If you are an unpaid carer and would like to talk to a counsellor, call 1800 242 636 to make an appointment.

Or go to www.carersaustralia.com.au to connect with your state or territory Carers Association.

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or are frail aged.

This national service is funded by the Australian Government.

Carers Australia

Carers ACT
www.carersact.org.au

Carers NSW
www.carersnsw.asn.au

Carers NT
www.carersnt@carersnt.asn.au

Carers QLD
www.carersqld.asn.au

Carers SA
www.carers-sa.asn.au

Carers TAS
www.carerstas.org

Carers VIC
www.carersvictoria.org.au

Carers WA
www.carerswa.asn.au

Carers Australia

NATIONAL CARER COUNSELLING PROGRAM

TALK TO SOMEONE ABOUT YOUR CARING

1800 242 636

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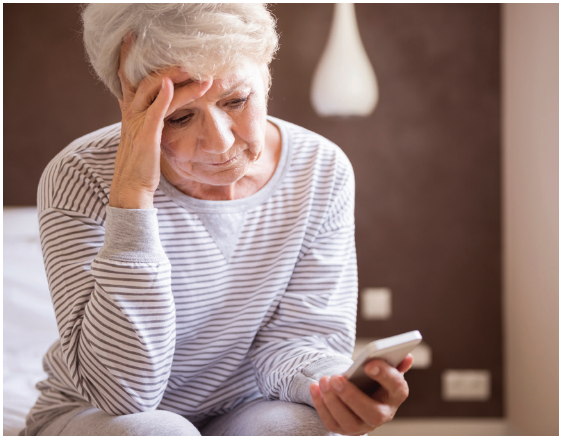

The National Carer Counselling Program provides short term counselling services specifically for carers.

Counselling is about talking to a trained professional who can help you address the challenges in your life. You may wish to explore ways of coping with the responsibilities of caring or help balance caring with other aspects of your life.

Our carer counselling program can connect you to a qualified professional who understands the problems that carers often face.

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Counselling is delivered across Australia by qualified professional counsellors – all you need to do is call 1800 242 636* to make an appointment.

Counselling is offered in a variety of ways, including face to face, via telephone, email and Skype or in a group.

Counselling can help you:

- deal with overwhelming and confusing feelings
- make sense of your experiences as a carer
- work out your own needs and solve problems
- manage conflict, stress and other emotional factors that make caring more difficult
- build resilience and cope with change
- improve your mental, emotional and physical wellbeing
- provide support after the caring role ends.

*This 1800 242 636 phone service is available during business hours only and it is a free call from a landline. Mobile calls are charged at mobile rates.