

Healthy minds for Children, young people and their families.

Baptist Care SA's Family Mental Health Support Services .



Supporting children and young people who are showing early signs, or are at risk of developing, mental illness, to improve their wellbeing and enable them to better participate in their communities and reach their full potential.

Sara and Greg struggled to have the same perspectives on how to raise their step children. They were able to raise their shared biological kids with the same standards, but could not agree on the best methods to support and raise their older children from past relationships.

Our Counsellor worked with them to explore their different parenting perspectives and to help them come to a point of understanding. A large part of this process was moving forward using a strengths-based approach, to explore positive areas of connection to help them move past blaming each other.

Baptist Care SA's Family Mental Health Support Services (FMHSS) provide support for young people aged 0 – 18 and their families.

We work with individuals and their families, as well as using targeted therapeutic group work. Together, we:

- Build individual strengths
- Expand family resources
- Develop a greater sense of connection to community.

This is a free service and referrals can be made by anyone in the community including schools, early learning centres, health workers, community organisations and self-referrals.



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Building Kingdom Communities.



1. Each year 1 in 5 people in Australia experiences a mental health disorder. Anxiety is the most common mental health disorder, followed by mood disorders (eg. depression) and substance use disorders.¹

Pray for an end to the stigmatising of people living with mental health issues and mental illness and pray for their inclusion into welcoming and inclusive churches and communities.

2. Women are more likely than men to experience anxiety disorders (18 percent compared with 11 percent) and mood disorders (7.1 percent compared with 5.3 percent), while men are more likely than women to experience substance abuse disorders (7 percent compared with 3.3 percent).²

Pray that men and women will seek and receive helpful assistance which enables their recovery from their mental health issues.

3. Younger people have the highest rates of living with mental health issues. One in four people aged 16-24 years had a diagnosed mental health disorder in the past 12 months, compared to 1 in 17 people aged 75+ years.³ In the 16-24 year age bracket, alcohol related disorders are much higher than in other age groups.

Pray that young people will safely navigate their way through the challenges of adolescence and find trustworthy adults who will be role models and mentors to them.

4. Up to 75 percent of adults experiencing homelessness and 40 percent of prisoners live with a mental health disorder.⁴

Pray for improved mental health for people experiencing homelessness and people who are incarcerated.

5. Suicide is the leading cause of death for Australians age 15-44 years. There are eight deaths by suicide per day in Australia.⁵

Pray for people who may be contemplating suicide that they may find reasons to live and get appropriate support. Pray for people who grieve the loss of a friend or family member to suicide. Pray for those working in the area of mental health support. Pray that churches will bring a message of hope and be communities of welcome, connection and support to everyone affected by mental illness and suicide.

1. Australian Institute of Health and Welfare, 'Mental health services in Australia', Australian Government, Canberra, 2018, viewed 25 May 2018, <<https://www.aihw.gov.au/reports/australias-health/mental-health>>

2. The Department of Health, 'Prevalence of mental disorders in the Australian population', Australian Government, Canberra, 2009, viewed 25 May 2018, <<http://www.aihw.gov.au/reports/australias-health/mental-health>>

3. SANE Australia, 'Facts vs myth: mental illness basics', SANE Australia, 2016, viewed 25 May 2018, <<https://www.aihw.gov.au/reports/australias-health/mental-health>>

4. The Department of Health, 'The magnitude of the problem', Australian Government, Canberra, 2009, viewed 25 May 2018, <<http://www.health.gov.au/internet/publications/publishing.nsf/Content/mental-pubs-f-plan09-toc-mental-pubs-f-plan09-con--mental-pubs-f-plan09-con-mag>>

5. Black Dog Institute, 'Facts about suicide in Australia', Black Dog Institute, Australia viewed 25 May 2018, <<https://www.blackdoginstitute.org.au/clinical-resources/suicide-self-harm/facts-about-suicide-in-australia>>