

Information for carers

What is the Carer Representative Service?

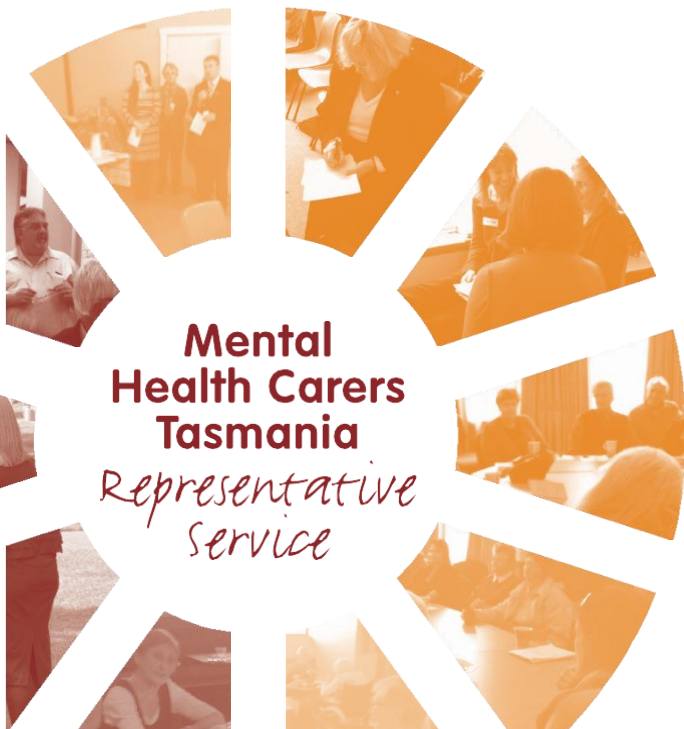
Government agencies, community service organisations and other employers are becoming more aware of the benefits of including people who have lived experience of mental ill health in a range of workplace activities, such as planning, staff training and policy and service development.

Mental Health Carers Tasmania, through its Carer Representative Service, assists employers to access Carers who have the knowledge, skills and commitment to assist them to achieve their aim to develop quality programs and services to support people with mental ill health in Tasmania.

**Mental
Health
Carers
Tasmania**



**Mental
Health Carers
Tasmania**
*Representative
Service*



The Carer Representative Service provides support and opportunities to Carers to:

- Recognise the value of their skills, insight and knowledge
- Gain additional skills and experiences which may increase self-confidence and wellbeing
- Participate in their local community
- Challenge stigma and discrimination related to mental ill health
- Provide input directly into improving mental health services in Tasmania

Why is being a Carer Representative important?

Carers representatives bring a valued and unique perspective of mental ill health and recovery, helping organisations to provide services and workplaces that are responsive to mental health issues.

Who can become a Carer Representative?

If you have a family member or a close friend who lives with mental ill health and turns to you for support you are eligible to volunteer as a Carer Representative. You will be reimbursed for the costs incurred in carrying out your volunteer role.

What does a Carer Representative do?

Carers can participate in a range of activities, including:

- Board, Committee and Staff Selection Panel membership
- Training and information sharing
- Undertaking and/or assisting with consultations
- Reviewing public policy
- Speaking to groups and/or participating in forums

How do I become a Carer Representative?

Complete a Carer Representative Service application form outlining your background, skills and experience, areas of interest, availability, training needs and contact details. Forms are available from our office or website. Return the form by post or email and we will be in touch for a chat about what happens next and to answer any questions you might have.

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