

## **Expression of Interest for Family, Carer, and Kin Representatives Mental Health Family and Carers Committee**

### **We want to hear from you**

The Mental Health Service in South Eastern Sydney Local Health District (SESLHD) is recruiting family members, carers, or kin of people with mental health challenges to join an advisory committee and share their experience. The committee aims to ensure a clear and diverse family and carer voice and perspective is embedded into all mental health services.

### **Who you are**

- Provides or has provided unpaid support to a person with a mental health challenge who has used SESLHD Mental Health hospital or community services
- Passionate about sharing your voice to make positive change
- Computer literate and comfortable attending online meetings
- Advocate for the needs of all carers and the carer experience

We understand that individual circumstances can change and so, participation is voluntary, and you can withdraw at any time.

### **About the committee**

- The Family and Carers Committee is made up of family, carers, and kin of people with a mental health challenge who want to make positive changes within our services
- The committee plays an important role in advocating for the family and carer experience
- Representatives will be supported before, after, and during meetings to share their voice
- Representatives will be reimbursed for their time, following the SESLHD Paid Participation Procedure

### **About SESLHD Mental Health**

The SESLHD Mental Health Service is a publicly funded specialised clinical service, serving a local population of over 930,000 residents in the eastern and southeastern suburbs of the Sydney metropolitan area.

Our services are geographically networked in the north (Eastern Suburbs Mental Health Service) and the south (St George and Sutherland Mental Health Service) and provided in hospital and community settings.

The SESLHD Mental Health Service is committed to providing an inclusive and responsive service, by creating targeted initiatives in collaboration to provide services that are tailored across the age spectrum and provide other specialised services to meet the unique needs of our local community.

### **How to apply**

If you are interested in participating, please complete the application form if you have not already [here](#) or contact the Family and Carers Program Manager, Sydney Boucher at [Sydney.boucher@health.nsw.gov.au](mailto:Sydney.boucher@health.nsw.gov.au) or on 0400 918 742.

You will be asked to provide:

- Contact details
- Your interest in being involved
- Your skills and relevant experience

Please help us embed the family and carer voice into everything we do.