

Carer Counselling & Support Service

Just for Carers

Are you caring for a family member or friend?
Do they have a disability or a mental illness?
Do they have a chronic illness, dementia or are they old and frail?

Sometimes when you are busy caring for someone else you can neglect your own needs.

There are times when carers can feel stressed, guilty or confused. These are just some of the emotions that carers experience and dealing with them is not always easy. It can help to talk about your situation.



Health

Illawarra Shoalhaven
Local Health District

Counselling can help

Talking with a counsellor can help you with caring and improve your life. Counsellors won't judge you, but they listen and encourage you to talk about your options. Counselling is free and can help you with:

- managing stress
- being here and now
- loss and grief
- dealing with change
- practical problem solving
- emotional support
- health and wellbeing

We know it can be hard to get to services. Our counsellor is flexible and can meet you close to home or in one of our offices. The counsellor can also talk with you on the phone.

You can contact the Carer Counsellor yourself or be referred by a health or community worker.

Interpreters are available.

Contact the Access & Referral Centre

Tel: 1300 792 755 Fax: 4223 8455

Illawarra Shoalhaven Local Health District

This counselling service will finish in November 2019

These services also provide counselling and information:

Carer Gateway

 carergateway.gov.au  1800 422 737

Carers NSW

 carersnsw.org.au  1800 242 636

To find respite and emergency support:

Illawarra Commonwealth Respite and Carelink Centre

 carersillawarra.org.au

 1800 052 222



This information
has been tested
with Consumers