



MENTAL HEALTH PROGRAM



Carers NT is a not-for-profit, community-based organisation dedicated to improving the lives of family carers living in the Northern Territory.

Carers NT works in partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community, to achieve an improved quality of life for carers as well as offering services to carers.

WHAT IS THE MENTAL HEALTH PROGRAM?

The Mental Health Program Provides:

- * A range of short term respite options to improve the quality of life for carers of people experiencing issues associated with mental illness. Respite aims to assist carers to continue in their caring roles, improve their health and wellbeing and participate socially and economically in the community.
- * Mental health education and training programs for carers including Mental Health First Aid and Suicide Awareness training.
- * Peer support programs and group activities for carers which provide a combination of fun, social, educational and support opportunities.
- * Advocacy information and referral to support services, mental health promotion and awareness in the community including activities designed to reduce stigma toward people experiencing mental illness.

CONTACT US

CARERS NT

59 Bayview Boulevard, Bayview
GPO Box 1861, Darwin, NT 0801

Freecall: 1800 242 636

F: 08 8944 4889

carersnt@carersnt.asn.au

www.carersnt.asn.au

www.facebook.com/carers-nt

1800 242 636

www.carersnt.asn.au