

## Children and Young Carers of Mentally Ill Parents

Support agency	Website address	Phone	Information
Young Carers Australia	<a href="http://www.youngcarers.net.au/">http://www.youngcarers.net.au/</a>	(61) 02 6122 9900	The website is designed primarily to support young carers. It gives young carers the opportunity to access information, share caring ideas and stories, talk to other young carers and keep up to date with current news and events.
Young Carers NSW	<a href="http://www.youngcarersnsw.asn.au/">http://www.youngcarersnsw.asn.au/</a>	(61) 02 9280 4744	The Young Carer Program at Carers NSW was developed to make a positive difference to the lives of young carers (25 years and under) and their families. It offers camps, a quarterly newsletter, talk-link (telephone group counselling), face-to-face counselling, telephone support/information/referrals, an interactive young carer website, development of regional networks and community awareness and education.
COMIC (Children of Mentally Ill Consumers)	<a href="http://www.howstat.com/comic/Home.asp">http://www.howstat.com/comic/Home.asp</a>		There are a number of very useful resources on this site. The Child's Care Plan aims to help parents if they become unwell and are temporarily unable to care for their children, a family support kit and helpline numbers. The 'Supporting our Family' kit has a sample letter for school, a checklist, and recommended resources.
Children of Parents with a Mental Illness (COPMI)	<a href="http://www.copmi.net.au/">http://www.copmi.net.au/</a>	(61) 08 8367 0888	There is a wealth of information for young people, health professionals, consumers and carers, with top class resources.
Australian Infant, Child, Adolescent and Family Mental Health Association (AICAFMHA)	<a href="http://www.aicafmha.net.au/">http://www.aicafmha.net.au/</a>	(61) 08 8132 0786	AICAFMHA promotes the mental health and well-being of infants, children, adolescents and their families and/or carers in Australia.  The resource 'Piecing the Puzzle Together' is helpful ideas about being the best parent you can when you're not as well as you'd like to be and ways to support your child's development during their special early years.
Itsallright (Australia)	<a href="http://www.itsallright.org">www.itsallright.org</a>	(61) 03 9682 5933	This is a site for young people who have a friend or family member affected by mental illness, covering a full range of information and conditions.