

# Counselling



**Counselling puts Carer needs and preferences at the centre of the conversation. Counsellors see the Carer as the expert in their own life. Counselling empowers Carers to make decisions and take action that makes sense, and is meaningful to their individual and unique circumstances.**

Carers SA offers up to six counselling sessions. The counselling sessions are available in metropolitan and regional areas via face to face, phone or zoom

## One-on-one counselling

Carer Counselling is offered face to face, where Carers can speak one-on-one with a professional counsellor who is experienced in supporting Carers.

This type of counselling allows Carers to speak openly and honestly about how they are feeling in relation to their caring role. Counselling provides a safe space to explore specific concerns or issues and work together on the way forward.

## Group counselling

Group counselling, offered face to face, can have benefits such as shared learning, increased connection with Carers and the advantage of being able to provide and receive support from others. It isn't recommended for all Carers though; individual counselling may be more suitable for many Carers.

**If you are distressed and need immediate support, please call one of the following 24 hour crisis support services:**

- Lifeline 13 11 14 (for anyone)
- Kids Helpline 1800 55 1800 (for people aged 5 to 25)

**Please Call Carers SA via the Carer Gateway on 1800 422 737**

Carers SA is committed to the safety, participation and empowerment of all children and young people.

*If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, is experiencing mental illness or has a long term medical condition, Carers SA is here to support you*

*"They put me in contact with an amazing counsellor, and he's been really supportive and helps me get through the hard times. He helps me step back and really look at things clearly because it is so easy to run on autopilot and not see the forest for the trees."*

Dani



An Australian Government Initiative

Connecting carers ●●●● to support services

# Are you a Carer?



A Carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

## Is this you?

Free support is just a phone call away.  
Contact **Carers SA** via the Carer Gateway  
on **1800 422 737** or visit **carerssa.com.au**



Connecting carers  to support services