



# Including family, friends and carers in mental health practice

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 work effectively with a person's support network in your practice.

An  **EVERYMIND** program



Training designed for primary care, allied health and mental health professionals who support people experiencing mental health concerns or suicidal distress.

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)

