

You are not alone – support for family and friends

As part of our *Connections* program, we support the family and friends of our participants by connecting you with a peer worker who has a similar experience of a loved one with mental health concerns.

What support do I receive?

Our family and friends peer workers draw on their experiences to support you. They can share their tools and coping strategies that have worked for them, and share stories of their own journey where useful to you.

Our family and friends peer workers can:

- share with you their own experiences, insight and valuable, practical ideas.
- listen, encourage and help to empower you.
- support you to navigate systems and access available supports.
- provide you with opportunities to connect with other carers so you can share experiences.
- work with you to manage your own emotional and physical wellbeing.
- help you find information to better understand your loved one's diagnosis and needs.
- simply be there as a peer to walk beside you.
- put you in touch with other support programs.

How do I start working with a peer worker?

To be put in touch please ask the Care Coordinator who supports your family member and/or friend.

For more information phone
1800 290 666 or email:
connections@baptcare.org.au



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baptcare.org.au/mentalhealth