

## Why COPMI helps

When a parent has a mental illness their children may have a range of thoughts and feelings. This may lead them to:

- Have lots of questions about the causes of mental illness and whether they can 'catch' it
- Worry about their parent
- Be anxious about what others think, in their family, school or community
- Be a carer for their parent or other siblings

We know that children often need extra support in these times—that's why we're here to help.



*Wanslea supports children and young people to grow and develop, safely.*

### SCARBOROUGH

110 Scarborough Beach Road  
Scarborough WA 6019

PO Box 211  
Scarborough WA 6922

### CLOVERDALE

The Bowie Centre  
311 Abernethy Road  
Cloverdale WA 6105

### CURRAMBINE

Unit 6/13 Hobsons Gate  
Currambine WA 6028

### BINDJAREB

26A Anstruther Road  
Mandurah WA 6210

T: (08) 9245 2441

[mentalhealth@wanslea.org.au](mailto:mentalhealth@wanslea.org.au)

[www.wanslea.org.au](http://www.wanslea.org.au)

*Wanslea acknowledges the Traditional Owners of country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to elders both past and present.*



**COPMI**  
*For Children Of Parents  
with a Mental Illness*





## What we offer

We work with children and young people in a safe, secure space of their choice which might be their home, school, community space or a Wanslea office.

We assist children and young people to:

- Identify their own strengths
- Gain an understanding of their own mental health and wellbeing
- Gain an understanding of their parent's mental illness
- Plan for times when their parent may go to hospital or can't be there for them
- Ask questions about mental illness
- Understand and overcome the stigma associated with mental illness
- To meet other COPMI, share stories and gain peer support

## About Wanslea COPMI

Wanslea COPMI is funded by the Mental Health Commission of WA



## How to get started

Parents can refer their children or young people can refer themselves to this program.

Schools, mental health professionals or other agencies can refer children and their families.

Please contact us to check that the program is offered in the family's geographical area.

Children aged 4-18 years can be engaged in most program activities. Younger siblings often benefit from work done within the family. Their parent must have their own mental health case manager.

---

Centred on children and young people, based on strengths and orientated to recovery

