



MY FAMILY MATTERS

Are you currently caring for someone who is experiencing any of the following:

- Depression or Anxiety
- Eating Disorder
- Bipolar Disorder
- Agoraphobia
- Personality Disorder
- Obsessive Compulsive Disorder
- Autism
- Schizophrenia
- Substance Abuse
- Self injury
- Panic Disorder
- Conduct Disorder
- Psychotic Disorder
- Post Traumatic Stress Disorder
- Attention Deficit Disorder

If you have ticked any of the about boxes PS My Family Matters can offer you some support. Please contact us.

No family needs experience the impact of mental illness alone. We work to inspire moments of strength, optimism and hope.

CONTACT US



0475 269 965



psmfm@outlook.com



www.psmfm.org.au



psmyfamilymatters



psmyfamilymatters

For details of our valued sponsors please refer to our website

If you are experiencing an emergency or crisis and require immediate assistance please contact:



1300 874 243

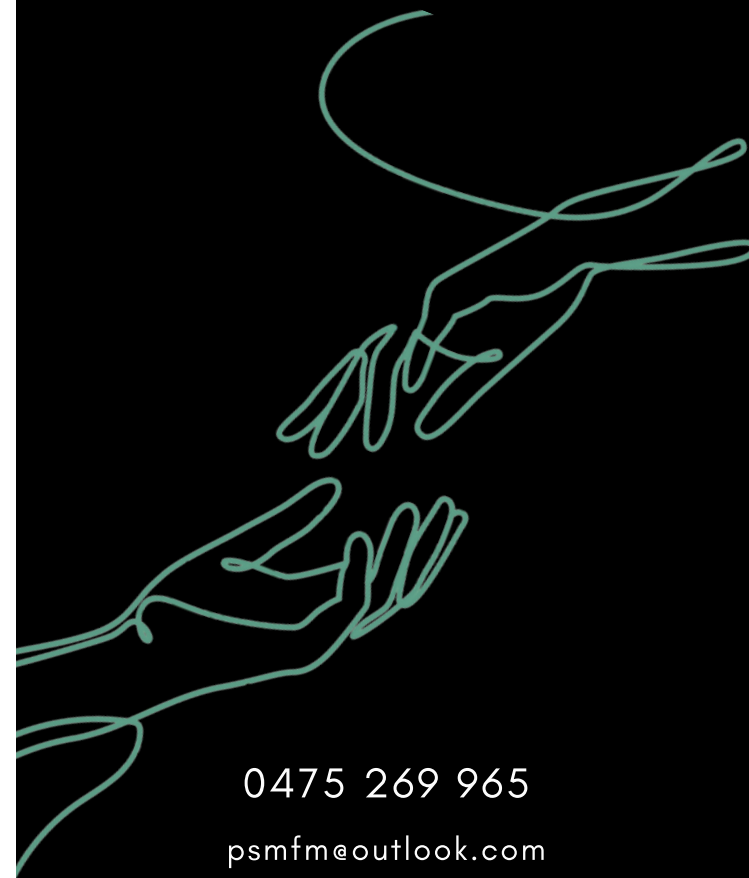


1300 363 788



MY FAMILY MATTERS

PS My Family Matters offers peer support and practical assistance to a person who is caring for a loved one with a Mental Illness



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OUR SERVICES

PS My Family Matters offers peer support and practical assistance to a person who is caring for a loved one with a Mental Illness.

OUR GOALS

Our goal is to ensure parents/carers and siblings living with a family member with mental illness are supported through direct access to relevant local information and linking to appropriate support services in their local community.

Facilitating a network of peers for mutual support in an environment of understanding and respect.

Assisting with practical support for families in crisis by educating local businesses and community support networks of the opportunities to assist.

OUR VALUES

PSMFM is committed to an approach that is:

Empathetic - We acknowledge the life experience of others and seek to encourage understanding and empathy.

Respectful - We seek to listen and learn from each other and build relationships based on inclusion, trust and respect.

Supportive - We offer support to families that is consistent, reliable and useful.

Practical - We aim to ensure practical options and resources are sourced and available

Optimistic - We work to continuously find positive actions to maintain optimism.

HOW CAN WE HELP YOU?

- Workshops with information relevant to the local area.
- Mental Health First Aid Training
- One to One peer support
- Practical Support when it is needed
- Carer Case Management
- Information and help linking in with relevant services available.

WHO WE CAN HELP?

Anyone caring for someone with a mental illness. No formal diagnosis is required.

HOW CAN YOU HELP US

We are a not for profit Tax Deductible Gift Recipient. We are supported by various grants, donations and fundraising efforts. We gratefully accept monetary donation and are always on the lookout for volunteers to assist in different ways. Most importantly, you can help by sharing our details and by talking about Mental Illness in an effort to remove the stigma.

No family needs experience the impact of mental illness alone. We work to inspire moments of strength, optimism and hope.

OUR STORY



PS My Family Matters was founded by Gisborne mothers, Tamara Wilson and Louise Hunter, in 2014. PS [Parents and Siblings] My Family Matters aims to provide support to family members and carers of those living with a mental illness, within the Macedon Ranges and Sunbury.

Numerous interactions with health professionals operating in the field, the experiences of other carers, and a review of the service availability to those seeking assistance, led Tamara and Louise to a belief that there was not enough support nor resources for the families and carers of those with a mental illness, particularly in regional areas like the Macedon Ranges.

Tamara (President) says that "no one should go through mental illness alone and as a result PS My Family Matters will offer support both peer and practical to families that are experiencing the new and ongoing challenges they may be facing".

PS My Family Matters now has a volunteer base of men and women that have lived experience of being a carer for a family member with mental illness. All Volunteers have undergone Working with Children, Police Checks and completed Mental Health First Aid.

Be it your husband or wife, child, grandchild or parent, sibling, aunt or uncle or friend that you are supporting we are here to offer support to you.