

# Support for carers

Carers provide crucial support for children and young people who aren't able to live with their parents.

Here are some useful websites and phone numbers for services that provide support for carers.



Support & resources  
fcav.org.au  
**03 9416 4292**



Support & resources  
kinshipcarersvictoria.org  
**03 9372 2422**



Support & Resources  
pcafamilies.org.au  
**03 9020 1833**



Learning & development for carers  
**carerkafe.org.au**



Free specialist helpline for LGBTIQ+ community  
Call/text/email  
rainbowdoor.org.au  
**1800 729 367**



Telephone support, online resources & service directory for carers of children with disabilities  
carergateway.gov.au  
**1800 422 737**



Free counselling for Aboriginal & Torres Strait Islander People  
Call/email  
vahs.org.au/yarning-safenstrong  
**1800 959 563**



Crisis support & resources  
Call/chat  
lifeline.org.au  
**13 11 14**

## Services Australia

Grandparent Advisers Line  
**1800 245 965**

## HEAD TO HEALTH

Find the right mental health support  
headtohealthvic.org.au/head-to-help  
**1800 595 212**



Online parenting & mental health resources  
**au.reachout.com**



Mental health resources & support  
Call/chat/email  
beyondblue.org.au  
**1300 22 4636**



Mental health support & referrals for multicultural communities  
**embracementalhealth.org.au**