

Mind Melbourne Inner East

Family and Carer services

Connections and support for families and carers



Supporting mental health recovery

About Mind

Mind Australia is a leading provider of community mental health services. We support our clients to live independently productive and satisfying lives. Underpinning our work is a belief that it is possible for everyone to have a rich and meaningful life, including people in families with severe and persistent mental health issues.

About Mind family and carer services

Mind provides services that support families and carers both in their role as carers and also as individuals who may need support themselves. Mind offers a range of services as outlined below.

Statewide Carer Helpline

1300 550 265

carers.helpline@mindaustralia.org.au

The Mind Carer Helpline operates Monday to Friday 9am-5pm and provides an opportunity for carers to talk about their issues and concerns regarding caring for a person with mental illness. The help line is able to provide information, education and strategies to support carers and families.

Flexible respite

Respite care is the provision of short term breaks for carers, families and those who support people with mental illness. Flexible respite can provide 6 respite visits to support carers who reside in eastern suburbs of Melbourne. Following an assessment with a carer, a respite worker can develop a plan to support the carer and care recipient to provide the carer a break. Outreach respite can include assisting with transport to appointments, assistance with exploring interests or social outings in the community.

Carer support groups:

Support groups offer family and carers of someone experiencing mental illness an opportunity to discuss the day to day issues of caring, and seek solutions through mutual support.

Carer counselling

Carer counselling provides an opportunity to talk about feelings and concerns that present during the caring role. Face to face or telephone counselling sessions are available and interpreters can be arranged upon request. Counselling is free and we offer up to 6 sessions.

Carer outings:

Monthly day outings of small groups are easy and always a lot of fun. There are many outings such as trips to the Peninsula Hot Springs, galleries and parks. You can form new networks and friendships, support other carers and enjoy time away from the caring role.

For further information and to make a referral please contact:

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