

Family Support Program

Testimonials

“ Without a doubt, MIFWA and my support worker have always been there when times have been tough, encouraging me on my road to Recovery ”

“ Through the program, I have learnt a lot about my mental illness and how it affects me and ways to cope with it. This new knowledge and life skills have allowed me to be a better parent and strengthened my family ”

“ I was very isolated and alone with my worries, problems and thoughts. FSP has provided a slow steady and consistent source of reliable help ”

“ Without the program, it would have been impossible for me to be living a healthy life, be a stronger person and a positive future ahead of me ”

“ My family has gone forward in leaps and bounds in resilience since we have been involved in the Family Support Program ”

“ The Family Support Program has provided me with excellent mentoring and education to help me be a better parent and be more self fulfilled ”

“ I am working on healing me so I can create the best life for myself and my children. Many thanks for your kindness and guidance ”

Referral Process

This service is available to families:

- Who have a child or children under the age of 18 living at home.
- Where there is a family member living with Mental Illness.
- Who live in the North Metropolitan Health area.

Referrals will be accepted from General Practitioners, Mental Health and Allied Health professionals. Self referrals will also be accepted.



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Contact the Manager of the
Family Support Program during business
hours 9.00 am - 5.00 pm Monday to Friday

Phone **(08) 9237 8900**

Postal address

PO Box 1947

Midland DC WA 6936

www.mifwa.org.au

Email: fsp@mifwa.org.au

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Program Focus:

- Promote and assist in the development of resilience and recovery in families
- Assist in the prevention of unnecessary hardship through early intervention strategies
- Assist families to participate in community life
- Reduce the stigma and discrimination relating to mental illness through community education and awareness raising strategies

Focus on Families

MIFWA's Family Support Program promotes and develops resilience and recovery in families where there is mental illness present. This program works from a 'Whole of Family' approach, where the needs of each individual within the family are taken into account. We recognise that the impact of one's mental illness does not impact on that person alone, but affects each member within the family in different ways.



“Recovery is not managing illness
It's discovering wellness
Recovery is not fixing what's broken
It's finding wholeness, meaning, and purpose
A love for life
Recovery is a journey
A reconnection to self, others, nature, and Spirit
A willingness to forgive,
an openness toward reconciliation
A search for peace”
By Duane Sherry

We can help you and your family by:

- Working with you in your home environment
- Supporting you to develop life skills, home routines and budgeting.
- Supporting you to access other local community services and build social networks
- Providing education and information about mental illness to family members and the wider community
- Assisting in the development and setting of family driven goals
- Assisting in the development of communication skills, problem solving and healthy coping strategies
- The development of formal and informal support