

# Mental Health Carers



*Be quick,  
survey closing  
date  
Friday August  
6th*

**Mental Health Council of Australia  
needs  
YOU!**



Join with over 1500 other carers and be part of the  
***Annual, National Survey of Australian Mental Health Carers***

**GO TO:**

<http://www.surveygizmo.com/s/286309/mental-health-carers-survey-2010>

**What has happened so far:**

In 2008 and 2009 over 1500 carers were asked *'what are the most important issues of being a mental health that affect YOUR life'*. 15 issues were identified by carers and published in *Adversity to Advocacy* (downloadable from MHCA.org.au)

This survey is the FIRST of the national surveys to find out if things are getting better or worse for mental health carers and the people they care .

**Be a part of changing things for the better, fill in the survey today!**

*If you don't have access the internet phone Linda Rosie (02) 6285 0810 leave your number and details and your call will be returned.* Further information: Linda.Rosie@MHCA.org.au

## Mental Health Carers Survey 2010—further information

### *What has happened so far:*

2008 and 2009—The MHCA visited 116 groups of carers throughout Australia and asked over 1500 carers what were the most important issues in their lives as carers

2009—‘*Adversity to Advocacy the lives and hopes of mental health carers*’ was launched at parliament house by Minister Macklin and highlighted the top 15 issues of Mental Health Carers:

### **The 15 MH carer issues are:**

- 1 Listen to and respect carers**
- 2 Integrated recovery based care for the consumer**
- 3 More and better trained staff at all levels**
- 4 Knowledge and information for carers**
- 5 Care and consumer education for all professional groups and agencies**
- 6 Support systems, services and processes established for carers**
- 7 Acute care to be therapeutic and accessible**
- 8 Stigma, discrimination and isolation for carers and consumers**
- 9 Accommodation options for consumers at all levels of care**
- 10 Financial costs to carers**
- 11 Physical and mental health of carers**
- 12 Flexible respite options for carers**
- 13 Privacy and confidentiality issues**
- 14 Early intervention at each episode of care**
- 15 Employment options for carers**

## **FROM NOW—until August 6th , 2010**

*The first national survey of mental health carers*, based on the issues above will identify if things are getting better or worse for carers from Cairns to Cooma, Broome to Bega . The results will be published in a major, national, mental health carers report later this year.

### **Why it is important YOU complete the survey?**

It's simple - the more carers who complete the survey the greater the voice raised for change to the current system

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