

Media release

New online training to strengthen primary care professionals' capability to engage carers in practice

28 May 2026

Primary health care and mental health professionals in New South Wales can now access a new free online training program designed to strengthen their capability to support the family, friends and carers of people experiencing mental health concerns or suicidal distress.

Behind every person experiencing mental health concerns or suicidal distress are family, friends and carers providing ongoing emotional and practical support outside formal health services.

More than 240,000 Australians care for someone experiencing mental health challenges, providing up to \$13.2 billion worth of unpaid care annually.

The new training program, 'Including family, friends and carers in mental health practice', has been developed by Everymind with funding from the NSW Department of Communities and Justice under the Carers Investment Grant Program 2025-2027.

"The NSW Government's \$3.1 million investment in the Carers Investment Grant Program is empowering carers across New South Wales to overcome barriers to recognition and support," says Minister with responsibility for carers, The Hon. Jodie Harrison MP.

"This funding is supporting seven projects statewide, including Everymind's capability building program to improve mental health carer support.

"Under this program, mental health and primary health professionals will benefit from specialist training designed to enhance support for family, friends and carers looking after a person experiencing mental health challenges."

When family, friends and carers are actively involved it can improve outcomes for the person being supported, strengthen communication and information sharing, support ongoing engagement with care plans, and provide additional support outside of formal healthcare settings.

This training equips primary care and mental health professionals with the skills and confidence to identify, engage and support carers more effectively.

Participants will learn about the important role of carers and how to recognise and effectively include carers in their practice. They will also learn how to navigate confidentiality and consent, support carer wellbeing and take practical steps to embed carer support into routine practice.

"Identifying and engaging family, friends and carers helps ensure people are supported both within and outside of formal services, while also giving those supporting them the tools and resources they need to look after

themselves and provide the best support possible,” says Everymind Senior Leader – Business and Programs, Tina Fox.

By strengthening workforce capability across primary health care and mental health settings, the program aims to improve both the experience of carers and the outcomes for those they care for.

The training will be piloted in Hunter New England Central Coast region from 15 May 2026, before being rolled out across New South Wales from July 2026. For more information and to access the training, please visit:

<https://bit.ly/icmhp>

- Ends -

About Everymind

Everymind is a leading Australian institute dedicated to the prevention of mental ill-health and suicide, with a strong reputation for delivering evidence-based policy advice, research and tailored programs at local, state and national levels. Everymind continues to bridge the knowledge to practice gap in the prevention of mental ill-health and suicide so that fewer people are impacted in the future.

The new training, ‘Including family, friends and carers in mental health practice’, has been developed by Everymind with funding from the NSW Department of Communities and Justice under the Carers Investment Grant Program 2025-2027. This funding supports the implementation of the NSW Carers Strategy and aims to improve outcomes for carers and the people they support.

For media enquiries

Kate Campbell, Senior Leader – Engagement and Programs, Everymind

Kate.Campbell3@health.nsw.gov.au

02 4924 6900 | Mobile 0422 255 657