

## National Carer Counselling Program

**Phone**

1800 242 636

**Website**

[www.carersaustralia.com.au](http://www.carersaustralia.com.au)

**Eligibility Criteria**

Must be a carer.

**Service Area**

Nation Wide

**Service Description**

The National Carer Counselling Program provides short-term counselling services specifically for carers and can assist you with coping skills; facilitating, where appropriate, the continuation of the caring role. Counselling is about talking to a trained professional who can help you address the challenges in your life. You may wish to explore ways of coping with the responsibilities of caring or help balance caring with other aspects of your life. The carer counselling program can connect you to a qualified professional who understands the problems that carers often face. The counselling program is delivered through the state and territory Carers Associations and you can download more information

data-resource="08w73498w374982374">here. Counselling is delivered across Australia by qualified professional counsellors – all you need to do is call 1800 242 636 to make an appointment. Counselling is offered in a variety of ways, including face to face, via telephone, email and Skype or in a group. Free or low cost counselling support (6 sessions) with appointments available in Footscray and Brimbank. The 1800 242 636 phone service is available during business hours only and it is a free call from a landline. Mobile calls are charged at mobile rates. [www.carersvictoria.org.au/](http://www.carersvictoria.org.au/)

**Point Of Intake**

Phone.

**Service Type**

INDIVIDUAL

**Date Created**

2018-01-18 03:01:41

**Last Updated**

2018-01-18 23:56:12