

Information Sheet:

Support for Carers

A carer is someone who provides unpaid support to a friend, family member, partner, sibling or a child who can't manage without their help. A carer might care for someone with a disability, mental health issue, or chronic illness. Choosing to become a carer can be a long-term commitment with challenges and rewards. It's important that carers feel supported themselves, so that they can provide the best support for those they're caring for.

Carer options

Carers can seek help from the following organisations:

- Lifeline (131 114) or Parentline Victoria (132 289) provide immediate crisis counselling.
- [Carer Gateway](#) provides practical information and advice on services and support, free phone counselling, free coaching and a community forum with other carers. Call 1800 422 737 during business hours.
- [Support Groups](#) can be a place to meet others and get support from other people who understand.
- [Asperger's Victoria](#) provides helpful information and support online.
- [Carers Victoria](#) offers advice, information and support for carers to improve their health, wellbeing, financial security and resilience. They also offer up to six free counselling sessions. Contact the Carer's Victoria Advisory Line on 1800 242 636.
- [EACH](#) provides an integrated range of health, disability, counselling and community mental health services across Australia. [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 autism.
- [Relationships Victoria](#) (1300 364 277) provides support for couples across the state, whose relationship may be struggling. This service is provided at a cost.
- [Commonwealth Respite and Carelink Centres](#) (1800 052 222 during business hours or 1800 059 059 for emergency respite support outside standard business hours) provide information about respite and carer support services.
- [Carers Victoria](#) (1800 052 222) has information about respite services in your region.

If you feel that your mental health and wellbeing is affected, a psychologist may be able to help you. You may be eligible for some rebates through Medicare under the [Better Access Initiative](#). Your GP can write the plan for you and refer you to a psychologist.

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