

OUR VISION:

Carers of people affected by mental ill health are understood, respected, valued and supported to build their capacities and improve their quality of life.

OUR MISSION:

To promote and improve the wellbeing of carers of people affected by mental ill health through support and education.

To provide systemic advocacy from a carer/family perspective drawing on lived experience to improve mental health services.



WE VALUE AND PRACTICE:

Integrity

Respect

Honesty

Compassion

Diversity

Inclusiveness

Collaboration

Innovation

WE ARE GUIDED BY THESE PRINCIPLES:

We believe that mental health carers are fundamental to the recovery journey of people living with mental ill health.

We support carer participation at all levels in mental health policy, planning and service development and provision.

We will challenge the stigma attached to mental ill health and work to reduce this in the community.

Mental Health Carers
Tasmania Inc.

**STRATEGIC PLAN
2016–2020**

OUR CORE BUSINESS:

Provide systemic advocacy to address carer issues

Ensure that carers have the skills and support to represent all carers at all levels of policy and decision making.

Increase engagement, partnerships and collaboration

Mental health and wellbeing is everybody's business. Better outcomes are achieved when the whole community works together in strategic partnerships.

Meet carer need and ensure that carers have access to peer support

Families and friends of people living with mental ill health tell us they need a range of services- direct and indirect- to support them to be effective in their caring role.

OUR STRATEGIC PRIORITIES:

Identify and engage with carers across the state through clear strategies and plans.

Identify and support young carers.

Consider key action areas from the 'Caring Voices' project and devise an action plan.

Develop peer support models for carers.

Develop strategies to build capacity of carers to represent themselves and/or their care recipient as and when needed.

Support Tasmanian carers to engage with the 'Rethink Mental Health' plan and other mental health reform initiatives.

Increase carer membership of MHCTas.

Strengthen our community partnerships across the state and nationally.

Include carers in identifying areas for mental health research.

Ensure our services are based on evidence and lived experience.