



Supporting Family Carers in the Workplace

Why Mental Health Caregiver role is a Workplace Issue

Presented by: Ms Charlene Rzogha

Organisation: The Mental Health Association Malta

The Mental Health Association

The mental Health association is a Non-Profit Organisation that supports carers and family members of persons with mental illness.

Three Pillars of MHA

Empathy



Empowerment



Education





Who Are Carers?

- Carers support persons with mental illness emotionally and practically.
- They are often family, friends, or volunteers.
- They assist with routines, recovery, daily supporting living and finances.

The Hidden Struggles of Family Carers

- Parents: stress, frustration, guilt (Hatfield & Lefley, 2000)
- Spouses: loss and grief (Judge, 1994)
- Siblings: feel neglected and overwhelmed (Jewel, 2007)

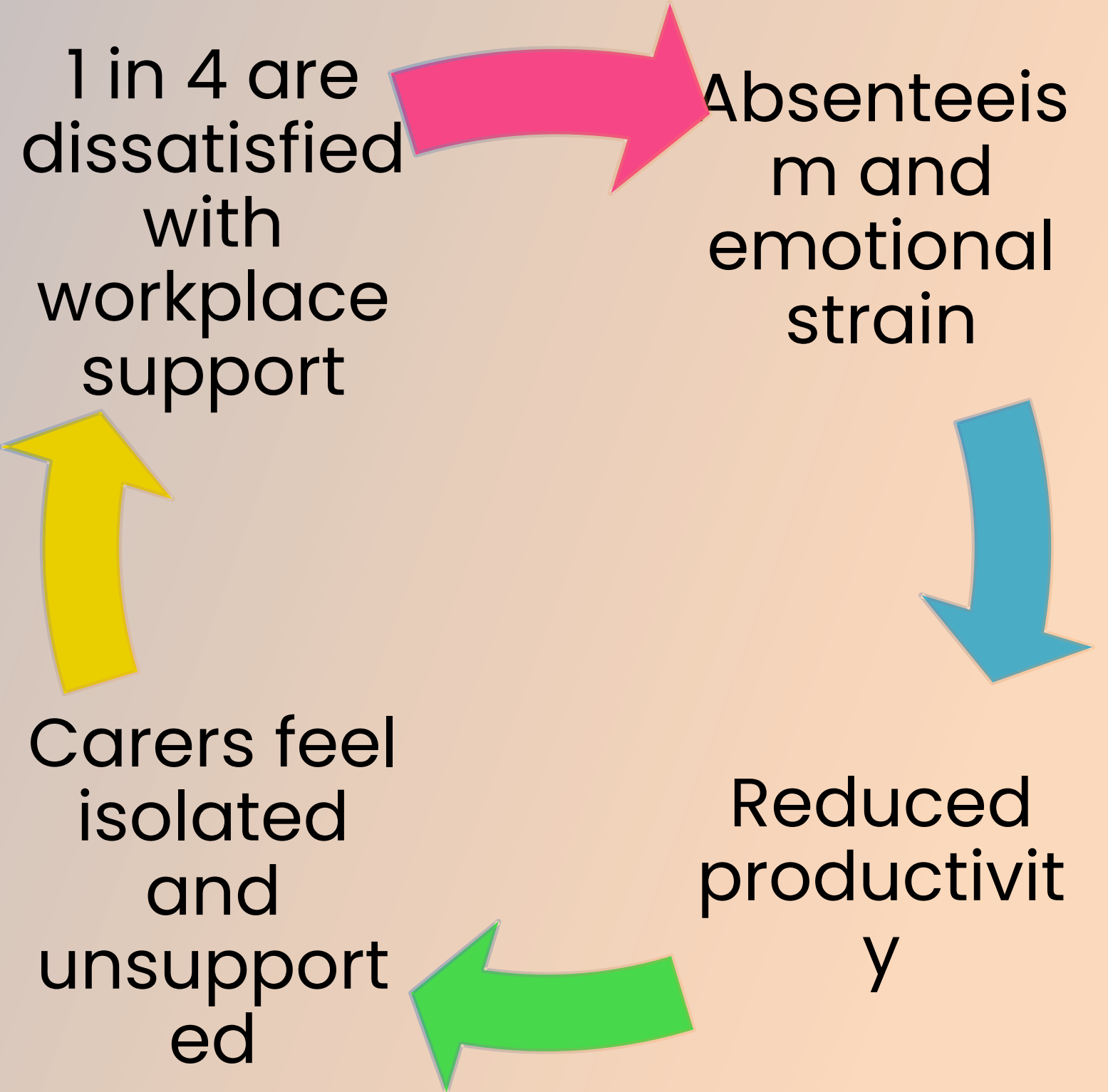
A Carer's Voice (Video)



Key Findings – EUFAMI Malta 2015

- Avg. carer: woman caring for Adult child with schizophrenia
- Avg. 14 years caregiving; 28 hrs/week
- 1 in 3 say caregiving worsens their physical health
- Over 90% want more support (emotional, respite, financial)
- Only 1 in 4 are satisfied with workplace support

The Workplace Impact



What Employers Can Do

✓ Flexible work arrangements

✓ Carer leave & mental health days

✓ EAPs & peer support groups

✓ Carer-inclusive training for managers

✓ Add a Mental Health Resource Hub to company portal

Why Support Matters

✓ Improved retention and morale

✓ Boosted productivity

✓ Inclusion and well-being

Supporting carers is good business

Final Message



“When you support a carer, you’re supporting two lives –the employee and the one they care for.”

Q&A / Discussion

- Do you know a carer in your team?
- What more can your workplace do to support them?

Thank you

Contact: assistance@mhamalta.com