



FEBRUARY

2023

## **ARE YOU CARING FOR SOMEONE WHO HAS A MENTAL HEALTH CONDITION OR IS EXPERIENCING SYMPTOMS OF MENTAL HEALTH?**

We provide education and training, one-to-one support, and support groups to help ensure you have the tools you need in your caring role.

### **The Family and Carer Mental Health Program offers Carers:**

#### Individual Carer Support:

- Emotional Support
- Information
- Advocacy
- Assistance with carer payments

#### Linking to other services

- Support Groups:
- Focuses on carer strengths
- Provides information and build skills
- Offers opportunities to share experience

#### Carer Education and Training

We also facilitate education and training to help carers build skills and resilience to improve their ability to cope while caring for someone who has a mental health condition or is experiencing symptoms of mental ill health.



## WHAT'S ON THIS FEBRUARY

Education and Events

<p><b>Employment Information Workshop</b> facilitated by Global Skills</p> <p><b>Wednesday 8<sup>th</sup> of February</b> <b>10:30am- 11:30 Via Microsoft Teams</b></p> <p>This is a great opportunity for Carers to gain more knowledge for themselves or their family members who are interested in employment and meeting payment obligations.</p> <p>View flyer on page 4 for more information. To register e-mail <a href="mailto:jdouglas@uniting.org">jdouglas@uniting.org</a> Or Ph: 0436299596</p>	<p><b>All Things Adolescent Mental Health</b> facilitated by Jessica Matotek</p> <p><b>Saturday 11<sup>th</sup> of February</b> <b>10:00am -1:00pm In-person and via On-line</b></p> <p><b>Understanding the signs:</b> An educational group about the difference between Anxiety, Depression, ADHD and Autism. This workshop will explain what each of these looks like and how to best support our loved ones experiencing them</p> <p>To register for this workshop. E-mail <a href="mailto:lcrouse@uniting.org">lcrouse@uniting.org</a> or ph: 0438221178</p>
<p><b>LIVING WELL</b> with <b>CHRONIC ILLNESS</b></p> <p><b>Carers Workshop</b> Facilitated by Erica Pitman <b>Tuesday 14th February 10.00 am – 12.00 via zoom</b></p> <ul style="list-style-type: none"> <li>• Discuss, with other carers, the impact of chronic illness</li> <li>• Learn principles for living well with chronic illness</li> <li>• Share coping strategies with other carers</li> </ul> <p>To register for this workshop. E-mail <a href="mailto:lcrouse@uniting.org">lcrouse@uniting.org</a> or ph: 0438221178</p>	<p><b>Blacktown Carers Support Group</b> <b>Tuesday 28th February 6:00PM-7:30pm</b></p> <p>A face-to-face Support Group for carers &amp; loved ones of those living with mental health challenges to connect and learn new things together along your caring journey.</p> <p>To register for this workshop. E-mail <a href="mailto:lcrouse@uniting.org">lcrouse@uniting.org</a> or ph: 0438221178</p>

**Uniting**

# EMPLOYMENT INFORMATION WORKSHOP

FACILITATED BY GLOBAL SKILLS

**WEDNESDAY, 8 FEBRUARY**

**10:30 AM- 11:30AM**

This workshop will be facilitated by Global Skills who work with Mainstream and Disability Employment and support job seekers in finding and maintaining employment.

This is a great opportunity for Carers to gain more knowledge for themselves or their family members who are interested in employment and meeting payment obligations.

The topics covered would be as follows.

- How to access a Provider and the process of changing provider if required.
- How to meet Centrelink obligations with Jobseeker, Disability and Carer payments
- Information on Disability Employment Service (DES)
- Youth Employment and local providers
- Job access and the supports available
- Options for programs for job readiness for all ages and opportunities for training
- Understanding Bench marking and Medical exemptions.
- Disclosure of Mental Health or Disability to the Employer

There will be an opportunity for Q&A time.

RSVP TO JULIE DOUGLAS BY TUESDAY THE 7TH OF FEBRUARY ON  
0436299596 OR [JDOUGLAS@UNITING.ORG](mailto:JDOUGLAS@UNITING.ORG)

# LIVING WELL with CHRONIC ILLNESS

## *Carers Workshop*



### SESSION DETAILS

#### DATE

Tuesday 14 February 2023

#### TIME

10.00 am – 12.00 noon

Please join at 9.55 am

(10 min break during session)

#### VENUE

Participate in your own home via Zoom. You will need to have your camera on for interaction with the group. Break out rooms will be used.

You will need to be in a private, uninterrupted space to maintain confidentiality and privacy for all group participants.

**FREE for Carers**

**TO REGISTER by: Tuesday 7 Feb**

Contact: FCMH North Sydney Team

T: 02 8599 4855

E: [fcmhinfo@uniting.org](mailto:fcmhinfo@uniting.org)

Minimum 8, Maximum 20 Carer Participants.

Funded by Uniting Family & Carer Mental Health Program

## An online workshop for CARERS experiencing any form of chronic illness/disease

Chronic diseases are mostly characterised by, complex causes, multiple risk factors, long latency periods, a prolonged course of illness and functional impairment or disability.

(Australian Institute of Health & Welfare)

Whether you have arthritis, asthma, cancer, depression, diabetes, heart disease, kidney disease, osteoporosis or other chronic illness, there are basic principles that apply to living well with these conditions.

*This is about your chronic illness, not the person you care for.*

This two-hour online workshop provides an opportunity to:

- Discuss, with other carers, the impact of chronic illness
- Learn principles for living well with chronic illness
- Share coping strategies with other carers

*Developed and facilitated by Erica Pitman, a PACFA Registered Counsellor, Supervisor and Cancer Counselling Professional. Erica has 30 years' experience working with carers and manages her own chronic illness – rheumatoid arthritis.*

Registration required before your place can be confirmed. A Zoom invitation will be sent directly from Erica's email address after Tue 7 Feb.

*Don't be surprised to discover that in the end, it is the ability to change, to look at things differently, that determines how we cope.*

# Uniting

For more information about F&CMP Program visit  
[www.uniting.org](http://www.uniting.org)

UPCOMING

# Workshops

All things adolescent mental health



## Meet the facilitator Jessica Matotek

Psychotherapist  
Mental Health Educator



## INK & INTUITION

Meet Jess, an experienced psychotherapist with over 8 years of working in youth mental health, trauma, disability settings and services.

Specializing in youth mental health, Jess is dedicated to providing meaningful and relevant mental health education through community workshops to better support family and carers.

With a passion for helping youth and families, Jess has a wealth of knowledge and experience to share. Join her workshops and learn how to better support the mental well-being of young people through up to date information and creative methods.

# Workshop Details:

## **11th Feb - 10am to 1pm- Understanding the signs:**

An educational group about the difference between Anxiety, Depression, ADHD and Autism. This workshop will explain what each of these look like and how to best support our loved ones experiencing them.

## **11th Mar- 10am to 1pm Building Healthy Relationships:**

An educational workshop that aims to give you the tools and information required to build safe and meaningful social and personal relationships. We will discuss non-violent communication, co-regulation strategies and boundary setting.

## **29th Apr- 10am-1pm- Motivating Teens:**

Motivating teens can be challenging and unique to each individual. This workshop will equip you with the research backed methods and tools to try with your loved ones who may be experiencing challenges reaching their goals and finding motivation.

## **27th May- 10am-1pm- De-escalating high risk situations:**

This workshop will teach you about emotion regulation, why it helps and how to de-escalate high risk situations with your understanding of emotion regulation.

## **24th Jun- 10am-1pm- School Refusal:**

Is your loved one struggling to get to school? Are you noticing signs of school refusal or avoidance? This workshop will explain what school refusal is, why it happens and how to best support our loved ones experiencing it.

**INK & INTUITION**

[www.inkandintuition.com.au](http://www.inkandintuition.com.au)




# Blacktown Carer Support Group

A face-to-face Support Group for carers & loved ones of those living with mental health challenges to connect and learn new things together along your caring journey.

bringing a new topic to carers every month, the first topic for this year will be...



## CARER CONVERSATIONS



come along and get to know other carers, families and loved ones.  
build connections and socialise in a safe space with others who understand the challenges of being a carer.  
Share experiences, knowledge and support each other.

( tea, coffee and supper included )

**When:** Tues 28th Feb, 6-7:30pm

**Where:** Melaleuca Unit Blacktown Hospital,  
Blacktown Hospital

(Parking information Provided On Registration)

Registration Please Contact: Lisa Crouse

PH: 0438 221 178

Email: [lcrouse@uniting.org](mailto:lcrouse@uniting.org)





# Smoking Cessation

Smoking is highly addictive and causes many health problems due to a large number of harmful toxins present in cigarette smoke. Quitting smoking can be difficult, but with the right methods and support in place, you can have a successful journey in becoming smoke-free for life.

## Key facts

- Smoking is the leading cause of preventable death and disease in Australia.
- Quitting smoking is associated with better outcomes for many health conditions and diseases.
- Your body starts repairing itself as soon as you've smoked your last cigarette.

Most people who smoke will attempt to quit several times and are eventually successful.

Tobacco smoke contains more than 7,000 chemicals and many of them can cause cancer. Smoking harms nearly every organ of the body and every cigarette is doing you harm.

From the moment you stop smoking, however, your body begins to repair itself and you will start noticing the benefits quite quickly.

Quitting smoking can be tough, but as well as the health benefits and being able to save money, there are other reasons to give up — with benefits both for the now former smoker and their friends and family.

Once you put out that cigarette, dramatic changes start to occur in your body. From the moment you stop smoking, your lung function will begin to improve, while after:

- **20 minutes** — your [resting heart rate](#) starts to decrease (this is a sign of your overall fitness level)
- **12 hours** — your blood oxygen levels start to improve, and the amount of carbon monoxide in your body begins to decrease
- **5 days** — most of the nicotine has left your body
- **1 week** — your sense of taste and [smell](#) improves
- **2 to 12 weeks** — your risk of [heart attack](#) is reduced, your circulation is improved, you find exercise easier to manage and your lung function is more effective
- **1 to 9 months** — you are short of breath less frequently and you [cough](#) less
- **1 year** — your risk of heart disease has decreased to about half what it would have been if you had continued to smoke
- **5 years** — you have reduced your risk of having a [stroke](#) or developing mouth cancer, throat cancer or cancer of the oesophagus
- **10 years** — your risk of developing [lung cancer](#) has decreased to about half what it would have been if you had continued to smoke, while your risk of developing bladder cancer, kidney cancer and pancreatic cancer has also decreased

When you quit smoking, you also help your friends and family by decreasing their exposure to 'second-hand smoke' and passive smoking. This is especially important if you have children living with you at home.

Quitting smoking can save you a lot of money. If you are currently smoking 20 cigarettes a day, quitting could save thousands of dollars each year.

There are other social benefits too — smoking is not allowed in many public places and going out for a cigarette often means stepping outside during conversations, meetings and activities. Quitting means you don't need to miss out.

## How can I quit smoking?

Everyone experiences a different journey before successfully quitting smoking. Some people may find it easy; others will find it more challenging. The good news is that there are many ways to stop smoking and lots of resources to support you along the way.

Make sure you have a personal 'quit plan' that you can refer to when you need. Your quit plan can include:

- a quit date
- the reasons why you want to quit
- a plan to deal with cravings and withdrawal symptoms
- a list of your smoking 'triggers' and how to manage them
- a plan to transform your home and car into a 'smoke-free zone'
- your method of quitting smoking

## What methods can help me quit smoking?

There are several ways to quit smoking, including going 'cold turkey' (stopping suddenly), gradually cutting down on cigarettes, using nicotine replacement therapy (NRT), taking prescription medicines, and getting professional support and counselling.

**FIND A HEALTH SERVICE** — The [Service Finder](#) can help you find doctors, pharmacies, hospitals, and other health services.

You can also increase your chance of successfully quitting smoking by changing your smoking-related routines and behaviours. This might include:

- identifying and avoiding situations that will trigger your desire to smoke
- distracting yourself with new activities
- finding a support system among friends and family or a support group
- reminding yourself of the benefits of quitting smoking

## Gradually cutting down to quit

Gradually cutting down means slowly decreasing the number of cigarettes you smoke every day, until you have quit completely. It is a good way to start if you're not quite ready to stop smoking right now.

You can gradually cut down smoking by increasing the time between cigarettes or the number of cigarettes you smoke each day until you reach your target quit date.

There are professional services available such as those at Quitline or counselling by medical professionals. You may want to talk to your doctor about your situation before starting any treatment.



[Complete YES-CMO Online](#)

## **Your Experience of Service (YES) Survey**

We would love to hear your feedback about our service. We are committed to improving our service and the delivery of the Family and Carers Mental Health Program, we need your help. Below you can help us by providing anonymous and honest feedback about your experience.

Scan the QR below to begin your survey now



Or follow the link below to complete your survey:  
[www.yourexperience.org.au/cmoyes/survey/C0089/en](http://www.yourexperience.org.au/cmoyes/survey/C0089/en)



# Safe Haven

A calm, culturally-sensitive and non-clinical setting staffed by trained peer workers and mental health professional to support people experiencing suicidal distress.



Safe Haven is a NSW Health  
Towards Zero Suicides initiative

## Safe Haven provides:

- Peer support for people of all ages who are experiencing suicidal distress
- A compassionate, culturally-sensitive and trauma-aware space staffed by skilled peer workers, with their own lived experiences of suicide, who listen and understand
- An alternative to the emergency department for anyone experiencing suicidal thoughts or feelings
- A warm, non-clinical, non-judgemental, safe space where suicidal thoughts are understood and distressing emotions can be safely shared
- Led by peer workers who share their knowledge of extended care pathway options and local community connections.

**Free, no Medicare card or appointment required.**

**OPEN Sunday -Wednesday 3:30pm –9:30pm**

**LOCATION 26 Grand Avenue, Westmead NSW 2145**

**CONTACT 0436 377 113**

**If you or someone you know is in immediate danger, please call 000.**



# Suicide Prevention Outreach Teams (SPOT)

Mobile response teams of mental health clinicians and peer workers to support people experiencing suicidal distress or situational crisis.

# Are you experiencing suicidal distress? Are you having suicidal thoughts and need help?

Suicide Prevention Outreach Teams (SPOT) can support you.

- Two-person teams of a mental health clinician and a peer worker (with lived experience of suicide), coming to you to provide support in your home or a community setting
- Personalised support, care pathways and collaborative safety planning
- No referral or Medicare required
- Accessible after hours and providing a same day service.

## Service Contact List

Emergency & Crisis Services	Services	Online Support Services
<p>Emergency Services, Police, Ambulance, Fire: 000</p> <p>Lifeline: 13 11 14</p> <p>Mental Health Line (24 hour): 1800 011 511</p> <p>Poisons Information Service: 13 11 26</p> <p>Carers Emergency Respite: 1800 052 222</p> <p>Safe Haven: 0436 377 113 (all ages)</p> <p>SPOT (Suicide Prevention Outreach Team): 1800011511</p> <p>Suicide Call Back Service: 1300 659 467</p> <p>Link2Home: (Homelessness): 1800 152 152</p> <p>Men's Line: 1300 789 978</p> <p>Domestic Violence &amp; Sexual Assault Helpline: 1800 737 732 or (1800 Respect)</p> <p>Kids helpline: 1800 55 1800</p>	<p>After Hours GP Helpline: 1800 022 222</p> <p>Al-Anon: 1300 252 666</p> <p>Anglicare: Food &amp; Financial Assistance: 8624 8600</p> <p>Beyond Blue: 1300 224 636</p> <p>Carer Gateway: 1800 422 737</p> <p>Carer Line: 1800 242 636</p> <p>Carers NSW: 9280 4744</p> <p>Centrelink Customer Service: 132 307</p> <p>Centrelink Carers Line-Payments and Allowance: 132 717</p> <p>Connections Helpline (24 hours): 1300 096 273</p> <p>Family Drug Support: 4782 9222</p> <p>Gambling Help NSW: 1800 422 737</p> <p>Grief Line Helpline: 1300 845 745</p> <p>headspace Castle Hill: 9393 9800</p> <p>headspace Parramatta: 1300 737 616</p> <p>headspace Mt Druitt: 8881 2500</p> <p>Hope4U: 1800 467 348</p> <p>Legal Aid: 1800 938 227</p> <p>LikeMind Seven Hills: 8806 3800</p> <p>Mental Health Advocacy Service: 9745 4277</p> <p>Mental Health Carers NSW: 130 0554 660</p> <p>My Aged Care: 1800 200 422</p> <p>NDIS: 1800 800 110</p> <p>Relationships Australia: 1300 364 277</p> <p>Safe Haven: 0436 377 113 (18 years and under)</p> <p>Safe Space-Blacktown: 1300 00 1907</p> <p>SANE Australia Helpline: 1800 187 263</p>	<p><a href="http://carersnsw.org.au">carersnsw.org.au</a></p> <p><a href="http://carergateway.gov.au">carergateway.gov.au</a></p> <p><a href="http://beyondblue.org.au">beyondblue.org.au</a></p> <p><a href="http://eheadspace.org.au">eheadspace.org.au</a></p> <p><a href="http://kidshelpline.com.au">kidshelpline.com.au</a></p> <p><a href="http://lifeline.org.au">lifeline.org.au</a></p> <p><a href="http://mentalhealthcarersnsw.org">mentalhealthcarersnsw.org</a></p> <p><a href="http://qlife.org.au/support">qlife.org.au/support</a></p> <p><a href="http://au.reachout.com">au.reachout.com</a></p> <p><a href="http://sane.org/get-help">sane.org/get-help</a></p> <p><a href="http://headtohealth.gov.au">headtohealth.gov.au</a></p> <p><a href="http://embracementalhealth.org">embracementalhealth.org</a></p> <p>Safe Space-Blacktown: <a href="http://stride.com.au">stride.com.au</a></p>



# Messages From One Carer To Another

I HEAR YOU  
YOU'RE NOT ALONE  
NEVER GIVE UP  
ONE DAY AT A TIME; ONE THING AT A TIME  
STAY CALM  
DON'T COMPARE YOUR SITUATION WITH  
OTHERS  
YOU ARE IMPORTANT TOO  
TIME FOR SELF-CARE  
REACH OUT, THERE IS ALWAYS HELP  
DON'T BE EMBARRASSED TO REACH OUT  
TALK TO OTHER CARERS  
GO TO CARER SUPPORT GROUPS  
DON'T FEEL GUILTY FOR NOT GETTING THE  
WASHING DONE  
REMEMBER THE POSITIVE MOMENTS  
DON'T FORGET HOW FAR YOU'VE COME  
CREATE BOUNDARIES