



The Carers Network in conjunction with The Victorian Transcultural Psychiatry Unit have developed carers tips in response to carers seeking information.

Family and other carers have a valuable role in supporting and promoting recovery of the person who experiences mental illness. The aim of the carer tips is to promote understanding of the symptoms and impact of mental illness and to highlight the importance of the carer role.

### Tips available in:-

Arabic, Chinese, English, Greek, Italian, Turkish and Vietnamese

Macedonian\*, Polish\*, Russian\*, Serbian\*, Somali\*, Spanish\*, Sudanese\*, Tigringa\*, Amharic\*

**1. How to respond effectively to your relative with schizophrenia who may have challenging behaviour**

---

**2. Positive and negative symptoms associated with schizophrenia**

---

**3. Understanding feelings of guilt and mental illness**

---

**4. Recognising the grief response and mental illness**

---

**5. Developing helpful communication skills with the person who is unwell and agitated**

---

**6. Tip sheet for carers of people with mental illness and drug use (dual diagnosis) \***

---

Tips can be downloaded from both the Carers Network [www.carersnetwork.org](http://www.carersnetwork.org) or the Victorian Transcultural Psychiatry Unit [www.vtpu.org.au](http://www.vtpu.org.au) websites.



The Carers Network  
PO Box 187  
Hawthorn, Victoria 3122  
Phone: (03) 8803 5555  
Fax: (03) 8803 5599  
Email: [info@carersnetwork.org.au](mailto:info@carersnetwork.org.au)  
Website: <http://www.carersnetwork.org.au>



Victorian Transcultural Psychiatry Unit  
Level 2, Bolte Wing, St Vincent's Hospital Campus  
14 Nicholson Street, Fitzroy, Victoria, 3065  
Phone: (03) 9288 3300  
Fax: (03) 9288 3370  
Email: [vtpu@svhm.org.au](mailto:vtpu@svhm.org.au)  
Website: <http://www.vtpu.org.au>