



National Mental Health
Consumer & Carer Forum



MONASH
University

Mental Health Family Carer Experiences of COVID-19 in Australia

Report Launch

via zoom **Thursday 31 August**
12:00 – 1:00pm (AEST)

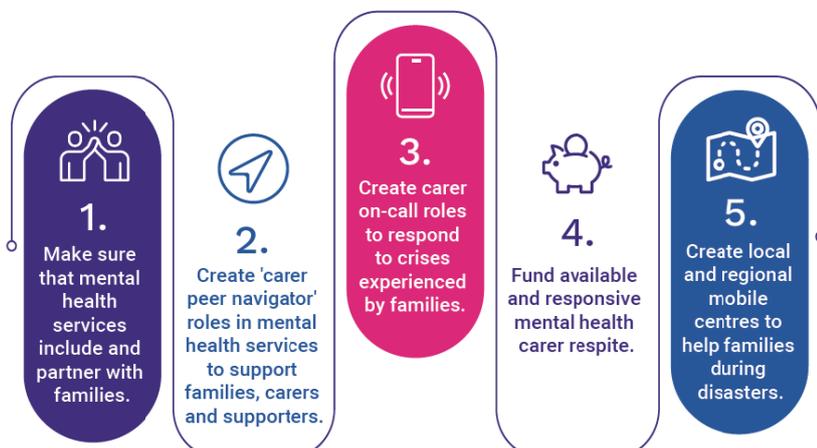
'Mental Health Family Carer Experiences of COVID-19 in Australia' is a co-designed research project that looked at how the COVID-19 pandemic affected the experiences and wellbeing of caregivers who support people with mental health challenges.

Join us on via zoom on Thursday 31 August 12:00 -1:00pm to hear about

- The research co-design process
- Why this report matters
- Short and long term recommendations

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Short-term recommendations to Australian governments over the next 6-12 months:



I feel like the pandemic did, you know, it didn't kill me, but it certainly broke me.

When the person you care for is at extreme risk, it is already 24/7, then to have cancellation without notice of carefully negotiated supports puts intolerable strain on you. I have had to reduce my working hours (and income).

This has impacted my job, my relationships, my mental health, my ability to care for myself and my other children, my ability to contribute to the care of my elderly parents, my ability to contribute to society. Everything has been impacted negatively.