Caring for a friend or relative can be complicated.

The new carer phone counselling service can help you manage daily challenges and ease stress and strain.

Call us to find out more...

1800 422 737

8am to 6pm weekdays

Australian Government

Carer Gateway

Counselling Service

Helping carers manage stress and daily challenges

We are piloting a new, free phone counselling service specifically to assist carers.

Counselling can be helpful for carers who:

- Feel stressed
- Experience anxiety
- Suffer low mood
- Find it hard to manage difficult feelings

We warmly welcome enquiries from carers who would like to be involved in the program who are:

- 18 years or over
- An unpaid carer for a friend or relative
- Experiencing stress, anxiety and / or low mood
- Interested in receiving up to 6 telephone counselling sessions in the comfort of your own home
- Able to provide feedback on your experience of the service

Contact us to find out more....
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