

## Invitation to friends, families and carers of people with mental ill health

*Conversations with Statewide Mental Health and Alcohol and  
Drug Services Staff*

### **Do You?**

Help someone around their own home, take them shopping or help with other daily tasks? Take them for medical appointments, offer support by listening to their concerns? Do you increase your care when needed and take a step back to support their independence?

**Then these conversations are for you!**

*These forums are not open to service providers.*

### **March topic**

The issue of smoking in mental illness and tips for you  
as a family member or friend

***Tuesday 3<sup>rd</sup> March 2020 (10 am – 12 pm)***

*Mental Health Families and Friends Tasmania, Ground Floor, 2 Terry Street Glenorchy*

A light morning tea will be supplied - RSVPs are essential for catering by 5.00 pm Monday 2<sup>nd</sup> March 2020

 [6228 7448](tel:62287448) or [admin@mentalhealthcarerstas.org.au](mailto:admin@mentalhealthcarerstas.org.au)