

YOUNG CARER



SPECIFIC SUPPORTS AND RESOURCES

SERVICE

PHONE

ONLINE

Young Carers Network

youngcarersnetwork.com.au

The Young Carers Network is a place for young carers to learn about support services, access resources and share their story and opinions.

Young Carers WA

1300 227 377

youngcarerswa.asn.au
youngcarers@carerswa.asn.au

The Young Carers WA website provides information and advice for young carers on looking after themselves, coping with school and the caring role, supports and much more. Plus, keep up to date with news and events that young carers can get involved in and have their say about how it feels to be a young carer.

Children of Parents with Mental Illness [COPMI]

copmi.net.au/kids-young-people/support-for-young-carers

Children of Parents with Mental Illness is a national initiative promoting better outcomes for children and families where a parent experiences mental illness. They offer resources for children and young people on how and where to access support.

Youth Beyond Blue

1300 224 636

youthbeyondblue.com

Youth beyondblue is an extension of beyondblue and focuses on the mental health and wellbeing of young people aged 12 to 25 years.

Kids Helpline

1800 55 1800

Ring Kids Help Line to chat with a counsellor for free anytime of the day or night.

Helping Minds

1800 811 747

info@helpingminds.org.au

ARAFMI provides support for people caring for a person with a mental illness. They conduct counselling and fun school holiday activities for young carers.

Reach Out

1800 811 747

reachout.com.au

The Reach Out site provides young people with the information, help, support, advice and connections they need to manage their mental health and wellbeing.

Siblings Australia

siblingsaustralia.org.au

The Siblings Program supports siblings of people with a disability or chronic illness. The website provides access to sibling support services, resources, research and policy.