


Where carers can find support



If you support a family member or friend who has a disability, mental health condition, chronic health condition, terminal illness, or is frail aged you can access free supports via **Carer Gateway**.

1800 422 737 | carergateway.gov.au



Carer Gateway gives you access to a range of free services and supports to help you when you are caring for someone else, these include:

Carer Support Planning

To help you identify what areas of support will best help you in your caring role and to develop a simple plan for ongoing support.

Counselling

If you're feeling stressed or overwhelmed, you can talk it through in a series of one-on-one sessions with a professional counsellor.

In-Person Peer Support

Get together with other carers to catch up, make connections and share stories, knowledge and experience.

Facilitated Coaching

One-on-one support with a coach to help you to make positive changes to your own life by setting goals and working on a plan to achieve these goals.

Carer Directed Support

Practical assistance to ensure you have access to the resources you need when caring for someone, such as items to assist in your caring role and short-term respite.

Emergency Respite Care

If something urgent or unforeseen happens that prevents you from being able to be there for the person you support, we can make sure they are looked after. Emergency respite is available 24 hours a day, 7 days a week.

To register for Carer Gateway:

Call **1800 422 737** or visit carergateway.gov.au

Carer Gateway is a national support service funded by the Australian Government. It provides free support for carers through a network of regional Carer Gateway service providers. Wellways Australia provides these services throughout Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains.