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| **LOOKING AFTER YOU OWN WELLBEING AND MENTAL HEALTH**Caring for someone full time is physically and emotionally demanding. From time to time, carers need to be able to take some time out from their caring role | **Contact your GP for a psychologist referral****Commonwealth Respite & Carelink Centre** – Provides carer support**Lifeline Australia - 24 hour Care Line****NSW 24hr Mental Health Line****Carers NSW** – Talk link – a six week group counselling program consisting of carers via phone  **Carers NSW** – Provides information and resources that assist cares with their caring roll. **Parent Line NSW** - Counselling, Information and Referral Service for Parents/Carers of children aged 0 – 18**National Carer Counselling Program**Can assist with coping skills, grief and loss, emotional support, health and wellbeing, and practice problem solving **Carer Gateway** Carer Gateway is a national online and phone service that provides practical information and resources to support carers**Cancer Council** Cancer information and support for patients families and their carers  | **1800 052 222****13 11 14****1800 011 511****1800 242 636****1800 242 636**[**www.carersnsw.org.au**](http://www.carersnsw.org.au)**1300 130 052**[**www.families.nsw.gov.au**](http://www.families.nsw.gov.au)**1800 242 636****1800 422 737**[**www.carergateway.gov.au**](http://www.carergateway.gov.au)**13 11 20**  |
| **Friendly Faces Helping Hand Foundation** Helping country people source information to help make a traumatic time easier.Run by carers with experience for carers in need | Having a family member transferred to a hospital away from home can be stressful, Friendly Faces Helping Hands can assist link rural communities to major hospitals, health facilitates and resources within the city to help make a stressful time easier. | **1800 014 234** [**www.friendlyfaces.info**](http://www.friendlyfaces.info) |
| **RESPITE**Respite care can allow both you and the person you care for to take a break, it can also be helpful in an emergency speak to the Commonwealth Respite & Carelink Centre to discuss your respite options. | **Commonwealth Respite & Carelink Centre** **Emergency respite****Commonwealth Respite & Carelink Centre**  | **1800 052 222****1800 059 056** |
| **FINANCIAL ASSISTANCE**You may be eligible for a Carers payment or Carers allowance. | **Centrelink** **Lifeline** – offers a free financial counselling service | **13 27 17****(08) 8087 7525** |
| **Disability services** Disability Services provides regular/ongoing respite and support services to people with a disability between 0-64 years of age and their families/carers. | **Commonwealth Respite & Carelink Centre** Disability Service Programs offer a range of assistance such as Respite, Day programs, Social support, peer support, Transition to work, and support staff. | **1800 052 222** |
| **AGED CARE**Help with: staying in own home, care in an aged care home, taking a break from caring (respite care), & after-hospital care (transition care) | **Far West Dementia Advisory Service**support, information and education to assist people living with dementia, their families and those working in the Dementia care field**NSW Dementia Behaviour Management Advisory Services**Support, advice, information and referral DBMAs is a 24h free call service to assist carers to manage difficult behaviours that may cause distress or harm to the person who suffers from dementia or their carer.**My Aged Care** - Can help you find information about the services you need and what you need to do to receive them. | **1300 005 060****1800 699 799**[**www.dbmas.org.au**](http://www.dbmas.org.au)**1800 200 422**[**www.myagedcare.gov.au**](http://www.myagedcare.gov.au) |
| **YOUNG CARERS**Young Carer is a child/young person who provides assistance, practical and/or emotional support to a brother, sister, parent or grandparent. | **Young Carers NSW** | **1800 242 636**[**www.youngcarers.net.au**](http://www.youngcarers.net.au) |
| **LEGAL ISSUES**Do you and the person you care for have power of attorney, enduring guardianships & advanced care directives in place? Is your relationship with the person you care for legally recognised? Who will act as your substitute decision maker if you are unable to do this for yourself? | **NSW Trustee & Guardian** **Guardianship Division – NSW Civil & Administrative Tribunal****Your Solicitor** | **1300 364 103****1300 006 228** |