



## Relational by design: a national voice for unpaid mental health carers, families and kin

Mental Health Carers Australia is pleased to be a Silver Sponsor of the 2026 International Mental Health Conference.

As the national peak body representing unpaid mental health carers, families and kin across Australia, MHCA provides national advocacy, policy leadership and sector engagement to ensure the experiences, rights and expertise of people supporting someone with mental health distress or psychosocial disability are recognised in reform, service design, research and practice.

In the Australian context, a peak body plays a vital role in connecting community experience with national influence. MHCA brings together diverse voices across states and territories and works with member organisations, carers, governments, clinicians, researchers and service providers to shape more responsive mental health systems.

**Scan the QR code to subscribe as 'family carer and kin', 'ally' or 'organisation' and receive updates, event invitations, and opportunities to help shape change across Australia.**

Our work is built around the idea that mental health systems must be relational by design. Families, carers and kin often provide continuity, context, culture, advocacy and connection across the spaces where formal services begin and end.

MHCA is bringing innovative national work to the conference, including building carer capability, confidence, leadership and pathways for meaningful and paid participation in reform.

Visit MHCA at the conference to learn more about our national capability-building work, our paid participation pathways, and our vision for relational mental health reform.

