

Mental Health Carers Voice Networking Forum

Thursday, 16 May

Navigating the Mental Health System

Carers ACT is bringing together a panel of speakers to share information, strategies, and to provide resources for mental health carers on how to navigate the mental health system. Knowledge about the mental health system is a huge issue for people who have just entered the 'system', but also for those people who may be unaware of the range of services and supports that are available for people living in Canberra.

Come and listen to consumer and carer narratives and engage with representatives from:

- Division of Mental Health, Justice Health, Alcohol & Drug Service
- ACT Medicare Local
- Transition to Recovery Program, Woden Community Service
- Step-Up/Step-Down Program, Mental Illness Fellowship Victoria
- Carers ACT
- NDIS Taskforce
- Mental Health Foundation
- Personal Helpers & Mentors Program: Richmond Fellowship Belconnen, and Woden Community Service
- CIT Skills for Carers
- Mental Health Community Coalition ACT.

This forum will be facilitated by Helen Swift.

Date: Thursday 16 May
Time: 9.30am – 12.30pm
Location: Conference Room 1, Rex Hotel, 150 Northbourne Avenue, Braddon
Cost: Free. Lunch will be provided
RSVP: By 10am, 9 May. Phone Rosie on 6296 9900; or email mhcarers@carersact.org.au.