

Carers & Advocacy



As carers of people with mental health challenges, it can be difficult to advocate for the rights and needs of those we care for, and our own. Mental health carers feel more empowered and confident when they know **WHY** and **HOW** to advocate and self-advocate effectively.



**With Guest speaker
Glenda Marshall,**
Carer Advocate at
HelpingMinds

Topics covered:

- Who is a mental health carer and what are their challenges?
- Carer Rights, the Mental Health Act and other legislations
- What can I expect from an independent Carer Advocate?
- How can I self-advocate for my loved one?



Wed 6 Mar 2024

5.30pm–7pm

FREE for family carers



Online

Link is emailed on the day

RSVP is essential to receive the link.

RSVP to Angela at angela.smith@mifwa.org.au with any questions for Glenda to address during the session. Or by SMS to 0478 220 894.

Please allow 2–3 business days to receive a confirmation.

For urgent queries, please call MIFWA Carer Services on 9237 8900 or 1800 985 944.

