

Commitment to carers

Increasing carer involvement in mental health services

Queensland Health

- Acknowledges the significant contribution family and carers make in supporting consumers on their recovery journey.
- Recognises that carers have needs specific to their own circumstances, separate from consumers.
- Promotes and supports carer involvement in the care planning and treatment for consumers.

Queensland Health's commitment to carers is reflected in the following practice guidelines:

- Carer involvement should be negotiated at the earliest possible stage between the consumer, the carer and the mental health service.
- Carers should be engaged in a partnership with the consumer and the mental health service to support and assist the consumer in their recovery from mental illness.

- Carers should have access to a mental health professional who has been designated as a contact person.
- Carers should be provided with information, support and options that will enhance and maintain their own well-being.

The *Carers Recognition Policy* is available on the Carers Matter website. The Policy can provide you with further information about what you as a carer can expect from the Queensland Government.

For further information for carers on Queensland Health Mental Health Services visit the Carers Matter website at www.health.qld.gov.au/mhcarer