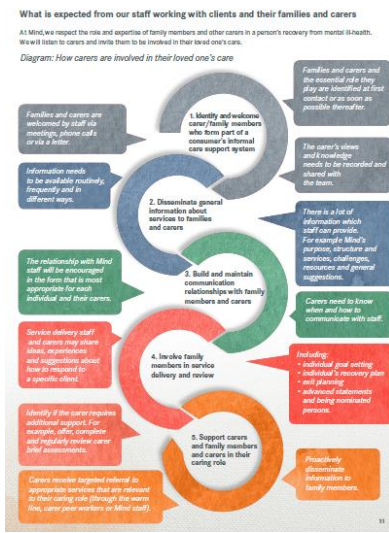


# Appendix 7: Sample Posters

[https://www.mindaustralia.org.au/sites/default/files/Minds\\_approach\\_to\\_working\\_with\\_families\\_and\\_carers\\_0.pdf](https://www.mindaustralia.org.au/sites/default/files/Minds_approach_to_working_with_families_and_carers_0.pdf)



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## 1. Carer welcome and identification

Mind staff identify and welcome families and carers at first contact or as soon as possible thereafter.

Some useful tools for staff to identify and welcome carers include:

- Training on family inclusive practice
- The carer welcome letter template
- Mind's training for accurate family and carer record keeping.

**Conversation starters - How to identify carers**  
- from Mind's family inclusive practice training.

- Who do you see every day or every week?
- Who are the people you worry about or worry about you?
- Who are the most important people in your life?
- Do you have children?
- Who do you hang out with on weekends, on weekdays?
- Who would you go to for help if you were in trouble?
- Who do you rely on the most?
- Who supports you when you need it?

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"Mind understands the need to support carers so they in turn can continue to support the person with the mental illness."  
- Mind Family and Carer Reference Group member

### Are you caring for someone living with mental ill-health?

Here are 10 tips for coping:

1. Look after yourself.
2. It's normal to experience different emotions, with caring.
3. Don't isolate yourself.
4. Don't blame yourself.
5. Have a safe release of an emergency.
6. Set clear boundaries.
7. Check Carerwatch for more helpful resources.
8. Seek help when things get really hard.
9. Seek out information through workshops, support groups.
10. Finding the good has can be hard, but don't give up.

mind

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