

Wellbeing of dependents

The **needs, wellbeing and safety of children, young people** and other dependents of people receiving mental health and wellbeing services are to be **protected**.

Identify and record information about dependents

as early as possible - ask consumers carefully and sensitively about their lives and family connections. Revisit and update this information regularly.

Identify young carers: Recognise they may have key support responsibilities, and with consumer consent, involve them in treatment and care discussions according to their preferences and capacity.

Regularly discuss the consumer's parenting and caregiving role as part of assessment and treatment planning. For example, work with the consumer and, with their consent, their carer, family, supporters and kin to identify strengths, and help them access any services and supports that will help them to maintain their caring role and to meet the needs of their children or other dependents.

Co-create and embed plans for dependents' wellbeing: Promote safety and wellbeing for children, young people and dependents including by co-creating and embedding plans. Ensure plans include who will care for dependents (encourage consumers to state this is an advance statement of preferences) and how connection between the parent or caregiver and child, young person or dependent will be maintained

during treatment. For example, visits, phone or video calls, emails, letters or shared online activities. Use available care plan templates to prompt thinking about the specific and diverse needs and experiences of dependents (including based on their age and developmental stage) and the information, resources, networks and supports that may be available.

Be aware of and comply with, for example, the [Child Safe Standards](#), mandatory reporting requirements and other information sharing requirements (such as the [Child Information Sharing Scheme](#)).

Clearly explain confidentiality and its limitations to consumers, families, carers, supporters and kin.

Give information resources to consumers and offer support and advice to the consumer, carer, family, supporters and kin about how to talk with children or dependents about mental illness in a way that is safe, supportive and developmentally appropriate.

Give children, young people and dependents age-appropriate information, support and referrals, including to support young carers. This may include:

- Services that can support the needs of children and young people such as the [Satellite Foundation](#), [Little Dreamers Wellbeing Hub](#), child and family health clinics, family counselling, [The Orange Door](#), peer support, other mental health and wellbeing supports or financial support.
- Specific supports for young carers including via the [Families where a Parent has a Mental Illness \(FaPMI\) program](#).

Share information: With agreement from the child or young person and the consumer, share information with other services including the education system, to ensure their circumstances are accommodated.

