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Dear

We hope that you and your family are managing in this time of social distancing and ongoing change. Many of the usual supports and resources have changed or may be delivered in a different way. Families and services are dealing with a situation we have never experienced before. If you have children learning from home this may also be a big change and challenge. Please be assured that we are working on new ways to support families at this time.

We are seeing services adapt and respond to needs as they arise. This is changing almost daily. We are trying to keep up to date information of the supports available in this COVID-19 time to help you practically and to support you in maintaining good mental health and wellbeing.

**How we can provide support:**

* Access to information on practical resources, ways to keep socially connected and activities for you and your children to engage in at home.
* Access to resources to support you to talk about mental illness and COVID-19 with your child(ren)
* The FaPMI (families where a parent has a mental illness) web page [www.easternhealth.org.au/fapmi.aspx](http://www.easternhealth.org.au/fapmi.aspx) has information including resources and strategies about parenting with mental illness at a time like this – we will continue to update this page so please check in from time to time. This information is also available via post if you do not have internet access.
* FaPMI can access resources to support your children during the coming period, including games, sports equipment, school resources etc. You can ask your case manager or email the FaPMI team at [Fapmi@easternhealth.org.au](mailto:Fapmi@easternhealth.org.au) for further information about this.

In the future it is likely that there will be more online support/educational platforms for families who have the internet in the home. If you would like to know more about these please contact the FaPMI team. The situation and opportunities are changing daily. We are continuing to work to support the community during the current period and beyond. Some things have not changed.

If you need urgent help with your mental health and you are unable to access your usual treating team, you can call the Access Team on 1300 721 927. If you have an emergency, please call 000 and for immediate support call Lifeline on 13 11 44.

Kind regards

The FaPMI team

Bronwyn, Liz, Michelle & Becca