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MEDIA RELEASE

Embargoed until Sunday 14th October 2018

CARERS WEEK MEN CARE TOO

Men play a vital role as family, relatives and friends in supporting people with a mental illness. Mental illness impacts not only the person with the illness but families, friends and colleagues in the workplace.

To celebrate Carers Week (14-20 October) Mental Health Carers Tasmania is walking from workplace to workplace between Newtown and Glenorchy dropping off postcards to engage with men who may identify as a mental health carer.

“Men care too and sometimes find it difficult to talk about what they do at home”, comments Ms Maxine Griffiths, CEO of Mental Health Carers Tasmania. “Some workplaces may not know how to support a male carer or even how to start a conversation about how things are going at home”.

“We want workplaces to make it easier for men who are carers to find support, to feel they are not on their own and to know that work can be a safe place to talk. Our postcard asks simple but clear questions and then directs carers to supports if needed”.

Carers Week begins Sunday 14th October.

For support contact MHCTas on [6228 7448](tel:0362287448) or <https://mentalhealthcarerstas.org.au>

For further media comment contact:

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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 qualities of life.