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Mental Health Foundations E-Learning Tool launched

Carers NSW today launched its *Mental Health Foundations for Carers* E-Learning Tool to provide support and assistance for carers looking after someone with a mental illness.

Carers of someone with a mental illness often face particular challenges and issues due to the nature of mental illness, the stigma associated with mental illness, and can feel isolated in their caring role. The new *Mental Health Foundations* interactive program is designed to support carers by providing information, support and resources.

CEO of Carers NSW, Elena Katrakis, said, "The *Mental Health Foundations for Carers* resource sets out some of the issues carers of someone with a mental illness may face and the types of support they may need in their caring role."

The website provides links to supports and services that can be accessed by carers. The interactive tool explores some of the common issues faced by carers of someone with a mental illness, and provides insight into the caring role. It contains interactive activities and video interviews with other carers sharing their experiences of caring for a loved one with a mental illness.

The resource also provides practical tips on how to navigate the mental health system, how carers can look after themselves and effective communication techniques.

"It is important we acknowledge and support carers of people with mental illness so that they can better maintain their own health and wellbeing, and are aware of the supports that are available to them," Ms Katrakis said.

"The *Mental Health Foundations for Carers* E-Learning Tool will also assist service providers to understand carers' experiences and needs."

To access the *Mental Health Foundations for Carers* E-Learning Tool go to www.foundationsforcarers.org.au

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Carers NSW offers a range of services and programs for carers. For information, referral, support and access to counselling and support groups, call the Carer Line on 1800 242 636 (freecall except from mobile phone).