

How to get the most out of the Online Support Group

MIFWA's online support group for parents, families and carers is a place for those parents in a caring role to find peer support, build informal networks and receive information about supports relevant to their role. Participants are invited to engage in a brief information session, discussion and reflection on the ups and downs of supporting young people with their mental health.

Below are some guidelines for the online group to ensure everyone participating gets the most out of attending.

- Confidentiality
- Privacy, participate in a way that others around you can not hear the group
- Mutual respect and non judgment, e.g., no eye rolls
- Allowing time for each person to share, some groups will set a time limit on sharing
- Foster encouragement and hope
- Acceptance of different cultures
- This forum is for those in a caring role of an adolescent or young adult
- Participants are respectfully asked to attend with their camera on
- Participants are asked to indicate if leaving the group early, via private chat
- This group is not intended as a crisis or emergency response, please contact Lifeline or MHERL or 000
- Everyone has the right to pass
- Participants will share their own story, not others
- New carers to the group will receive a follow-up call from MIFWA
- MIFWA reserve the right to redirect participants to more appropriate services if required

If you have any questions, Contact Caroline Wood at caroline.wood@mifwa.org.au or 9237 8900.