

FACT SHEET

IN THIS TOGETHER: FAMILIES AND CARERS CAN ASK YOUTH MENTAL HEALTH AND MULTICULTURAL FAMILIES

FOR
PROFESSIONALS
WORKING
WITH YOUNG
PEOPLE

AT A GLANCE

This is a nested resource. This section provides an introduction for professionals working with young people. The next section is a resource that professionals working with young people can share and use with multicultural families and carers.

- The resource recognises that families and carers may need encouragement to ask questions in order to support engagement with mental health services at a time of increased stress and uncertainty for the whole family.
- The resource covers topics that are relevant to building knowledge, trust and engagement for young people and their support people. It explores:
 - how best to support a young person;
 - understanding the mental health service system broadly, and particular services;
 - working together – including culturally safe practice, collaboration and mental health knowledge; and
 - self-care, support services and resources for families and carers.



INTRODUCTION FOR MENTAL HEALTH WORKFORCE

This resource has been designed for professionals working with young people to share and use with families and carers of young people engaging with youth mental health services. It is intended to support conversations with families and carers and to encourage a collaborative approach with families and carers when working with young people.

It recognises that some families and carers may need a written resource to support them to ask questions and to help prompt conversation. Providing families with this resource may assist in acknowledging the sometimes stressful and challenging, but valued and important, role of supporting a young person with their mental health.

This resource can be translated. To find out more, see the Victorian Department of Health's information on language services for mental health.(1) Mental health workers are strongly encouraged to discuss translation and interpreting with families regularly over time and check which interpreters they trust and can work with most effectively.

There is space in this resource for families to add their own questions, and for mental health workers to add the details of key services and resources that are relevant to families and young people.

RELATED RESOURCES

Bouverie Centre. [From individual to families: a client-centred framework for involving families.](#)

headspace. [Family and friends inclusive practice handbook.](#)

Orygen. [In this together: Families and Carers can ask, unpacked. Youth mental health and multicultural families webinar.](#)

Orygen. [We're in this together: family inclusive practice for mental health services for young people.](#)

Ward, D. (2009). Five messages every adolescent needs to hear. *Psychotherapy in Australia*, 15(3) 48-54.

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This factsheet is designed as a prompt to assist with good communication. It is not an exhaustive list of questions that families may want to ask or a full guide to the way services may assist. We encourage families and carers to discuss their needs with services and together build a plan if additional help is needed.

Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to First Nations people living today.



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