

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, referrals, information and resources. As a registered NDIS provider of Support Coordination, Carers NSW can assist you if the person you are caring for is eligible or has received an approved NDIS plan with a budget for Support Coordination.

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.

If you require a translator or interpreter you may access our service via the National Translating and Interpreting Service on 131 450.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information, visit: www.relayservice.gov.au.



CONTACT US

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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

Carers NSW receives funding from the NSW and Australian Governments



TALK IT OVER COUNSELLING FOR CARERS



CARER LINE 1800 242 636

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WE CAN SUPPORT YOU IN YOUR CARING ROLE

Caring can be challenging but there are people who understand and can help guide you through the ups and downs of the caring experience.

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, you are a carer.

It is very common to experience a broad range of emotions during your caring role including stress, anxiety and grief.

Counselling can help

Talking with a professional counsellor can help make a difference to your caring role and to you.

The sessions are confidential and are tailored to suit your individual needs.

Counselling can help with:

- managing stress
- anxiety
- depression
- isolation
- grief and loss
- finding balance
- relinquishing care
- problem solving
- coping skills
- changes in care relationships

"I had the opportunity to tell my story, to understand my situation without any judgement. I feel much better about myself."



CARER LINE 1800 242 636

The Carer Line is a national phone service which is staffed by a team of Carer Support Officers who can provide you with access to information, support, referrals, support groups and other Carers NSW services.



NATIONAL CARER COUNSELLING PROGRAM

Carers NSW offers a range of counselling services to carers across the state through the National Carer Counselling Program.

Individual Counselling

Individual counselling can be provided either over the phone or face-to-face. Carers NSW has a network of specialist counsellors across NSW to ensure carers have choice in how they would prefer to access support.

Family Counselling

In some circumstances a family counselling session is a beneficial option. This may involve bringing together several family members caring for the same person or a session involving a carer and the person they care for.

Group Counselling

Group counselling sessions involve carers meeting with qualified counsellors to share their caring experiences. This can be face to face or by a Talk-Link telephone program. The sessions encourage carers to develop coping strategies.

"I was reminded of my strengths and abilities and have a different outlook on life."