Who is a Carer?

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





Carers SA provide a number of services to young people in a caring role. Young Carers registered with Carers SA may be eligible for supports such as:

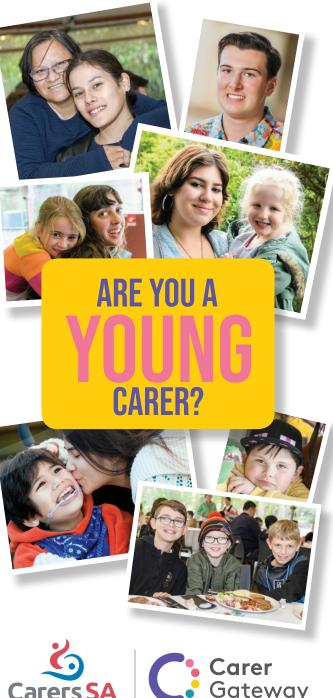
- Connecting with other Young Carers through groups and activities (online and face to face)
- Chatting things through with a professional Young Carer Counsellor (online and face to face)
- Linking Young Carers in with tailored packages that can assist them in their caring role
- Providing short term 1:1 support with our goal setting/coaching program
- Helping in a crisis with emergency respite if required
- Supporting Young Carers in schools by advocating and providing training to teachers and wellbeing counsellors
- School holiday activities.



Freecall 1800 422 737

www.carerssa.com.au

empowerment of all children and young people.





An Australian Government Initiative

Connecting carers ••• to support services

Services are **FREE**

Advice and information

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

Emergency support

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

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.

• There are 2-3 Carers DID YOU

- in every classroom Student Carers can
 - fall behind in school



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

Chat to someone

You can talk to our counsellors by phone, video chat or face-to-face.

Tailored Support Packages You can talk to us about your needs.



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KNOW?