

FAMILY AND CARER MENTAL HEALTH JANUARY 2020 NEWS

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INDIVIDUAL SUPPORT



The Family and Carer Mental Health Service provides Individual Support to anyone related to, living with, or caring for a person experiencing a mental health issue. Appointments with our staff can take place in the community, such as your local café or library, or at our Chatswood office. Our staff can assist you by linking you in with available supports services in your area, advocating on your behalf to Health Services, Centrelink, Housing and Hospital Inpatient Units, offering emotional and crisis support as well as providing psychoeducation and skill building techniques to assist you with your caring role. We can also assist with accessing the Carers Allowance and other benefits that you might be entitled to.

If you feel that you require some extra support or would just like to find out more, don't hesitate to get in contact with our friendly team on (02) 8599 4855 or email us on

fcmhinfo@parramattamission.org.au

SUPPORT DURING THE SILLY SEASON



Amid the Christmas cheer and New Year celebrations, the silly season can also be a time when people experience increased stress and anxiety.

With a number of mental health services closing over the Christmas break, feelings of isolation and a lack of support can creep in. If you or your loved ones need to access support during this time, please contact one of the health services listed below, or our office on 8599 4855.

Mental Health Line: 1800 011 511

Operates 24/7. Call them for advice or a referral to a local mental health service.

Suicide Call Back Service: 1300 659 467

Provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide.

Lifeline Australia : 13 11 14

Lifeline is a telephone crisis support service available 24/7.

1800 Respect: 1800 737 732

National, 24/7 sexual assault and domestic violence helpline.

Emergency: 000

If someone has attempted, or is at immediate risk of harming themselves or someone else, call triple zero (000) immediately

CARERS CHRISTMAS LUNCH 2019



The Family and Carers Mental Health Team would like to thank everyone who attended our Carers Christmas Lunch at House in the Park Wahroonga. It was a great occasion for carers to connect and share experiences whilst celebrating the year over a Christmas Lunch. We would also like to thank the Body Shop for attending on the day and providing pampering sessions for our carers .The Family and Carers Mental Health Team would like to wish all carers and service providers a Merry Christmas and Happy New Year!



UPCOMING SUPPORT GROUPS

JANUARY 2020

Wahroonga Carer Evening Support Group

When: Tuesday 28th January, 6:30 pm – 8:30 pm

Where: House in the Park, Stuart Street, Wahroonga Park

FEBRUARY 2020

Ryde Carer Support Group

When: Monday 3rd February | 2pm - 2pm

Where: Ryde Community Health Centre, 39-41 Fourth Ave,
Eastwood

Chatswood Carer Evening Support Group

When: Thursday 13th February 6:30pm- 8:30pm

Where: The Chatswood Hub, 47 Hercules Street, Chatswood

Wahroonga Carer Evening Support Group

When: Tuesday 25th February 6:30 pm – 8:30 pm

Where: House in the Park, Stuart Street, Wahroonga Park

**** IF YOU WISH TO ATTEND PLEASE RSVP ON 8599 4855 ****

WHAT'S ON IN THE COMMUNITY

Standard Mental Health First Aid Training

Mental Health First Aid training will teach you practical skills which will increase your confidence and enable you to support someone with an emerging mental health illness.

Date and Time & Location:

20th and 21st January 2020 (Monday & Tuesday)
9:30 am – 4:30 pm

Hornsby RSL Club
4 High Street
Hornsby, NSW 2077

To RSVP:

Please register by phone or email - Phone is **0417688236** or
robyn@wisdomiswithin.com.au

2-Day Care for the Carer

Dementia Australia is hosting a **FREE** workshop which aims to explore strategies, resources and support services for maintaining positive carer wellbeing and effective communication.

Date and Time:

14th January 2020 (Tuesday)
10am - 2:30pm

Location:

120 Coxs Rd
Vincent Fairfax Resource Centre
North Ryde, NSW 2113