
Family and Carers Hub

Welcome

This Hub brings together useful resources and links for families and carers that are supporting someone through accessing the NDIS through the psychosocial disability stream.



Where to get support?

The good news is there are many organisations that focus on support for families and carers. We'd recommend you go to your state-based mental health carers organisations to start:

ACT

Mental Health Carers Voice: <http://www.carersvoice.com.au/>

Mental Health Carers Voice is a program for mental health carers to inform service delivery and policy development in the ACT.

Canberra Mental Health Forum: <https://www.canberramentalhealthforum.org/>

The Canberra Mental Health Forum is a community-based advocacy and support group. It is an independent voice for mental health reform in the ACT and surrounding area. They have regular monthly meetings and run a lively on-line chat forum, open to all. They include a focus on mental health and the NDIS.



Carers ACT: <https://www.carersact.org.au/>

Carers ACT is a not-for-profit organisation and the peak body for carers in the ACT. They support, connect and empower carers to maintain their caring role and personal wellbeing.

NSW

Mental Health Carers NSW (MHCN): <https://www.mentalhealthcarersnsw.org/>

MHCN is the peak body for mental health carers in NSW. It is a community based, non-government organisation that does systemic advocacy and policy work. MHCN works to ensure the voices of mental health carers are represented and heard in policy and service provision reform, so that carers are recognised and their rights are upheld. MHCN aims to empower mental health carers across NSW to engage with mental health reform and advocacy.

Carers NSW: <http://www.carersnsw.org.au/>

Carers NSW is the peak non-government organisation for carers in NSW and a member of the National Network of Carers Associations. Their focus is on improving the lives of carers.

NT

Carers NT: <https://carersnt.asn.au/>

Carers NT is the key organisation representing the Northern Territory's estimated 30,000 family carers.

Mental Illness Fellowship NT: <https://mifant.org.au/>

Mental Illness Fellowship of Australia (NT), MIFA(NT) is a non-government organisation providing services for people living with a mental illness and their carer's and families.

QLD

Mental Health Carers Arafmi QLD: <http://www.arafmiqld.org/>

Mental Health Carers Arafmi Queensland is a uniquely carer-based organisation formed by families who experience the loss, loneliness, stigma and isolation of caring for loved ones with serious mental illness.

Well Ways Carer Gateway: <https://www.carergateway.gov.au/>

Carers Organisation Queensland: <https://carersqld.com.au/>

Carers Organisation Queensland branches in several towns in Queensland and a main office in Brisbane. They provide many services and support for mental health carers including online programs on NDIS.

SA

Carers South Australia: <http://carers-sa.asn.au/>



Carers SA is the statewide ‘voice of family carers’, representing and providing valued service and support to family carers across the state.

TAS

Mental Health Carers Tasmania: <http://www.mentalhealthcarerstas.org.au/>

Mental Health Carers Tasmania (MHCTas) is a statewide leader in the provision of Mental Health carer support.

VIC

Tandem (formerly Victorian Mental Health Carers Network): <http://tandemcarers.org.au/>

Tandem is the peak body for families and carers of people experiencing mental illness and emotional distress in Victoria.

Carers Victoria: <https://www.carersvictoria.org.au/>

Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.

WA

Helping Minds: <http://helpingminds.org.au/>

Helping Minds provide quality, confidential support and services to children, youth, adults and families who are caring for someone with a mental illness or individuals who are affected by a mental illness.

Advocacy

Advocacy will likely become an important part of your journey as a carer, if it isn't already. For carers advocacy may mean voicing your concerns if you feel you or your loved have been inappropriately treated or supported by local health services. Explore more in this carer's advocacy toolkit:

[MHCN Carer Advocacy Toolkit](#)

Our stories

We've developed several stories of the carer's journey of supporting someone with accessing the NDIS. Here is one such story, from Sam and Mei-ling:

The transcript for this video can be found here: [Transcript - Sam and Mei-ling - English](#)

More stories like this one are available on our [Multicultural Hub](#).

More useful links

[Carer Checklist - NDIS Planning Support Resource](#)

[NDIS Families and Carers Resources](#)

[Planning Conversation - Checklist](#)

[Aboriginal and Torres Strait Islander Carers](#)

[Mental Health Carers Checklist](#)

[NDIS Information for Young Carers](#)

[Resources for Carers](#)

[Carers Gateway - Wellways](#)

