



## Carers matter



**This course is for family members who are supporting a relative with a lived or living experience of mental health or addiction issues.**

This course uses the Carers Star™© to bring together knowledge and resources to make your caring role easier.

The Carers Star™© considers 7 areas of your life and helps you to identify how to make changes to reach your optimum health and wellbeing so you can effectively care for your family member.

This course will be delivered by Metro South Health staff; one is a family member of a person with a lived/living mental health and/or addiction experience and the other is a clinical health professional.

Learning will take place through the sharing of stories and strategies, and the provision of education and practical resources.

**Duration:** One session of 2hours and 30minutes

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### What is a Recovery College ?

The Brisbane South Recovery College is a learning space that will provide you with knowledge and skills to reflect on personal experiences, provide hope, build resilience, provide opportunities to connect with others and feel supported.

### How to enrol

#### Option 1:

- Go to the website <https://metrosouth.health.qld.gov.au/mental-health/brisbane-south-recovery-college>
- Click on 'How to enrol'.

#### Option 2:

- Contact us to request an enrolment form on [recovery.college@health.qld.gov.au](mailto:recovery.college@health.qld.gov.au)

A team member will contact you to confirm your enrolment details and discuss if any support is required for you to attend.

### Frequently Asked Questions

#### Is there a cost?

No. All courses are FREE of charge.

#### What happens if I cannot attend the course?

We understand that some people may find it difficult to attend a course. We are available to talk to you about any questions you may have and how we may be able to support you to attend and learn.

#### Do I need to be referred?

No. You do not need to be referred. As a student you can simply complete the enrolment form.

### Contact Brisbane South Recovery College

[recovery.college@health.qld.gov.au](mailto:recovery.college@health.qld.gov.au)