

# Online Parents, Families and Carers Support Group

## Supporting your person with mental health challenges

Parenthood doesn't come with a How-To Guide. At every age and stage, families are provided with opportunities to learn who their young person is and how they move through the world. When mental health challenges are also part of the young person's journey, knowing how to support them can be difficult.

Topics may include:

- Relationships, family dynamics and effective communication
- Hearing voices
- Dual diagnosis – Substance Use and Mental Health Conditions
- Self-care and wellbeing
- Lived experience recovery stories
- Understanding self-harm
- Eating disorders and body image
- Gender identity
- Co-occurring mental health conditions and neurodivergence

Topics are announced each month.

Each session offers a safe, supportive and non-judgemental environment.

**Angela, our Peer Facilitator**, has many years' lived experience of caring for family members impacted by mental health challenges. Her understanding of what it means to be a Carer is a recent and life-changing discovery. Angela aims to help carers find meaning and hope in their personal caring journey, and to contribute to awareness and improvement of support and services for mental health carers, families and supporters.

### How to participate

There's no cost for participating. To maintain confidentiality, sessions are NOT recorded.

**Contact Caroline Wood at [caroline.wood@mifwa.org.au](mailto:caroline.wood@mifwa.org.au) or 9237 8900 to register, and you will be emailed a Zoom link invitation on the day of the session.**