

# Learn how to include family, friends and carers in mental health practice



## Are you a primary care or mental health professional who supports people experiencing mental health concerns or suicidal distress?

Better outcomes are possible when family, friends and carers are recognised and included in mental health care. This free online training shows you how to identify, engage and support someone's network in your practice as a primary care, allied health or mental health professional.

### Learn practical ways to:

- recognise the varied roles of family, friends and carers
- communicate clearly, safely and respectfully
- navigate consent, confidentiality and information sharing
- support carer stress, burnout and wellbeing
- apply inclusive approaches using real world scenarios.

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### Access training

[mindstogether.org.au/  
including-carers-in-mental-  
health-practice](https://mindstogether.org.au/including-carers-in-mental-health-practice)