

## TAKING CARE OF YOURSELF

It can be challenging to focus on your own needs when you are supporting someone with a mental health issue; however, it is important.

Taking care of yourself increases your energy and ability to provide the best support for the young person in your care.

Below are some helpful resources for you to seek further information, support and guidance.

- \* [carergateway.gov.au](http://carergateway.gov.au)
- \* [headspace.org.au/explore-topics/supporting-a-young-person/mental-ill-health](http://headspace.org.au/explore-topics/supporting-a-young-person/mental-ill-health)
- \* [wellmob.org.au](http://wellmob.org.au)
- \* [youngcarersnetwork.com.au](http://youngcarersnetwork.com.au)
- \* [helpingminds.org.au/adults-families](http://helpingminds.org.au/adults-families)

## IF SOMEONE NEEDS URGENT HELP

Youth Focus is not an emergency service or open 24/7.

If you need to speak to someone urgently, please call Lifeline on 13 11 14, 13Yarn on 13 92 76, or the Suicide Call Back Service on 1300 659 467.

If it is a life-threatening emergency, please call 000 or go to your nearest hospital emergency department.

## HOW DID WE DO?

Your feedback is important for us to deliver services that are safe and of a high quality.



If you have any suggestions or concerns, please reach out via the QR code, or email

[feedback@youthfocus.com.au](mailto:feedback@youthfocus.com.au)

Your feedback can be anonymous; however, if you chose to provide your contact information, we can also respond to you directly.

Your feedback will never prevent a young person from getting support at Youth Focus.

## CONTACT YOUTH FOCUS

[youthfocus.com.au](http://youthfocus.com.au)

08 6266 4333

[reception@youthfocus.com.au](mailto:reception@youthfocus.com.au)

[f](https://www.facebook.com/youthfocuswa) [@youthfocuswa](https://www.instagram.com/youthfocuswa) [t](https://www.tiktok.com/@youthfocuswa)

54 Goodwood Parade Burswood WA 6100



Youth Focus acknowledges the Traditional Custodians of country throughout Western Australia and their connections to land, sea and community. We pay our respect to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people. I live and work on Whadjuck Noongar Country and recognise the Whadjuck people of the Noongar nation as the Traditional Custodians of this land.

Youth Focus is committed to ensuring every individual that interacts with us feels safe and is able to bring their whole selves, being welcomed with equity, dignity and respect. In doing so, we understand that we must first include, listen, and reflect in order to build trust, connect, and partner. We celebrate individuality and are guided by the stories and journeys of the communities in which we live and work. Everyone is welcome at Youth Focus.



## CARERS' RIGHTS AND RESPONSIBILITIES

[youthfocus.com.au](http://youthfocus.com.au)

[f](https://www.facebook.com/youthfocuswa) [@youthfocuswa](https://www.instagram.com/youthfocuswa) [t](https://www.tiktok.com/@youthfocuswa)



## CARERS' RIGHTS

### At Youth Focus, you have a right to

- \* Have your relationship with the young person be treated with respect and dignity
- \* Be valued as a person who plays a vital role in the support and care of the young person
- \* Participate in the care and management of risks to a young person's safety, where possible
- \* Have your culture, language, disability, religion, sexual orientation, age or gender respected and welcomed within our service
- \* Have your individual needs as a carer (including young and aged persons as carers) be considered
- \* Have your privacy and confidentiality respected
- \* Receive information in a way that makes sense to you
- \* Be given information and resources that encourage and promote self-care for yourself and other people who are supporting the young person
- \* Be included in the development, planning, delivery and evaluation of our services
- \* Provide feedback at any point



## WHAT DO WE MEAN BY 'CARER'?

At Youth Focus, carers are defined uniquely by each young person.

We recognise that the role of a carer can be filled by many different and significant relationships in a young person's life.

This may include: family, friends, partners, kin, and people who hold significant emotional, cultural or faith-based roles.

## WHY IS YOUR ROLE AS A CARER SO IMPORTANT?

Carers play a crucial role in a young person's support team.

Your involvement makes it easier for a young person to apply new knowledge and practice new skills in their day-to-day lives, when they need it most.

We aim to work with all Carers to support young people to get as much as they can from Youth Focus services.

## CARERS' RESPONSIBILITIES

### At Youth Focus, you have a responsibility to

- \* Contribute to the recovery and resilience of the young person
- \* Respect the rights and dignity of the young person in your care
- \* Support the treatment options chosen by the young person
- \* Maintain the confidentiality of the young person you are supporting and others you meet at Youth Focus
- \* Respect all Youth Focus staff and young people regardless of culture, language, disability, gender, sexual orientation, religion, age or lifestyle
- \* Respect and consider the perspectives and skill of Youth Focus staff in providing support for the young person
- \* Respect that not all information about the young person or services they engage in will be shared