

## WHO IS A CARER?

*If you look after a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail, then you are a carer.*

### About Carers NSW

Carers NSW is the peak organisation for carers in New South Wales. We are here to help all carers, including young carers, across New South Wales. We provide support and advice to carers through our range of specialised programs and services. We can also provide information about person centred approaches, individualised funding and other initiatives.

### Do I need to be a member to access Carers NSW services?

No, you do not need to be a member to access our services although membership entitles you to receive our free bi-monthly newsletter, carer information updates, invitations to special events and a say in the future direction of Carers NSW.

### What support is available through Carers NSW?

Carers NSW supports carers through our range of specialised programs and services. We provide education and training to carers and service providers, counselling services, access to early intervention funding (Better Start for Children with Disability Initiative), referrals, information and resources.

# AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

For more information on our range of programs or for advice, support or referrals contact the Carer Line from 9.00am to 5.00pm, Monday to Friday on

**CARER LINE 1800 242 636\***

\*free call except from mobile phones.  
Mobile rates apply.



Level 10, 213 Miller Street, North Sydney NSW 2060  
PO Box 785, North Sydney NSW 2059  
**P** 02 9280 4744 **F** 02 9280 4755  
**Carer Line** 1800 242 636 (free call)  
contact@carersnsw.org.au

[www.carersnsw.org.au](http://www.carersnsw.org.au)

*Carers NSW receives funding from the NSW and Australian Governments*



**ARE YOU CARING FOR  
A PERSON LIVING  
WITH MENTAL ILLNESS?**



*If you are supporting someone  
who is living with mental illness*

**THERE IS A FREE LOCAL SERVICE  
THAT CAN HELP YOU**

**CARER LINE 1800 242 636**

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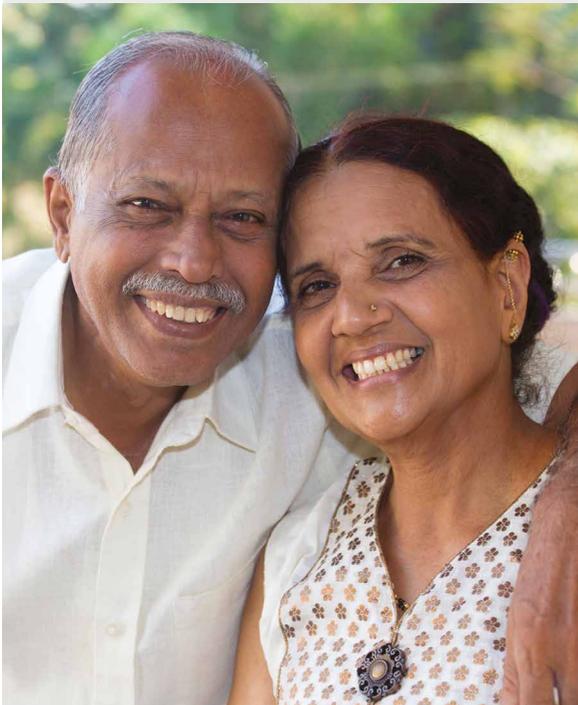
## CARING FOR A PERSON LIVING WITH MENTAL ILLNESS

*Caring can be rewarding but it can also be challenging. It can be difficult to cope and to stay connected to friends, family and the community*

Families and carers of a people living with mental illness face unique challenges. They often need support to help the person they care for on their recovery journey.

Carers might need help to:

- come to terms with the mental illness
- understand the mental illness and how it can be managed
- understand and access the NDIS



## ABOUT OUR PROGRAM

### **Mental Health Respite: Carer Support**

provides a time limited service for carers of people living with severe mental illness.

It provides:

- one on one support
- access to counselling
- education for carers
- opportunities to take a break from caring
- access to respite
- information and support to transition to the NDIS

### **Carers NSW Mental Health Respite:**

**Carer Support** program is for people living in the following service areas:

- Botany
- Braxton - Greta - Pokolbin
- Cessnock
- Cessnock region
- Eastern Suburbs South (Randwick)
- Glendale - Cardiff - Hillsborough
- Kurri Kurri - Abermain
- Maitland
- Newcastle
- Port Stephens

## NOT FROM ONE OF THESE AREAS?

*Other organisations provide similar supports in your area. Call the Carer Line on*  
**1800 242 636**  
*for details of services in your area.*

## WHO DO WE SUPPORT?

*Mental Health Respite: Carer Support is for anyone who supports a family member or friend living with severe mental illness; such as depression, schizophrenia or anxiety.*

Carers might be supporting a son or daughter, partner, parent, or someone else close to them. Anyone can be a carer, including children and young people.

Research shows how important carers and families are in supporting people living with severe mental illness, and assisting them in their recovery journeys.

Mental Health Respite: Carer Support can help carers to deal with some of the challenges of their caring role, and be better supported in their caring role now and into the future.

