

Carers Supporting Carers

Do you have a family member or friend who is using mental health services in the East or has been admitted to an Adult Inpatient Unit?

Facing the possibility of a family member being diagnosed with a mental illness or admitting a relative or friend to a psychiatric unit can be a traumatic experience. Although it can be a relief when a family member or friend becomes involved with a mental health service, you may feel confused, sad, isolated or fearful of the future.

COPES workers are carers who have a family member with a mental illness. They have also experienced the admission of a relative to a psychiatric unit and understand how stressful this can be.

About the COPES Program

COPES operates in the Central and Outer Eastern Regions of Melbourne.

The program is staffed by workers who are carers of a relative or friend with mental health issues. They can offer you individual support in the form of a listening and sympathetic ear, as well as useful information about mental health services, workers and support services available for yourself and your family member or friend.

Accessing COPES

You can make contact with the COPES workers by calling the number listed in this pamphlet or leave a message and we will endeavour to return your call as soon as possible / within the week, however our contact hours are limited.

Referral Contact Details

If you would like to be contacted by a COPES worker:

Central East / Box Hill area
Koonung Clinic
43 Carrington Road
Box Hill Vic
9871 3988

Outer East / Ringwood area
Murnong Clinic
Cnr Bona and Patterson Streets
East Ringwood Vic
9871 3988

Note: Your privacy is important to us. Your contact details will only be used for the purpose of making contact with you.

“We were lost, we didn’t know where to go or who to see.”

If you would like to be contacted by a COPES worker, telephone 9871 3988.

Authorised by EH...
Family and Carer Support at Eastern Health Adult Mental Health Service.

A collaborative program Eastern Health, in partnership with EACH in the Outer East (Ringwood region) and ARAFEMI in the Central East (Box Hill region).



COPES

Carers offering peers early support