

Support for Carers

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A carer is someone who provides unpaid support to a family member, partner, sibling or a child who cannot manage without their assistance. A carer might care for someone with a disability, mental health problem, or chronic illness. Choosing to become a carer can be a long-term commitment which can bring both challenges and rewards. It is important that carers feel supported themselves, so that they can provide the best support those they are caring for.

Carer options

- ◀ For immediate crisis counselling, please contact **Lifeline** (131 114) or **Parentline** (132 289)
- ◀ Support Groups can be a place meet others and get support from other people who understand. You can find a list of **ASD Support Groups** at www.amaze.org.au/support
- ◀ **Asperger's Victoria** provides helpful information and support through online resources, group meetings and seminars.
- ◀ Local councils offer services and support. To find out what is offered by your council, **contact your local council** and ask for the Metro or Rural Access Officer.
- ◀ Sometimes carers need a break. For respite options in your area, contact the **Commonwealth Respite & Carelink Centre** on 1800 052 222.
- ◀ Carers Victoria offers advice, information and support for carers to improve their health, wellbeing, financial security and resilience. They also offer up to 6 free counselling sessions. Contact the **Carer's Victoria Advisory Line** on 1800 242 636.
- ◀ If you feel that your mental health and wellbeing is affected, a **psychologist** may be able to help you. You might be eligible for some rebates through Medicare under the Better Access to Mental Health initiative. Your GP can write the plan for you and refer you to a psychologist.
- ◀ Family Relationship Support for Carers (1300 303 346) operates state wide and offers five free counselling sessions for family members caring for someone with a disability including ASD.
- ◀ Relationships Victoria provides support for couples across the state, whose relationship may be struggling. This service is provided at a cost. <http://www.relationshipsvictoria.com.au>

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