

GOULBURN VALLEY
HEALTH

Contacts

Child & Youth Mental Health Service (CYMHS)

Graham Street, Shepparton VIC 3630

Ph: (03) 5832 2160

PO Box 800, Seymour VIC 3661

Ph: (03) 5735 0300 Fax: (03) 5799 0946

Adult Community Program

Shepparton

Ph: (03) 5832 2111

Seymour

Ph: (03) 5735 0300

Aged Psychiatric Assessment & Treatment Team (APATT)

Ph: (03) 5823 6060

Primary Mental Health & Early Intervention Team (PMH & EI)

Ph: (03) 5823 6000

After Hour All Programs

Ph: 1300 369 005 (local call charges apply)

GV Health is a smoke free environment

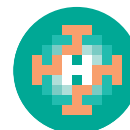
For more information about services provided by GV Health,
visit www.gvhealth.org.au

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For review: March 2017

Goulburn Valley Area Mental Health Service **Support for Carers and Families**



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HEALTH

Healthy Communities

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 families 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 care 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 about;

- Goulburn Valley Area Mental Health Service Adult (In-patient and Community),
Child & Youth Mental Health Service (CYMHS),
Aged Persons Mental Health Service (APATT)
Primary Mental Health & Early Intervention Service
Dual Diagnosis Service;
- How to contact the Doctor, Case Manager or other members of the treating team;
- 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.

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).