



# SUPPORT FOR CARERS

There are a range of support services that you, your family and support networks may be able to access online and in your local community to supplement the support you are receiving through your workers compensation claim\*. This fact-sheet can assist you to locate additional services which could help you in your recovery. Many of these services are free or low cost. The important thing is to find the right support that works for you.

IF YOU NEED IMMEDIATE CRISIS ASSISTANCE.

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\* PLEASE NOTE THAT THESE SUPPORTS OR SERVICES ARE NOT PROVIDED OR COMPENSABLE UNDER YOUR WORKERS COMPENSATION CLAIM. THESE ARE ADDITIONAL AND ALTERNATIVE OPTIONS THAT YOU AND YOUR SUPPORT NETWORK MAY BE ABLE TO ACCESS IN THE COMMUNITY, ONLINE AND THROUGH THE GOVERNMENT. PLEASE CONTACT THE ORGANISATION DIRECTLY TO CONFIRM ANY SPECIFIC ELIGIBILITY CRITERIA, WHAT SERVICES THEY OFFER AND WHAT THEIR PROCESS IS.

## Mental health care plans

**W:** [healthdirect.gov.au/mental-health-care-plan](http://healthdirect.gov.au/mental-health-care-plan)

If you have mental health issues or concerns, your doctor can assist. A mental health care plan is available to anyone diagnosed with a mental health disorder.

If you have a mental health care plan, you will be entitled to Medicare rebates for up to 10 individual or 10 group appointments with some allied mental health services in a year. Your doctor can give you a referral to allied mental health services in your area. Or you can get more information from [beyondblue](http://beyondblue.org.au), which includes a search tool to locate mental health professionals near you.

## Carers NSW Australia

**Telephone:**  
1800 242 636

**W:**  
[carersnsw.org.au/advice/services-supports/mental-health](http://carersnsw.org.au/advice/services-supports/mental-health)

Carers NSW provides assistance in:

- Counselling and Support
- Education and Training
- Carer Support and Programs
- Locating a Carer Support Group

## NSW Health

**W:** [health.nsw.gov.au/](http://health.nsw.gov.au/)

There are 5 non-government organisations that offer support services for family and carers.

There is one service provider in each local health district. The role of these providers is to provide:

- Education and training packages about mental illness and its management and help to build coping skills and resilience
- Individual support and advocacy services for families and carers
- Infrastructure support for peer support groups.

## Beyond Blue

**W:** [beyondblue.org.au/resources](http://beyondblue.org.au/resources)

They have a range of helpful resources and support tools, including:

- 'Guide for carers' booklet which provides information on supporting and caring for a person with depression.
- Fact sheets available
- An online Forum titled 'Supporting family & friends with a mental health condition (carers)' which provides discussion and support from peers. [beyondblue.org.au/get-support/online-forums](http://beyondblue.org.au/get-support/online-forums)

## Lifeline

**W:**  
[lifeline.org.au/static/uploads/files/carers-of-people-with-mental-illness2-wfmbbryachyc.pdf](http://lifeline.org.au/static/uploads/files/carers-of-people-with-mental-illness2-wfmbbryachyc.pdf)

Lifeline have available a self-help resource to help people living with mental illness that sets out:

- The impact of being a carer
- Strategies for supporting and sustaining yourself as a carer
- Positive ways to help and support a person living with a mental illness
- Carer's rights and entitlements
- Where to go for help

## Carer Gateway

**Telephone:**  
1800 422 737

**W:** [carergateway.gov.au](http://carergateway.gov.au)

Carer Gateway is a national online and phone service that provides practical information and resources to support carers.

## Mindhealthconnect

**W:** [mindhealthconnect.org.au/carers](http://mindhealthconnect.org.au/carers)

mindhealthconnect offer support and resources for carers.

