

List of Suggested Resources for the National Carer Information Portal

1. Navigating the Mental Health System

- **Step-by-Step Guides:**
 - *How to Access the NDIS for Mental Health Support* (PDF/video guide).
 - *Understanding Hospital Admission Processes: A Carer's Checklist*.
 - *Navigating Bulk-Billing and Mental Health Care Plans*.
 - **Interactive Tools:**
 - *Service Finder Map*: Search for local psychologists, psychiatrists, and crisis centres.
 - *Eligibility Quiz*: Determine eligibility for government programs (NDIS, Carer Allowance).
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2. Legal and Financial Support

- **Legal Rights:**
 - *Carer Legal Rights Handbook*: Explains advocacy, consent laws, and privacy rights.
 - Links to state-specific Legal Aid commissions (e.g., Legal Aid NSW, Victoria Legal Aid).
 - **Financial Assistance:**
 - *Carer Payment and Allowance Application Toolkit*.
 - *Grants and Subsidies Directory*: Respite care funding, utility bill relief.
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3. Crisis Management

- **Emergency Protocols:**
 - *What to Do in a Mental Health Crisis*: Step-by-step flowchart.
 - *Suicide Prevention Resource Hub*: Links to Lifeline, Beyond Blue, and SANE Australia.
 - **De-escalation Resources:**
 - *Safe Communication Techniques* (video tutorials).
 - *Local Crisis Team Contact List* (searchable by postcode).
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4. Training and Education

- **Free Online Courses:**
 - *Mental Health First Aid Certification* (accredited by MHFA Australia).
 - *Trauma-Informed Care for Carers* (interactive modules).

- **Self-Care Workshops:**
 - *Managing Burnout: A 4-Week Online Program.*
 - *Mindfulness and Stress Reduction Webinars.*
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5. Community and Peer Support

- **Peer Networks:**
 - *Carer Support Group Directory* (filter by location, language, or condition).
 - *24/7 Online Chat Forum:* Moderated by experienced carers and mental health professionals.
 - **Respite Services:**
 - *How to Access Respite Care:* Video explainers and eligibility criteria.
 - *Volunteer Respite Matching Platform:* Connect with trained volunteers.
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6. Cultural and Linguistic Resources

- **First Nations Carers:**
 - *Social and Emotional Wellbeing (SEWB) Framework Guide.*
 - Links to Aboriginal Community Controlled Health Organisations (ACCHOs).
 - **CALD Communities:**
 - Multilingual fact sheets on mental health conditions (available in 20+ languages).
 - *Cultural Liaison Officer Directory:* Assist with language barriers.
 - **Rural/Remote Support:**
 - *Telehealth Guide for Regional Carers.*
 - *Mobile Mental Health Unit Schedules* (updated monthly).
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7. Advocacy and Feedback

- **Carer Voice Portal:**
 - Submit anonymous feedback on services or systemic gaps.
 - *Policy Change Petitions:* Collective advocacy for carer rights.
 - **Accountability Dashboard:**
 - Track progress of bilateral agreements and funding allocations.
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8. Accessibility Features

- **WCAG-Compliant Design:**
 - Screen-reader compatibility, adjustable font sizes, and high-contrast mode.
 - **Multimedia Formats:**
 - Podcast series: *Carer Stories: Lessons from the Frontline*.
 - Animated explainer videos (e.g., *Your Rights in 90 Seconds*).
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Implementation Partnerships:

- Collaborate with Carer Gateway, Beyond Blue, Headspace, and First Nations-led organizations to host/update resources.
 - Integrate with MyGov for seamless access to personalized services.
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Feedback Mechanism:

- Include a *Rate This Resource* feature to ensure relevance and usability.
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End of List

This list addresses gaps in information accessibility, training, and cultural responsiveness, aligning with the Agreement's goals of embedding lived experience and improving equity.