

Continuity of Care

Why do you need support as a carer?

When caring for someone who has a mental illness, you can experience burnout. This can impact your own mental and physical health. Therefore, it is important that you are supported through your caring role and find a healthy balance between being a carer and looking after yourself.

Who can support you through your caring role?

- Family members
- Friends
- Partner
- Your doctor/GP
- Local health workers
- Community service workers



Support for carers of people with mental illness

Local support services (not limited to)

Cairns Mental Health Carers Support Hub

Referral and easy access to other community & government service providers

- Information and education for carers & service providers
- Counselling for carers
- Educare – family education program

Phone: (07) 4041 2543

Web:

<http://mifnq.org.au/cairns-mental-health-community-hub/>

Carers Queensland

- Providing quality services and programs
- Representing and advocating for carers
- Raising awareness about carers and caring
- Research and policy development

Phone: (07) 4031 0163

Email: moliver@carersqld.asn.au

Web: <http://carersqld.asn.au/about-us>

Mental Health Respite: Carer Support (Anglicare)

- Providing support to carers
- Promoting a balance between the caring role and the carers own health and well being

Phone: (07) 4046 8058

Email: awilliams@anglicare.net

Web:

<http://anglicarenq.org.au/mental-health-and-well-being/respice-cairns/>



Partners in Recovery

Ph: 1800 367 747

Email: FNQPIR@centacarecairns.org

Website: www.fnqpartnersinrecovery.com.au

Rights in Action

Ph: 4031 7377

Email: info@rightsinaction.org

Website: www.rightsinaction.org