

Carer Supports

The emotional challenges of being a carer.



Caring can be rewarding, but it can also be stressful and demanding. Many carers experience complicated feelings related to their role as a carer. Emotions like anger, frustration, guilt, exhaustion and annoyance are all normal.

When you spend most of your spare time looking after someone else, it is easy to become isolated or lonely. You might be too busy to catch up with friends, or they may not feel comfortable visiting you when you are looking after someone else.

Friends, family and other carers can offer support, you may also find it helpful to speak with a counsellor – someone without an emotional connection to you or the person you care for.

Finding counselling services

Many healthcare professionals can provide some level of counselling support. Start by speaking with your local doctor. Your doctor may then refer you to a specialised counselling service, if needed.

Alternatively, Carers Victoria offers free short-term counselling (up to six sessions) for carers. The service is available to people who provide any type of care and carer support to a family member or friend.

This service is available in locations across metropolitan Melbourne and rural regions of Victoria and, in some areas, counsellors who speak languages other than English are available. You can conduct your counselling sessions face to face, over the phone or via Skype.

Where to get help

- Your doctor or a counsellor
- Carers Victoria, call (03) 9396 9500
- Carer Advisory Line, call 1800 242 636
- Carer Gateway, 1800 422 737, www.carergateway.gov.au.
- Family Relationship Support for Carers, 1300 303 346, <http://www.each.com.au/service/family-relationship-support-for-carers/>
- Beyond Blue 1300 22 4636 – can also chat online.