

SUPPORTING YOUR MENTAL HEALTH AS A CARER

Caring for someone can be both a rewarding and challenging experience.

Carers are people who provide unpaid care and support for family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are elderly.

Beyond physical and personal care, carers provide emotional and social support and are often in long-term caring roles.

The role of a carer can be demanding. It is important that carers take time to look after their own physical and mental health to support overall wellbeing.

Take Care of the Basics

Eating well, regularly exercising, getting enough sleep and taking time to do things you enjoy are integral to supporting good mental health.

Take a Break

Taking a break from caring responsibilities when needed is an important step in self care. Find out what respite services exist in your area or reach out to friends and family.

Reach Out for Help

If you are feeling overwhelmed, depressed or isolated reach out. Let friends and family know, access carer support services or call the **Mental Health Carer Helpline** on **1300 554 660** or **Lifeline** on **13 11 14**





CARER SUPPORT SERVICES

There are over 2.65 million carers across Australia, and the number of people who have caring responsibilities is growing. There are a number of services carers can access for support.

Mental Health Carer Helpline • 1300 554 660

Carer Gateway • www.carergateway.gov.au 1800 422 737

Carer Gateway Community Forum • forum.carergateway.gov.au/s

SANE Australia Friends, Family and Carers Forum • www.saneforums.org

Mental Illness Fellowship Australia NT (MIFANT) • www.mifant.org.au •
08 8953 1467 (Alice Springs)

CRISIS SUPPORT

If you or someone you know is experiencing a crisis or is at risk of harming themselves or others:

- **Call 000**
- Go to the **Emergency Department of the local Hospital**
- Contact the **NT Mental Health Line 1800 682 288** for advice from the Crisis Assessment and Support Team.

PHONE AND ONLINE SERVICES available 24 hours a day

- **Lifeline** • 13 11 14 • www.lifeline.org.au
Lifeline text service (evenings) 0477 13 11 14
- **Beyond Blue** • 1300 22 4636 • www.beyondblue.org.au
- **Kids Helpline** • 1800 55 1800 • www.kidshelpline.com.au
- **Mensline** • 1300 78 99 78 • www.mensline.org.au
- **1800RESPECT** • 1800 737 732 • www.1800respect.org.au
- **QLife** • www.qlife.org.au • 1800 184 527 (3pm-12am AEST)



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