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19th February 2018

I am a mental health carer!

Because I care I look after my care recipient, often on a on a day-to-day basis, without training, knowledge of mental illness or practical and emotional support, or indeed, acknowledgment of my own needs and mental health.

Because I care I usually don't have the time, energy or funds to pursue activities that I used to enjoy or to spend time with loved ones who are not directly impacted by the situation.

Because I care I sometimes put my own safety at risk and feel overwhelmed when the person I care for is very unwell. I am unsure of how to cope with crisis situations and find it hard to know what will help and what will make the situation worse.

Because I care I look after my loved one with mental illness and sometimes I feel angry, confused and alone. It's hard to reach out and find peers.

Because I care I put up with poor recognition and inclusion by health professionals, and spending a great deal of time trying to navigate a fragmented mental health system on behalf of my care recipient. I get grouped with carers of older people and people with intellectual or physical disabilities. My role as a mental health carer feels different, doesn't fit.

Because I care I worry that my care recipient can't find suitable accommodation and support and I don't know how they will be supported after I become too unwell or too old to care for them.

Because I care I know that the NDIS will not support all people with mental illness and that even where there is support, care recipients will still need emotional care and support as well as someone to fill in the others gaps which the NDIS will not supply.

Because I care getting to work or keeping a job or accessing education can be difficult. Sometimes I need to be at hospital during the week, attend meetings, stay with the person through the night, or be around to monitor their medications.

Because I care I have fallen behind in my skill set, my confidence and my ability to seek and keep work.

Because I care I live with poverty, isolation, stigma and anxiety about the future.

I am a mental health carer.

I care and want to ask those politicians asking for my vote: do you care?

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Our Vision

Carers of people affected by mental ill health are understood, respected, valued and supported to build their capacities and improve their quality of life.