



MEDIA ALERT

February 14, 2005

FOR IMMEDIATE RELEASE

Forum on mental health unites carers

The first in a series of health forums for Carers of people suffering from a mental illness to take place throughout metropolitan and regional South Australia will be held **tomorrow (Tuesday, February 15)** at Bower Cottages Community Centre.

Around 40 Carers will come together for the Western Metropolitan Area to share their experiences and hear about dealing with the stigma and guilt of mental illness and accessing vital support services, as well as looking after their own health and wellbeing whilst fulfilling the caring role.

Executive Director of the Carers Association of SA Rosemary Warmington says there is a critical need for Carers of people with a mental illness to be supported and receive information in their own right about how to manage the ups and downs of caring for someone with a mental illness.

“Carers need to use the limited help available to them in the best possible way if they are to maintain their own health and resilience,” she said.

“These forums are a way of linking carers of people with a mental illness to share their own experiences and put them in touch with one another for peer support and services able to assist.”

The forum is an initiative of the Carers Association of SA and is funded by the South Australian Department of Health through the Mental Health Unit. The next six months will see up to a dozen forums held across metropolitan and regional South Australia and is a first for Carers in South Australia. Supporting family Carers is an important component of the National Mental Health strategy.

Dr. Jonathan Phillips, Director of Mental Health in SA will open the day

What: Western Metropolitan Area Mental Health Forum

**When: Tuesday, February 15, 2005
10am – 3pm**

**Where: Bower Cottages Community Centre
200 Bower Road
Semaphore Park**

For further information, please contact Bec Tape on 0438 806 983