

Carers, Families and Supporters

A peer-led program

Supporting you to care for yourself while
you care for your family



For more information, contact the
Carer Support team on **9237 8900** or
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Scan QR code for FAQs



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mifwa.org.au

supporting mental wellness + recovery



"I had a wonderful break, the first opportunity to really relax after years of living in a state of constant vigilance, and the first opportunity to really connect with good people who did not cringe from seeing our hardship but received me with acceptance and friendship."

About Carer Support

We understand families and friends often feel isolated when supporting someone experiencing mental health challenges. We also know navigating the mental health system can be difficult. That's why we offer support to you, so you feel less alone and don't feel you have to figure things out alone.

MIFWA's Carer Support provides peer support that promotes resilience, coping skills, and a better understanding of your caring role. We also offer many opportunities that help you make social connections with like-minded people.

The Carer Support team are people with their own lived experience. They have been in caring roles for family members or friends with mental health challenges. They understand the complexities and can draw on their hope and recovery to support you in your caring role.

Am I a carer?

You are a carer if you support a family member or close friend with their mental health challenges.

Ways we can support you

1-to-1 peer support: Whether you're feeling concern, guilt or frustration about your loved one, we're here to listen to you about your situation and provide information and support.

Social and support groups: Join our monthly support groups, including our Carers Coffee Clubs, BPD Carer Support Group, and Online Parent Support Group.

Peer family education: Building A Future is a 12-week program providing information about understanding mental health challenges, hope and recovery, support systems, coping strategies, communication skills and helpful interventions.

Information sessions: We offer information sessions on topics such as setting boundaries, wellbeing, stress management, advocacy and communications skills.

Carer retreats: An opportunity for you to enjoy a much-needed break from your caring role and to meet others, time of you to relax, retore and nurture.

Social connections: Make new friends during our carer-friendly activities such as pamper days, movies, craft workshops, nature walks and river cruises.