



Qed iddur b'xi ħadd li għandu/għandha xi marda tal-moħħ?

X'inhu l-mard tal-moħħ?

In-nies b'xi marda tal-moħħ jista' jkollhom problemi fil-mod kif jikkellmu, jaħsbu, jhossu jew igibu ruħhom. Id-diskors, il-ħsieb, l-emozzjoni u l-imġieba tagħhom jistgħu jkunu kollha mħawdin. Dan jista' jagħmel il-ħajja iebes għall-persuna marida, għal min idur biha u għall-familja kollha. Il-mard tal-moħħ mhu tort ta' ħadd u mhux xi ħaġa tal-mistħija.

Min huwa min idur b'xi ħadd?

Min idur b'xi ħadd huwa/hija persuna li tipprovdi sapport fiżiku u/jew emozzjonali lil xi membru tal-familja jew ħabib/a ta' ġewwa. Li ddu b'membri tal-familja jew b'ħabib/a ta' ġewwa b'marda tal-moħħ huwa importanti ħafna. Persuna li tagħmel dan tissejjaħ persuna li ddu b'xi ħadd (carer). Dawk li jduru b'xi ħadd jistgħu jkunu ta' kull età.

X'inhu 'mistrieh' (respite)?

Ta' sikwit meta tkun iddur b'xi ħadd b'marda tal-moħħ tinsa l-istat ta' saħħtek. Saħħtek u l-istat tagħha huma importanti ħafna. Jekk tieħu f'it tal-ħin għalik innifsek biex tirrilassja jew tagħmel xi ħaġa li tieħu gost biha jgħinek biex tibqa' f'saħħtek u tkun kapaċi tieħu ħsieb aħjar tal-persuna li ddu biha. Dan jissejjaħ ta' spiss 'mistrieh' (respite).

Programm tas-Saħħa Mentali

It-tim tas-saħħa mentali jgħin lil dawk li jduru b'xi ħadd u jagħti tagħrif lill-komunità dwar il-ħtiġijiet tal-familji u ta' dawk li jduru b'xi ħadd b'xi marda tal-moħħ. Nistgħu noffru sapport fi żmien ta' kriżi, ħtiġijiet ta' kuljum u fl-ippjanar għall-futur. Aħna nifhmu fil-mard tal-moħħ, fil-problemi ta' dawk li jduru b'xi ħadd u fis-servizzi tas-saħħa mentali.

Aħna nistgħu ngħinu lil dawk li jduru b'xi ħadd billi:

- Niprovdu servizz personali biex ngħinu lil dawk li jduru b'xi ħadd
- Niprovdu tagħrif, difiża u tqabbid ma' servizzi oħra
- Norganizzaw servizzi ta' mistrieh meta mitluba
- Nissapportjaw u nagħtu riżorsi lill-gruppi ta' sapport għal dawk li jduru b'xi ħadd
- Norganizzaw programmi biex nissapportjaw l-istat tajjeb tas-saħħet dawk li jduru b'xi ħadd

Carers Victoria Respite Connections

Aħna nissapportjaw lil dawk li jduru b'xi ħadd fil-familja li joqogħdu fl-inħawi tal-gvernijiet lokali ta' Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley u Wyndham u Hume (Sunbury biss).

Il-firxa tal-programmi speċjalisti tagħna jinkludu: L-Anzjanità, Diżabbiltà, Saħħa Mentali, Carers@Work u Żgħażaġh li jduru b'xi ħadd.

Biex tkun taf iktar jekk jogħġbok ċempel (03) 9396 9550

Jekk tinħtieġ interpretu ċempel 131 450

Maltese

Caring for someone with a mental illness?

What is mental illness?

People with a mental illness can have problems in the way they speak, think, feel or behave. Their speech, thinking, feeling and behaviour can be all mixed up. This can make life very hard for the person with the illness, the carer and the whole family. Mental illness is no one's fault and is not something to be ashamed of.

Who is a 'carer'?

A carer is a person who provides physical and/or emotional support to a family member or close friend. Looking after a family member or close friend with a mental illness is very important. A person who does this is called a 'carer'. Carers can be anyone of any age.

What is 'respite'?

Often when you care for someone with a mental illness your own health and wellbeing gets forgotten. Your health and wellbeing is also very important. Taking some time for yourself to relax or do something you enjoy can help you to stay well and be better able to look after the person you care for. This is often called 'respite'.

The Mental Health Program

The mental health team helps carers and informs the community about the needs of carers and families of people living with a mental illness. We can offer support in times of crisis, everyday needs and when planning for the future. We understand mental illness, carer issues and mental health services.

We can assist carers by:

- Providing a personal service to help carers
- Providing information, advocacy and linking to other services
- Organising respite services when requested
- Supporting and resourcing carer support groups
- Organising programs to support carers health and wellbeing

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury only).

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

To find out more please call (03) 9396 9550

If you need an interpreter call 131 450