

TELEPHONE NUMBERS

Child and Adolescent Workers
4369 4233

Kids Help Line
Free Call: **1800 551 800**

Mental Health Central Intake
(Gosford and Wyong Hospital)
4320 3500 - 24 hrs

Lifeline
131 114

Y Central
4304 7870

**Mental Illness can mean many things,
including Anxiety, Depression, Bipolar
Disorder, Personality Disorder,
Schizophrenia and other illness.**



SERVICES PROVIDED BY 'CHILD AND ADOLESCENT SUPPORT WORKER'

- Assessment of child and family needs
- Child and Adolescent counselling around Mental health issues
- Individual and Family consultations
- Liaison with and referral to other services
- Education and training regarding Mental Illness, its effects, medication etc.
- Group work (Kids Club, Kids Connecting), provides a supportive environment for children whose parents have a Mental Illness
- Telephone support



Mental Health Carers
ARAFMI NSW CENTRAL COAST



Contact: Child and Adolescent Support Worker,
Telephone: **4369 4233**
Website: www.ccarafmi.org.au
Email: ccarafmi@bigpond.net.au

Or speak to your teacher, School Counsellor,
Doctor, Parent or friend who
can help you make an appointment.

Offices at: Bateau Bay, Gosford and Kincumber.

Design by Diane O'Neil - diane_o'neil@bigpond.com

CASWV1 RVSD March 2010

Mental Health Carers
ARAFMI NSW CENTRAL COAST



Child and Adolescent Support Worker (YOUNG ARAFMI)



*Specifically aims to address the
needs of children who care for
someone with Mental Illness.*

(02) 4369 4233

THE YOUNG ARAFMI PROGRAM IS FUNDED BY
THE NSW HEALTH DEPARTMENT



Children can be carers for their parents/siblings or extended family members who reside with the child.

Our 'Child and Adolescent Support Worker' will provide a quality service to children where

Mental Illness has disrupted the family.

We provide support, advocacy and referral for children up to the age of 18 years, who have a parent or sibling affected by Mental Illness.



DO YOU NEED SOMEONE THAT IS THERE FOR YOU?

You can ring the Child and Adolescent Support Worker for an appointment.



FREE AND CONFIDENTIAL

We can visit you at home, at school or you can come to our office.

REMEMBER!

- You do not catch a Mental Illness
- You did not cause the Mental Illness
- You can not make the illness go away
- It can take time for the ill person to feel better – there are people who can help you through this

ARAFMI is committed to the support and advancement of Mental Health and well being of children whose parents have a Mental Illness.



THE FACTS

- One in five people experience Mental Health problems at any time of their life.
- Many people who suffer Mental Health problems are also parents.
- Children can often act as carers to their parents and other members of their family in times of stress or when the parent becomes unwell.
- Young people who care for someone affected by Mental Illness sometimes experience feelings such as: fear, worry, loneliness, anger, frustration, embarrassment, shame, sadness, loss and also emotional, psychological, intellectual and behavioural problems.
- Talking to someone can help ease these feelings.

