



# Caring for our Carers

Support for carers and family  
supporting someone with mental illness

## About Mentis Assist

With over 30 years' experience, Mentis Assist provides specialised mental health support for people experiencing mental illness and their carers.

Our team of experienced mental health practitioners, psychologists, social workers and mental health nurses, together with a network of general practitioners, psychiatrists, counsellors and a range of community services, offer one on one and group support to assist in client-driven recovery.

We aim to help people identify their personal strengths, values and goals, while supporting and coaching them to achieve and develop these. We help clients connect with the community and work with family, friends and carers to create a strong, understanding support network.

## Carer and Family Support

### Are you a carer of someone with a mental illness?

At Mentis Assist, we understand that supporting people you care about can be difficult at times. As a Carer it is important to remember to take time out for yourself.

Mentis Assist provides short term (3-6 months) one on one support to assist carers to focus on their mental wellbeing, build resilience, increase social networks and supports and linkage to services where appropriate.

## NDIS and Carer Support

If you are a carer of someone who does not currently receive a mental health service, they may be eligible for a NDIS package. To find out if they are eligible, please contact the NDIS on 1800 800 110.

There will be no changes to carer support with Mentis Assist until further notice.

For referrals to our carer team, please contact us on 1300 MENTIS (1300 636 847).

## Carer Support Services

- Education and information about mental illness and resources
- Advocate and refer for the carer to other services to help them understand the carer needs
- Work with the carer to identify ways of reducing stress and enhance general wellbeing
- Develop a plan to help achieve identified goals
- Enhance confidence and self-esteem
- Provide opportunities to socialise with other carers
- Improve relationships with those they support
- Explore recreational and vocational opportunities

*"Mentis Staff went above and beyond to help me in one of the toughest times in my life" – Carer*