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**Uplyft.**  
strong young futures



**Uplyft COPMI is funded by  
the Mental Health  
Commission of Western  
Australia**

**COPMI**

For Children of Parents  
with a Mental Illness

We acknowledge the Traditional Owners of the  
lands on which we live and work, and pay our  
respects to Elders past and present.



## 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**



## 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.

## 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 an Uplyft office.

We offer individual and group work dependent upon need.

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
- Meet other Children of Parents with a Mental Illness (COPMI), share stories and gain peer support

Learn more:

