

Carer resources

We recognise that you play an important caring role for someone using our service/clinic/practice. Here are some resources specifically for carers.

Carer Services and Supports

Arafmi 24/7 support for mental health carers in Queensland	www.arafmi.com.au	1300 554 660
Autism Connect National autism helpline	www.autismwhatnext.com.au/autism-connect	1300 308 699
Butterfly Foundation Support for eating disorders and body image issues	www.butterfly.org.au	1800 334 673
Carer Gateway Free carer support from the Australian Government	www.carergateway.gov.au	1800 422 737
Carers Queensland Support for unpaid carers in Queensland	www.carersqld.com.au	1300 747 636
Cancer Council Queensland Support for those impacted by cancer	www.cancerqld.org.au	13 11 20
Culture Care Support for carers from multicultural backgrounds	www.worldwellnessgroup.org.au/culture-care	1300 079 020
Dementia Australia National dementia helpline	www.dementia.org.au	1800 100 500
Eating Disorders Queensland Support for recovery from eating disorders	www.eatingdisordersqueensland.org.au	07 3844 6055
Family Drug Support Support for families of people who use substances	www.fds.org.au	1300 368 186
Open Arms Support for veterans and their families	www.openarms.gov.au	1800 011 046
PalAssist Support for people with life-limiting illnesses and their carers	www.palassist.org.au	1800 772 273
Roses in the Ocean Lived-experience of suicide organisation	www.rosesintheocean.com.au	1800 777 337
13 YARN 24/7 crisis support for Aboriginal and Torres Strait Islanders	www.13yarn.org.au	13 92 76
Little Dreamers Supporting young carers and their families	www.littledreamers.org.au	1800 717 515
Kookaburra Kids Supporting young people impacted by family mental illness	www.kookaburrakids.org.au	1300 566 525

Funding and Support Options

My Aged Care Access to Australian aged care information and services	www.myagedcare.gov.au	1800 200 422
NDIS National Disability Insurance Scheme	www.ndis.gov.au	1800 800 110
QCSS Queensland Community Support Scheme	www.qld.gov.au/community/getting-support-health-social-issue/community-home-care-services/queensland-community-support-scheme	1800 600 300

Finances

Centrelink Carer Payment, Allowance and Supplement	www.servicesaustralia.gov.au/carer-payment	13 27 17
Carer Business Discount Cards Providing discounts on goods and services at participating businesses throughout Queensland	www.qld.gov.au/community/support-for-carers/carer-card/applying-carer-card	13 74 68

Legal, Rights and Advocacy

Basic Rights Queensland Free advice, advocacy and legal services	www.brq.org.au	1800 358 511
Elder Abuse Elder abuse helpline	www.eapu.com.au/elder-abuse-helpline	1300 651 192
Independent Patient Rights Advisors Advocates for patient rights and family/carer rights and supports communication with clinical teams	www.health.qld.gov.au/public-health/topics/mhaod/for-healthcare-providers/treating-patients-under-the-mental-health-act/patient-rights/contact-an-independent-patient-rights-adviser	
Legal Aid Legal assistance for financially disadvantaged Queenslanders	www.legalaid.qld.gov.au	1300 651 188
Law Right Pro bono legal help	www.lawright.org.au	(07) 3187 4379
Women's Legal Service Queensland Women's statewide legal advice helpline	www.wlsq.org.au	1800 957 957
<h2>Housing</h2>		
Homeless Hotline Support for people experiencing or at risk of homelessness	www.qld.gov.au/housing/emergency-temporary-housing/homeless-persons-information-qld	1800 474 753
Q Shelter Peak body working to influence solutions to housing need and homelessness	www.qshelter.asn.au	(07) 3831 5900
HOWSS Housing Older Women's Support Service	www.howss.org.au	1800 366 877
<h2>Child, Youth and Family</h2>		
Emerging Minds Advancing Australian children's mental health	www.emergingminds.com.au	
Kids Helpline Phone counselling service for children	www.kidshelpline.com.au	1800 551 800
MyTime Supporting parents and carers of children with disability	www.mytime.net.au	
Play Matters Supports children and families to build relationships, skills and confidence through play	www.playmatters.org.au	1800 007 529
Parentline Free counselling and support for parents and carers	www.parentline.com.au	1300 301 300
Reach Out A safe place to chat anonymously, get support and feel better	www.au.reachout.com	
Raising Children Network The Australian parenting website	www.raisingchildren.net.au	
<h2>LGBTIQA+</h2>		
Q Life – LGBTIQ+ Anonymous and free LGBTIQ+ peer support and referral	www.qlife.org.au	1800 184 527
Queensland Council for LGBTI Health Support and advocacy for Queensland's LGBTI community	www.qc.org.au	(07) 3017 1777
<h2>Crisis Lines</h2>		
MH Call: Mental Health Access Line 24/7 confidential mental health telephone triage service	www.qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help/1300-mh-call	1300 642 255
Lifeline 24/7 Crisis support and suicide prevention services	www.lifeline.org.au	13 11 14
Beyond Blue 24/7 Support for anxiety, depression and suicide prevention	www.beyondblue.org.au	1300 224 636