



MIFWA began in the late 1980s with a group of parents meeting in each other's living rooms and developed a vision of providing services for their children who were diagnosed with mental illness.

The Fellowship acts as a first point of call for people with mental illness, their carers, family and friends in providing information and support. MIFWA is committed to promoting an understanding of issues relating to mental illness in the community leading to better mental health.

MIFWA is part of the national family known as Mental Illness Fellowship Australia (MIFA).



OFFERING SERVICES AND SUPPORT
to people with
MENTAL ILLNESS,
 THEIR FAMILIES, FRIENDS
 AND CARERS

110 Edward Street Perth WA 6000
 PO Box 8422 Perth Business Centre WA 6849
 Tel: (08) 9228 0200 Fax: (08) 9228 0022
 Email: info@mifwa.org.au
www.mifwa.org.au

The Benefits of MIFWA Membership

The proceeds of your membership will go directly towards services for people with mental illness, their carers and family members.

There are a number of benefits in becoming a member of MIFWA:

- ◆ Quarterly newsletter *Fellowship News*
- ◆ Bi-monthly *Enews*
- ◆ Access to a comprehensive library of books, research articles, DVD's and CD's
- ◆ Eligibility to apply for MIFWA's Annual Tecwyn Jones Bequest Grants
- ◆ Invitations to MIFWA Member Events each year, i.e. Schizophrenia Awareness Week, Carers Week, Mental Health Week as well as information about other mental health and related sector events
- ◆ Voting rights at Annual General Meetings
- ◆ Opportunities to be a part of the decision making and strategic planning process through involvement in the MIFWA Board of Management
- ◆ Updates on Mental Health Policy and good practices in mental health service delivery

MIFWA Services

- Lorikeet Centre Rehabilitation Program
- Telephone Information & Referral Service
- well ways Carer Education Program
- Early Intervention Recovery Program (EIRP)
- Family Support Program
- Children of Mentally Ill Consumers Western Australia (COMIC WA)
- Lotus Education

...OUR VISION

A BETTER LIFE
 FOR
 PEOPLE AFFECTED BY
 MENTAL ILLNESS

MIFWA MEMBERSHIP FORM

Your subscription will enhance our services as well as provide you with various membership benefits. Return this portion with your subscription to:
 MIFWA PO Box 8422
 Perth Business Centre WA 6849

Details
 Mr Mrs Ms Miss Other

First Name:

Surname:

Organisation:

Position:

Postal Address:

Suburb:

State:

Post code:

Home Phone:

Business Phone:

Mobile:

Home Email:

Business Email:

MEMBERSHIP FEES

Please Tick

Concession \$10.00

Single \$15.00

Family \$20.00

Organisation \$50.00

Donation

(Donations over \$2 are tax deductible) Total

Please make cheques or money orders payable to the Mental Illness Fellowship of WA (Inc).

METHOD OF PAYMENT:

Cash Cheque/money order enclosed

Visa MasterCard Bankcard

Credit Card Number:

Exp Date:

Name on card:

Please turn over to tell us a little about yourself and your interests

Lorikeet Centre

Lorikeet offers a friendly, safe environment to people who have been diagnosed with mental illness. The Lorikeet Centre is an accepting place where members can maintain and enhance their skills, engage in social interaction, recreation activities and receive support to assist them on the path to recovery. The Lorikeet Centre is open from Tuesday–Friday, 9am–4.30pm.



The following programs are offered at Lorikeet;

- ◆ Independent Living Skills Program
- ◆ Psycho-social Rehabilitation
- ◆ Recreation Program

Facilities and activities at the centre include:

- ◆ Mini-Gym
- ◆ Table Tennis
- ◆ Pool table
- ◆ Reflexology/ Ion Foot Spa
- ◆ Yoga



The centre is based at 104 Cambridge Street, West Leederville. Contact the centre to make a referral on 9381 9144.

Telephone Information & Referral Service

MIFWA's Telephone Information and Referral Service operates Monday to Friday 9:00am to 5:00 pm and offers callers information on mental illness and how to access support or treatment. This service includes access to a comprehensive Mental Illness Factsheet series. The Factsheets are FREE to the general public, MIFWA Concession, Single and Family Members and are available at a discounted price to MIFWA Organisation Members. If you are a MIFWA member your membership also provides you with access to our comprehensive library which includes articles, books, DVDs and CDs. These resources are available through our Lorikeet Centre.

MIFWA hosts Schizophrenia Awareness Week (SAW) which runs each year in May.



Well ways Carer Education Program

Well Ways is a family education program facilitated by carers. The Well Ways program is designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their friends living with mental illness. The course provides informal workshops involving group discussions, videos and practical demonstrations which are designed around adult learning principles.

Well Ways Suite of programs includes:

- ◆ Building a future
 - 8 week sessions for family and friends of someone with mental illness, with 4 follow up sessions.
- ◆ Duo
 - 6 week sessions for family and friends of someone with mental illness and alcohol and other drug issues.
- ◆ Snapshot
 - 7 ½ hour introductory program for family and friends of someone with mental illness.
- ◆ Well Ways Regional Project works with:
 - Pathways92 (Bunbury)
 - Lamp (Busselton)
 - BOICO Bay of Isles Community Outreach (Esperance)
 - Wheatbelt Region
- ◆ WRAP –Wellness Recovery Action Planning
 - Anti-Burnout program for carers of people with mental illness.

Early Intervention Recovery Program (EIRP)

The Early Intervention Recovery Program provides active, individualized support for young adults who have just experienced an early episode of psychosis. The program targets young people aged 18-30 years. EIRP facilitates the entry of people into specialist and mainstream employment services, education, community, social and recreational networks.

There are two streams in the program;

- ◆ Psycho-social support
- ◆ Health and recreation

Participants can choose the areas they want to work on to assist in their recovery process. Referrals are accepted from Mental Health Professionals, families and also self referral is accepted. For more information contact the manager (08) 9388 2191 or 0439 559 837.

Family Support Program (FSP)

MIFWA's Family Support Program promotes and develops resilience and recovery in families where there is mental illness present and assists family members to achieve their goals through engagement and relationship building, availability and access to services, liaison and advocacy in the community.

Services provided aim to prevent family breakdown through early intervention, prevention and ongoing monitoring and evaluation. Families must consist of at least one child under the age of 18 years and the family must reside in the North Metropolitan Area.

Children of Mentally Ill Consumers Western Australia (COMIC WA)

COMIC WA works alongside the Family Support Program to ensure that all children of parents with mental illness receive information and education about mental health and that they are supported and do not feel alone and isolated.

The COMIC WA program aims:

- ◆ To inform and educate the community to have a better understanding of what it is like to live with Mental Illness.
- ◆ To raise awareness of recovery from mental illness and the things that help or hinder the process.

Please contact COMIC WA at comic4wa@yahoo.com.au or 0413 487 045

Lotus Education

Lotus Education is facilitated by people with lived experience who share their stories of hope and recovery. The program promotes mental health education and training to businesses and community organisations and aims to reduce stigma associated with mental illness.

Lotus Education provides a range of services including:

- ◆ Keynote speaker addresses
- ◆ Training, focus groups and forums
- ◆ Presentations
- ◆ Consultancy services

For more information on Lotus Education please contact MIFWA on 08 9228 0200.

Please describe yourself by ticking the appropriate category below:

- Family member
- Friend
- Carer
- Consumer
- Professional
- Organisation
- Student

What would you like more information on?

- Anxiety
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Psychosis
- Schizoaffective Disorder
- Schizophrenia
- Suicide

What are you interested in?

- Mental Health Research
- Mental Health Policy updates
- Mental Health in the Media

Are you or your family members receiving any MIFWA services, if so please tick the services that apply

- Lorikeet Centre Rehabilitation Program
- Well Ways Carer Education Program
- Early Intervention Recovery Program (EIRP)
- Family Support Program
- Children of Mentally Ill Consumers WA (COMIC WA)
- Lotus Education