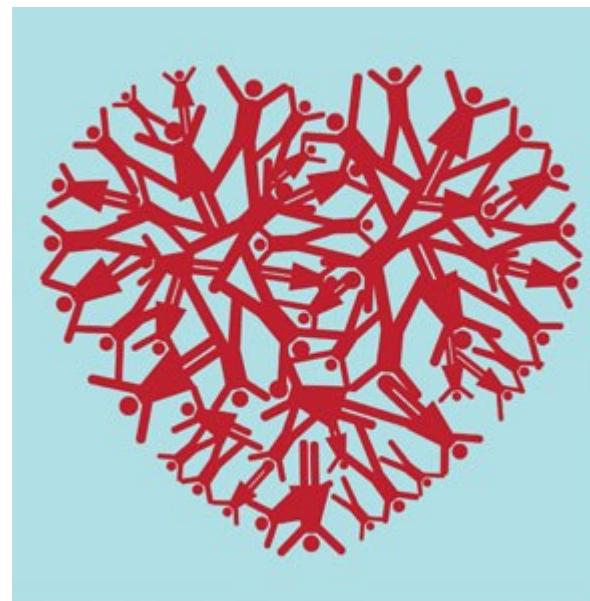
COPES peer support can help by providing opportunities to discuss your needs and to get help finding services.



PHONE:
0467550900

MIND AUSTRALIA & ST VINCENT'S MENTAL HEALTH

AIS, Nicholson Street, Fitzroy (Mon)
Hawthorn CMHS (Tues)
Clarendon CMHS (Thurs)
Phone: 0467550900
E-mail: amanda.robins@svhm.org.au



COPES:

Carers Offering Peers Early Support



MIND AUSTRALIA & ST
VINCENT'S MENTAL
HEALTH

- **Are you feeling lost, confused, overwhelmed?**
- **Would you like to talk to someone who has been through a similar experience?**
- **Talking about it can make a difference!**
- **The COPES worker is trained in mental health and also has experience of looking after a loved one with a mental illness.**

amanda.robins@svhm.org.au
0467550900

WE ARE IN THIS TOGETHER...

COPES

(Carers Offering Peers Early Support)

The COPES Program was designed to support you in your role as carer of someone with a mental health illness.

The COPES worker is available on Mondays, Tuesdays and Thursdays. I can meet with you face to face to listen and have a chat. If you are in the inpatient unit visiting a loved one during an admission and need someone to talk to, please call me on **0467550900** or email me on amanda.robins@svhm.org.au

Alternatively, if you are in the inpatient unit, you can ask a staff member and they will come and get me. I am located in the peer worker room on the ground floor in the Adult Mental Health Inpatient Service in Nicholson Street, Fitzroy on Monday afternoons.

I am also available at the Clarendon Community Mental Health Service and Hawthorn Community Mental Health Service. I can meet you, or we can talk on the phone. I can provide you with some links to supports and other options for helping you in your caring role. The service is free and confidential.



COPES CARER PEER SUPPORT

Are you a family member or friend supporting someone who experiences mental illness?

- We can offer telephone and face-to-face support
- Information and advice on how to get the help you need — including young people, siblings and children of the mentally ill.
- Information on carer support groups, respite, carer education and carer funding
- Support to carers from non-English speaking backgrounds

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