

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/carers-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/carers-card/applying-carers-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

Housing

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

Child, Youth and Family

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

LGBTIQA+

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

Crisis Lines

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