Support for mental health carers, online and in person

The Sunshine Coast Hospital and Health Service (SCHHS) is leading the way in carer support, with the launch of the new Mental Health Resources 4 Carers website helping those providing care to people with mental health concerns.

Carers can now access the support and information they need both online at the new Mental Health Resources 4 Carers website and in person, with the SCHHS also holding a carers forum in Mountain Creek on the third Wednesday of each month.

The Mental Health Resources for Carers website is a joint initiative between the SCHHS’s Mental Health Carers Reference Group, Partners in Recovery and Carers Queensland.

SCHHS Mental Health and Addiction Services carer consultant Judy Davidson said both the website and the monthly forum provide much needed resources to carers in our community.

“The Mental Health Resources 4 Carers website was created by the SCHHS’s Mental Health Carer Reference Group, who saw the need for widely available and succinct online resources which could be accessed from any part of Queensland,” Ms Davidson said.

“The site is free to use and provides a platform for users to learn, share stories and engage with others.”

The website is constantly updated to capture new legislation and can be accessed by the public at http://mhr4c.com.au/

The Reference Group accessed funding through the Partners in Recovery (PIR) to start the project, which was brought to life with the help of Carers Queensland.

Caring for a person with a mental illness can be both rewarding and challenging. Whether the care provided is for a brief period of recovery or for a longer time, carers also need support and information to sustain the role.

“The Mental Health Resources 4 Carers website aims to answer questions and provide coping support for those who are new to the mental health system in Queensland, have had a loved one unexpectedly diagnosed with mental illness or are in doubt in a caring situation,” Ms Davidson said.

“The site will provide the general public, health practitioners, human sector staff, consumers and carers with up to date information and will assist the navigation of the mental health service state-wide.”
Ms Davidson said the carers forums would also provide useful information to carers, family members, friends and consumers who are interested in learning more about the services available to people living with mental illness on the Sunshine Coast.

**What**: Carers forum, with experienced health professionals  
**When**: 5.30pm to 6.30pm on the third Wednesday of each month commencing July 2016  
**Where**: In the conference room, Clinical Support Building, 6 Lady Musgrave Drive, Mountain Creek (map available on request).

The forums are free, with plenty of parking available, and light refreshments, tea and coffee will be provided.

Please RSVP for catering purposes to lee.galli@health.qld.gov.au and for further information about the forum please contact Judy Davidson on judy.davidson@health.qld.gov.au

### Information sessions for 2016

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<td>Avoiding carer fatigue</td>
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**ENDS**

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