

## Hospital Visiting Hours Wanyarra Inpatient Unit

12.30 pm to 2.00 pm  
5.30 pm to 8.00 pm

Weekends  
10.00 am to 8.00 pm

Visiting outside these hours can be arranged by  
negotiation with ward staff.

## GOULBURN VALLEY AREA MENTAL HEALTH SERVICE

### Contact Numbers

#### Adult Community Program

Shepparton 5832 2111  
Seymour 5735 0333

#### Child & Adolescent Mental Health Service

Shepparton 5832 2160  
Seymour 5735 0300

#### Aged Psychiatric Assessment & Treatment Team (APATT) 5823 6060

#### Primary Mental Health & Early Intervention Team (PMH&EI) 5823 6000

After Hours all Programs - 1300 369 005  
(local call charges apply)

## ROBYN JONES CARER CONSULTANT

This information is intended to help anyone who is involved in supporting a relative, partner or friend with a mental illness, who is using the services provided by Goulburn Valley Area Mental Health Service (Shepparton and Seymour)

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## GOULBURN VALLEY AREA MENTAL HEALTH SERVICE

## SUPPORT For CARERS And FAMILIES

ROBYN JONES  
CARER CONSULTANT  
Phone 0438 583 546

We know it is very stressful to care for someone with a mental illness.

Goulburn Valley Area Mental Health Service wishes to provide an environment where Carers and family feel comfortable to seek support for themselves.

We support you in your rights to:

- Express your feelings and concerns;
- Ask questions about the problems experienced by your relative or friend;
- Discuss your expectations of our Service and;
- Further understand carer and family needs and issues that may arise;
- All involvement by carers and consumers is completely voluntary and all information is totally confidential.

A 'Carer' may be a family member or a friend who is involved in, and/or affected by, caring for a person with a mental illness

The Carer Consultant has had personal experience as a carer of a family member

The Carer Consultant can offer advocacy and a carer perspective on your experiences in addition to services received from Mental Health clinicians.

Staff are available to provide you with the following information;

- Information about Goulburn Valley Area Mental Health Service Adult (In-patient and Community), Child & Adolescent Mental Health Service (CAMHS), Aged Persons Mental Health Service (APATT), Primary Mental Health & Early Intervention Service and Dual Diagnosis Service;
- How to contact the Doctor, Case Manager or other members of the treating team;
- How to contact and talk further with the Carer Consultant;
- Information about supports for carers and family in the community;
- Carer support groups in your area;
- Availability of interpreters;
- Any other information you may be interested in.