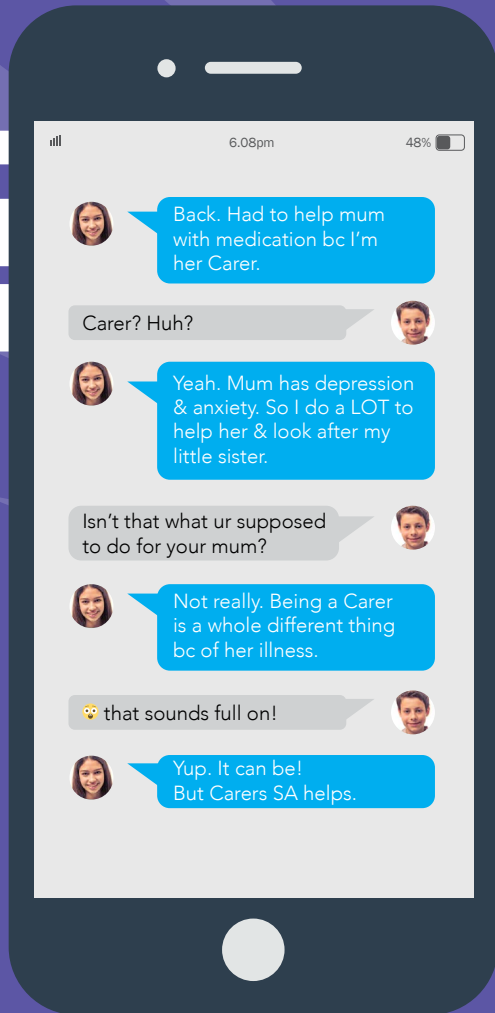


Who is a Carer?

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

-  emotional support
-  grocery shopping
-  preparing meals
-  looking after siblings alone
-  providing company
-  help to communicate
-  giving medicine
-  cleaning the house
-  personal care



Carers SA provide a number of services for young people in a caring role. Young Carers may access supports such as:

- Connecting with other Young Carers through groups and activities (online and face to face)
- Chatting things through with a professional Young Carer Counsellor (online and face to face)
- Linking Young Carers in with tailored packages that can assist them in their caring role
- Providing short term 1:1 support with our goal setting/coaching program
- Helping in a crisis with emergency respite
- School holiday activities and Carer Breaks



An Australian Government Initiative

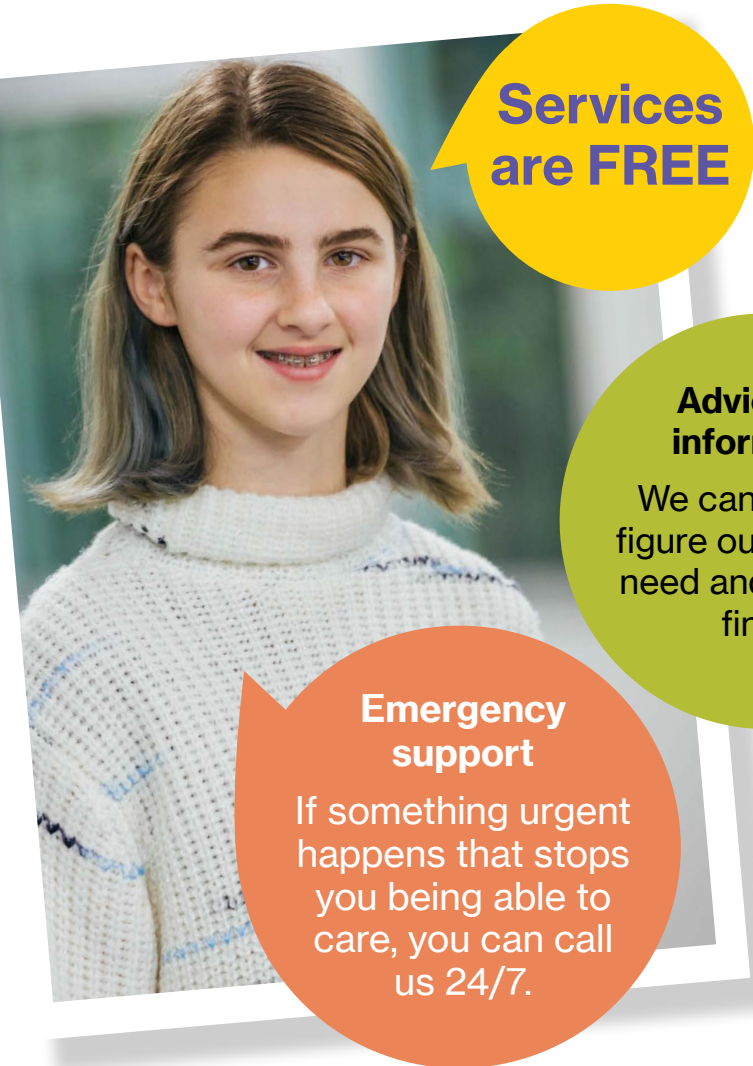


Freecall 1800 422 737 www.carerssa.com.au

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

July 2025





Services are FREE

Advice and information

We can help you figure out what you need and where to find it.

Emergency support

If something urgent happens that stops you being able to care, you can call us 24/7.



Chat to someone

You can talk to a counsellor by video chat or face-to-face.

Talk to other Young Carers
You're not alone. We can put you in touch with other Carers going through the same thing you are.

You are a Carer if you provide unpaid care to a family member or friend who lives with:

- A disability
- A mental illness
- Dementia
- A chronic health condition
- An illness that is terminal
- An alcohol or drug dependence or
- Someone who is frail due to age



Tailored Support Packages

You can talk to us about your needs.

Young Carers are aged between 5 to 25

DID YOU KNOW?

- There is one Young Carer in every classroom
- Young Carers can fall behind in school



We Can Help

Our Team can help you figure out how to manage school and caring, where to get help, and give you lots of support.