

## SUPPORT FOR PARENTS AND CARERS

### What is a mental health carer?

A mental health carer is a person who:

- Is a family member or friend who plays a vital role in supporting a person with mental ill health.
- Provides emotional and practical support helping a person living with mental ill health.
- May not even think of themselves as a 'carer'. They have found themselves in this role because they see it as part of their relationship with the person who is affected.
- May be a parent of someone with mental ill health, or an adult caring for a partner, parent or friend. A child who looks after a family member with mental ill health, such as a parent, can also be a carer.
- May not necessarily live with the person they care for.

[Mental Health Carers | Mental Health Carers Australia](#)

### Key facts

- Caring for someone with a mental illness can be challenging and it's OK to feel a range of emotions.
- Looking after yourself will help you to stay well and better care for the person with mental illness.
- Learning about your loved one's mental health condition can help you support them.
- A mental health safety plan may help you and your loved one know what to do in a crisis.
- There are many support services available for mental health carers.

[Caring for someone with a mental illness - mental health support and help | healthdirect](#)

**Carer Gateway** - Carer Gateway is an Australian Government program providing free services and support for carers. If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you. 1800 422 737 <https://www.carergateway.gov.au/about>

**Carers WA** - When someone is caring for a family member or friend living with additional care needs, there may be signs that they need support too. Carers WA's resources can be used as a guide to having a conversation about what your family member/friend needs. 1300 227 377 [Advocating & Supporting Family Carers in WA | Carers WA](#)

**HelpingMinds** - Having someone close to you living with mental health challenges can be a difficult, overwhelming and isolating experience. But you don't have to go through it alone. Our free and confidential mental health support are designed to help you better support those close to you. (08) 9427 7100 [HelpingMinds: Mental Health Support in WA & NT | Leading Carer Support](#)

**MIFWA** - BPD Carer Support Group for Family, Friends & Carers : A new support group for those family and friends that support someone close to them with Borderline Personality Disorder (BPD). The peer facilitated monthly BPD Support Group aims to support family and friends by providing peer support, the sharing of resources, information, and education. 08 9237 8900. <https://www.mifwa.org.au/our-services/carers-support/social-support-groups/>

**Mind Australia** - The relatives and friends of people living with mental ill-health can be helpful partners in both their care and recovery. Provide information to support you in your caring role and about maintaining your own health and wellbeing. If you are caring for someone with a mental illness and need support, call our Carer Helpline on 1300 554 660. [Carers Support Information - Mind Australia](#)

**Healthdirect** – Caring for someone with a mental illness [Caring for someone with a mental illness - mental health support and help | healthdirect](#)

**Mental Health Carers Australia** - Mental Health Carers Australia is the only national advocacy group solely concerned with the well-being and promotion of the needs of families and carers supporting someone with mental ill health. [Our Members | Mental Health Carers Australia](#)

## EMERGENCY MENTAL HEALTH SERVICES

### Mental Health Emergency Response Line (MHERL)

1300 555 788 (Perth)

1800 676 822 (Peel region)

Staffed by mental health professionals, the 24 hour mental health call centre will provide expert and accurate telephone response to acute mental health issues. All callers will be triaged and referred to the most appropriate acute response team according to the level of clinical priority. This service operates within the metropolitan area.

### RuralLink – 1800 552 002

RuralLink is an after-hours extension of local country mental health services providing easy telephone access to experienced community mental health staff, with a focus on supporting people with mental health issues. The service provides an after-hours contact point for new and existing clients, carers, other community members, health professionals, and community and welfare services within regional areas.

### Community (Crisis) Assessment and Treatment Teams

Metropolitan after hours integrated extension of crisis and emergency mental health services in the community which is responsive and accessible for people experiencing a mental health crisis or emergency. In the South Metropolitan area, CATT works in 4 Teams which cover the catchments of Armadale, Bentley, Fremantle and Rockingham and Peel. In the North Metropolitan area, the ATTs work in 4 teams based at Stirling, Swan, Perth City and Joondalup. The afternoon duty shift is supplemented with an overnight on-call shift for the area. These teams can be [accessed via MHERL \(1300 555 788\)](tel:1300555788)

### Sexual Assault Resource Centre – 1800 199 888

SARC provides counselling to people who have been sexually assaulted or sexually abused. You can choose to see a female or male counsellor. The counsellor will focus on your feelings and your reactions and together with you will explore strategies to help you to heal and feel in control of your life.

## DBT THERAPISTS

(Paid Services)

Name	Location	Phone
Virginia Pulker	Mount Pleasant	0476 674 094
Tahnee Witt	Joondalup Subiaco	9301 5659
Emma Ketley	South Perth	0492 913 357
Lisa Pesick	Manning	0448 511 179
Sarah Holloway	Subiaco	0481175575
Alison James	Joondalup	0422 620 144
Jennie Fitzhardinge	Mosman Park	0419 195 568

Lifeline WA does not necessarily endorse these practitioners, but this list contains individuals known to Lifeline WA who have been clinicians in the DBTeen program or are known to state that they provide DBT within their practice.

You could also try : [Find the Best Dialectical Behaviour \(DBT\) Psychologists and Therapists in Western Australia - Psychology Today](#)

## 24 HOUR TELEPHONE COUNSELLING SERVICES

- **Lifeline WA: (08) 13 11 14**

Provides a telephone counselling service.

- **Crisis Care: 9223 1111 or free call 1800 199 008**

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help. Telephone Crisis Care when:

- o you need someone to help sort out a serious problem
- o you are concerned about the wellbeing of a child
- o you are escaping domestic violence and need help
- o arguments are causing unhappiness and problems in your family
- o you are alone or afraid and urgently need to talk to someone
- o you are homeless
- o you need counselling, information or other support

- **Kids Help Line: 1800 55 1800**

Is a confidential, telephone and online counselling service specifically for young people aged between 5 and 25 years.

- **Suicide Call Back Service: 1300 659 467**

Provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide, across Australia.

- **The Samaritans Crisis Line: 135 247**

Provides a crisis telephone service which offers anonymous, non-judgemental, non-religious emotional support, from appropriately trained individuals.

- **MensLine: 1300 78 99 78**

Is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

- **Headspace: 1800 650 890**

Provides online and telephone support and counselling to young people aged 12 to 25 years.

- **Blue Knot Foundation Helpline : 1300 657 380**

Blue Knot Foundation Helpline is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse. Call 1300 657 380, Monday – Sunday between 9am – 5pm AEST or via email [helpline@blueknot.org.au](mailto:helpline@blueknot.org.au).

- **QLife: 1800 184 527 3pm – 12am AEST, 7 days a week**

Provides nationwide telephone and web-based services for lesbian peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527, 3pm – 12am (midnight) AEST/7 days a week

- **1800Respect: 1800 737 732**

Support if you, or someone you know, is experiencing sexual assault or domestic and family violence (all ages).

## ONLINE SUPPORT SERVICES

- **PORTS:** <https://ports.org.au/>

PORTS provides free, high quality mental health assessment and treatment to Western Australians aged 16 and over who are experiencing challenges related to low mood, anxiety, or substance use.

- **Reachout:** <http://au.reachout.com/>

ReachOut.com is a web-based service that provides young people, their families and carers, with the information, tools, skills and connections they need to make positive decisions about their mental health and wellbeing.

- **Headspace:** <https://www.eheadspace.org.au/>

Provides online and telephone support and counselling to young people aged 12 to 25.

- **Suicide Call Back Service:** <http://www.suicidecallbackservice.org.au/>

In addition to their crisis support telephone service, the Suicide Call Back Service website offers a number of online resources for those affected by suicide.

- **DBT Online:** <https://dbtonline.com.au/>

DBT Online is delivered by expert DBT clinicians at the Melbourne DBT Centre, who are nationally recognised for excellence in DBT.experts in DBT and evidence-based therapies. They are trained in the latest techniques, and are very committed to their work.

- **Youth beyondblue:** <https://www.beyondblue.org.au/who-does-it-affect/young-people>

Provides information and resources relating to mental health problems such as depression and anxiety.

- **It's All Right:** <http://www.itsallright.org/>

Itsallright is a website where you can read the diaries of four teenagers, based on real stories, as they deal with the challenge of living with mental illness in their family. It also has useful Factsheets and Podcasts and provides an online information and referral service on mental illness including schizophrenia, depression and anxiety disorders.

- **Mood Gym:** <https://moodgym.anu.edu.au/welcome>

Provides a free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

- **E-couch:** <https://ecouch.anu.edu.au/welcome>

E-couch is a self-help interactive program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss & grief.

- **Black Dog Institute (youth):** <http://www.biteback.org.au/>

BITE BACK is a new and evolving website which aims to improve the wellbeing and mental fitness of young people, based on the principles of positive psychology – the science of optimal functioning.

- **BPD Foundation:** <https://www.bpdfoundation.org.au/>

The VISION of the foundation is to encourage a positive culture around Borderline Personality Disorder (BPD) and the ready availability and accessibility of appropriate services for people with BPD and those that care for them.

The MISSION of the foundation is to promote a positive culture to support the recovery journey of people with BPD and their families/carers. The Foundation also supports clinicians, health care personnel and researchers working in this field and acknowledges everyone who works towards a better recognition of BPD