



Expression of Interest: Consultation – Family and Carer Mental Health Program Resource Project (paid opportunity)



Mental Health Carers NSW is developing seven new resources for carers. These resources will help inform carers about some of the challenges they may encounter whilst caring for their loved ones, family members, friends or persons living with a mental health condition.

Background

In partnership with the Family and Carer Mental Health program and NSW Health, MHCN has been chosen to develop seven new resources for carers in specific populations and circumstances.

Following discussion, these are the topic areas chosen that each resource will focus on:

- Aboriginal and Torres Strait Islander
- Culturally & Linguistically Diverse (CALD)
- LGBTQI+
- Child & Adolescent Mental Health
- Mental Health Crisis (What to do beyond the ED)
- Suicidality
- Mental Health Diagnosis

We will be holding 4 separate consultation groups to assist in developing these resources, as follows:

Group 1: Aboriginal and Torres Strait Islander – Tuesday, 29th August 2023, 2:00 – 4:00 pm

Group 2: Culturally & Linguistically Diverse (CALD) – Thursday, 31st August 2023, 2:00 – 4:00 pm

Group 3: LGBTQI+ – Monday, 4th September 2023, 2.00 – 4.00pm

Group 4: Child & Adolescent, Mental Health Crisis, Suicidality & Mental Health Diagnosis – Wednesday, 6th September 2023, 10.00am – 1.00pm

Who should respond

We are seeking carers, family and friends, peer support workers and people with lived experience of a mental health condition who identify with one or more of the seven topic areas.

This is a paid opportunity and you are welcome to express your interest in more than one consultation, however please note that numbers are limited, so not all expressions of interest may be successful.

What to expect

During the consultation group you will discuss the content of a briefing document and be asked to contribute ideas about what you feel is important to carers on this topic area, according to your experience. You will later be asked to provide feedback on the outcome of the group.

You will be paid the ‘full day rate’ of \$220 for each topic area group in which you participate. This is to remunerate your time in the consultation group (2 or 3 hours), to read the briefing document prior (1 hour max), and to respond with follow-up feedback (3.5 hours max in total).

What to do next if you are interested

If you are interested in participating and feel that you meet the criteria of having lived experience of one or more of the seven topic areas, then please complete the EOI form by **11:59pm Sunday, 30th July 2023.**

EOI form: <https://www.surveymonkey.com/r/TL3SCPH> or scan the QR code.

If your EOI proceeds to the next stage, a staff member from MHCN will be in touch to check your eligibility.

If you have any questions please contact Katie Thorburn on 02 9332 0777 or at katie.thorburn@mentalhealthcarersnsw.org



**Mental Health
Carers NSW**