

Parramatta Mission provides a range of services to people with mental illness and their families and carers.

About Parramatta Mission

Parramatta Mission offers a range of community and mental health-related services, including training, learning and development to people with lived experience of mental illness, carers or family members of people with mental illness, the disadvantaged, people in need, and the community at large.

Our services are delivered in accordance with our values, which are grace, inclusion, dignity, faith and hope.

For more information on Parramatta Mission please visit:

www.parramattamission.org.au



Family and Carer Mental Health

Locked Bag 5360
Parramatta NSW 2124

Central Coast
(02) 4322 1855

fcmhinfocc@parramattamission.org.au

Funded by the NSW Health Department



Family & Carer Mental Health Program Central Coast



Am I a Carer?

A carer doesn't have to be someone who cares for a person all the time. They can be anyone who is involved in helping someone with a mental illness.

If you care for someone with a mental illness then get in touch with us. We can help you learn more about mental illness and provide individual support.



What is the Family and Carer Mental Health Program?

As of the 1st July 2006, NSW Health has funded the Family and Carer Mental Health Program to achieve the following aims:

- To improve family and carer coping
- To increase carer's knowledge of mental illness
- To enhance carer's wellbeing, resilience and relationships
- To assist carers in finding services to meet their needs and circumstances
- To provide individual emotional support to carers

The Family and Carer Mental Health Program operates in partnership with Central Coast Local Health District. Central Coast Local Health District provides public health services to the communities of Central Coast Council. Located between Sydney and the Hunter Valley. The region is served by two acute hospitals – Gosford and Wyong. Gosford Hospital is the principal referral hospital and regional trauma centre for the Central Coast, Wyong Hospital is a major metropolitan hospital while Woy Woy Hospital and Long Jetty Healthcare Centre provide sub-acute care.

What do we provide?

Carer Education and Training

- Carer education and training aims to build resilience and improve the ability to cope with the challenges of caring for someone with a mental illness.

Support Groups

- Focuses on carer strengths
- Provides information and skills
- Offers opportunities to share experiences

Individual Carer Support

- Emotional support
- Information
- Advocacy

