

# Family and Carers

Providing information, education and support to families and loved ones in a safe environment.

## Who is the program for?

Family members, friends and carers of current inpatients at Currumbin Clinic.

## Program content

- Mental health diagnosis explained
- Biopsychosocial model of mental health
- Cycle of addiction
- Early warning signs
- Education specific to relapse
- Self care
- Offering support

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### About the program

This program is designed to provide an opportunity for family and friends to independently attend Currumbin Clinic and participate in a session with a psychologist or social worker. The program allows for education of various mental health diagnoses, signs and symptoms, identifying early warning signs, as well as guidance around providing support.

The program has developed two separate sessions, one specific to mood and anxiety disorders, the other specific to addictive disorders. The program aims to provide both information and education, as well as support to those supporting someone with mental health issues.

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### When is it held?

This is an open program held every Saturday morning in Therapy Room 1.

9:00am - 10:00am	Mood and anxiety disorders
11:00am - 12:00pm	Addictive disorders

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### Attendance

No registration is required. Program attendance is strictly for family, friends and carers only. Patients are not to attend.

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### Further information

For more information on this program please contact the social work department or program facilitators.

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