

NEWS

Carers' guide

CARING for someone with a mental illness can be an overwhelming and confronting task.

Kew-based community service provider Villa Maria has released a new, easy-to-read guide for carers of people with a mental illness living in the eastern suburbs.

Villa Maria's mental health resource consultant Jessica Taylor, who put the book together, said the guide outlined respite, counselling, education, peer support programs and other services for carers.

Ms Taylor said mental health services could be difficult to navigate, in addition to the stresses of caring for the person.

Eastern suburbs carer, Kerrie, said she often felt overwhelmed with frustration, fear and sadness.

"Caring for someone with a mental illness is just too big and important a job to do all on your own."

The guide will be available from June 1.

Details: 1300 650 615.

Mental health consultant Jessica Taylor, who put the guide together. N48PP111

