



# NATIONAL CARER COUNSELLING PROGRAM

TALK TO SOMEONE ABOUT  
YOUR CARING

**1800 242 636**



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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.



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](http://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 ACT**

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

**Carers SA**

[www.carers-sa.asn.au](http://www.carers-sa.asn.au)

**Carers NSW**

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

**Carers TAS**

[www.carerstas.org](http://www.carerstas.org)

**Carers NT**

[www.carersnt@carersnt.asn.au](mailto:www.carersnt@carersnt.asn.au)

**Carers VIC**

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

**Carers QLD**

[www.carersqld.asn.au](http://www.carersqld.asn.au)

**Carers WA**

[www.carerswa.asn.au](http://www.carerswa.asn.au)