



Family Mental Health
Support Services

Assisting
the Wide Bay/
Burnett Area



Family Mental Health
Support Services

Hervey Bay

6/152 Boat Harbour Drive

Hervey Bay Qld 4655

Ph: 07 4194 0172

Email: c-carefc@bigpond.net.au

Maryborough

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Maryborough Qld 4650

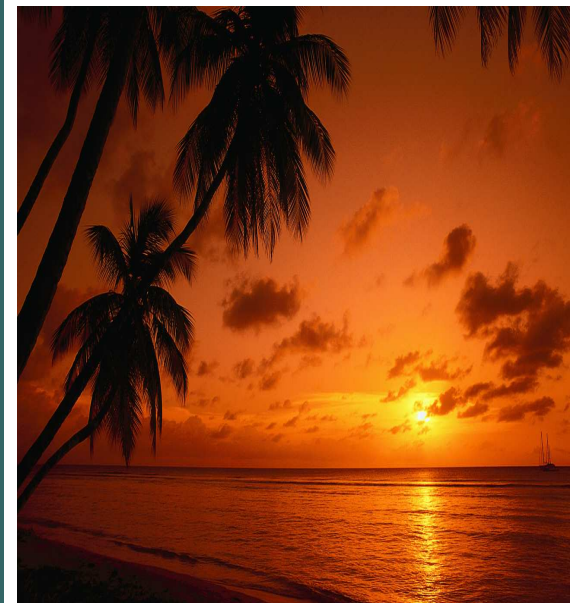
Ph: 07 4121 6410

Email: c-caremb@bigpond.net.au

www.centacarefrasercoast.com.au



Family
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WHO IS ASSISTED

The **Family Mental Health Support Services** team works in collaboration with:

- Families who are affected by mental health issues
- Children who are dealing with issues such as exposure to the symptoms of mental illness
- Carers who may be children or siblings
- Carers who are dealing with difficult emotional issues such as anger, conflict, aggression and rejection
- Carers who are faced with issues involved with alcohol and substance abuse or suicide.

HOW WE CAN HELP

The **Family Mental Health Support**

Services team works in collaboration with members of each family in providing them the support and information they need to effect positive changes in their lives through counselling, family therapy, participation in support groups.

They can assist with:

- Improving family communication
- Goal setting and problem solving
- Improving marital and family relationships with issues such as task sharing, changed roles, separation and sexuality.



COMMUNITY

The team works in collaboration with various Centacare Fraser Coast programs and local support services to provide an effective holistic response to individuals and families in the Wide Bay/Burnett region.

Family Mental Health Support Services provides educational sessions aimed at increasing the community's awareness of mental illness and its capacity to understand and respond to families impacted by a mental illness.