

# CARER INFORMATION



## SUPPORTS AND RESOURCES

SERVICE	PHONE	ONLINE
<b>Carer Gateway</b> This Australian Government website has information about respite services, support for young carers, including young carers payments. Look for information on the website, use the service finder or call the national helpline.	1800 422 737	<a href="http://carergateway.gov.au">carergateway.gov.au</a>
<b>Commonwealth Respite &amp; Carelink Centres [CRCCs]</b> CRCCs provide free and confidential information on local carer support, disability and community services.	1800 052 222	
<b>Kalparrin</b> Kalparrin help families of children with disabilities and special needs to carry their load by providing practical information and support, and connecting them with the services that they need. They help families connect with other families in similar situations through Parent Link, and to take time out through regular respite activities. Anyone is welcome to stop by the Drop-in Centre at Perth Children's Hospital. It's a comfortable place to wait for appointments, have a coffee, browse brochures, chat with Family Support Officers, or share experiences with other families.	1800 066 413 [08] 9340 8094	<a href="http://kalparrin.org.au">kalparrin.org.au</a> <a href="mailto:kalparrinwa@health.wa.gov.au">kalparrinwa@health.wa.gov.au</a>
<b>SANE Australia</b> SANE Australia online forums provide a safe and anonymous environment for families, friends and others caring for someone with a mental illness. It is moderated 24/7 by mental health professionals.	1800 187 263	<a href="http://sane.org">sane.org</a>
<b>Family Relationships Online</b> This national telephone service can provide information and advice on family relationships, including parenting arrangements after separation.	1800 050 321	<a href="http://familyrelationships.gov.au">familyrelationships.gov.au</a>
<b>Mental Illness Fellowship of WA [MIFWA]</b> MIFWA offers support and services to people with mental illness, their families and carers. MIFWA provide a range of support services to people diagnosed with a mental illness and their carers and families. If you need information, rehabilitation, family support, carer support, we can help. Services are available in some country areas.	[08] 9237 8900	<a href="http://mifwa.org.au">mifwa.org.au</a> <a href="mailto:info@mifwa.org.au">info@mifwa.org.au</a>
<b>Richmond Wellbeing</b> If you are a carer of someone living with a serious mental health difficulty, Richmond Wellbeing Carer Respite Program can help. Richmond Wellbeing support families to take a break from their caring role with periodic opportunities for respite. Engaging your loved one in a number of enjoyable, stimulating and sometimes challenging activities gives you time to focus on your needs and offers the person you care for their own space.	[08] 9350 8800	<a href="http://rfwa.org.au">rfwa.org.au</a>
<b>CLAN WA</b> CLAN WA recognised the impact of mental illness on immediate and extended family members, friends and colleagues in the community. Clan provides support to individuals and families affected by someone else's mental illness through information sessions, workshops, one-to-one support and counselling. Clan has a number of offices throughout the metropolitan area.	[08] 9228 9006	<a href="http://clanwa.com.au">clanwa.com.au</a>
<b>GROW for Carers</b> GROW is anonymous and confidential. There are no fees involved and you do not need a referral. Your lived experience as a carer of a person with mental illness is your qualification. Carers who are thinking of attending will have the opportunity to work on and develop specific challenges they are currently facing as an individual or family member.	[08] 9250 2884	<a href="http://mifwa.asn.au">mifwa.asn.au</a>