



**The Carer Counselling Program -
Victoria provides:**

- ▶ short-term counselling (up to 6 sessions) delivered by qualified, professional counsellors operating within legal and ethical guidelines
- ▶ a service that targets the specific needs of carers
- ▶ a safe, non-discriminatory and non-judgemental environment
- ▶ a referral process easily accessible by carers.

Modes of delivery:

- ▶ telephone counselling
- ▶ face-to-face counselling
- ▶ group counselling

Your privacy

Carers Victoria ensures that the personal information provided will be handled in accordance with the principles set out in the Privacy Amendment (Private Sector) Act 2000.



**Talking it over
with someone who cares**

For more information phone

Carers Victoria

Monday to Friday 8.30am to 4.30pm

1800 242 636*

*Freecall except from mobile phones. Mobile calls at mobile rates.

Carers Victoria

Carer support	Library
Carer workshops	Training for providers
Carer counselling	Presentations
Information	Research
Respite	Policy



Level 1, 37 Albert Street, Footscray 3011
(PO Box 2204)
Phone (03) 9396 9500
TTY: 9396 9587
Fax (03) 9396 9555
email cav@carersvic.org.au
web site: www.carersvic.org.au

Call Carers Victoria from anywhere
for personal advice and support
1800 242 636*

*Freecall except from mobile phones.

Carers Victoria is a not for profit organisation.
We gratefully accept donations to support our work.
(Donations of \$2 and over are tax-deductable)

Carers Victoria is jointly funded by:
Commonwealth Department of Health and Ageing,
Victorian Department of Human Services
and the generosity of the community.

May 2007



Supporting family care

'Talking it over'

**Practical help and
support for all carers**

**National Carer
Counselling Program**

Carers Victoria
Caring - a personal experience, our shared responsibility



Are you a carer?

A carer is a relative or friend who is caring for someone with a disability, mental illness, chronic condition, or who is frail and/or aged. Carers come from all walks of life, cultural backgrounds and age groups.

Are you doing too much?

Is your situation out of control?

Do you find it difficult to say no?

'I know that the whole situation was getting out of control. Talking it over helped me to identify what was important to me and to say no to the rest. I'm much happier now.'

*(a wife aged 48,
caring for her husband after a stroke)*

Caring and you

If someone relies on you for care and you have a lot on your mind, consider 'talking it over' with a professional who cares about YOU.

There are a whole range of emotions that carers experience and dealing with them is not always easy. Talking with someone can help.

Why seek counselling?

Many people are put off by the word 'counselling' and are afraid to ask for help.

Counselling is about talking with someone who can assist you in making a difference to your caring role and your life. Seeking counselling doesn't mean failure, not coping or feeling inadequate. It's about looking after yourself.

Carers seek counselling for a number of reasons.

Short term counselling will focus on:

- ▶ managing stress
- ▶ coping skills
- ▶ loss and grief issues
- ▶ transition issues
- ▶ practical problem-solving techniques
- ▶ emotional support
- ▶ health and wellbeing

'Despair, failure, loneliness - thoughts that manifest into reality. Counselling enabled me to slowly regain my confidence, step by step. I realised I had the ability within to regain control of my life.'

(a parent of an adolescent with a mental illness)

How can you 'talk it over' and find out more?

Carers Victoria can provide you with a advice and support.

By phoning 1800 242 636*, you can talk about your needs and arrange counselling.

Or, you can give consent for a representative or service provider to make a referral for you.

*Free call except from mobile phones. Mobile calls at mobile rates.

'Since receiving counselling, I have been able to make changes. Counselling has helped me to look at things differently and has helped me to care for myself.'

(daughter, caring for her ageing mother)

Fees and charges

Fees for counselling session/s are based on need, not the ability to pay.

Phone to discuss your particular circumstances.

(in accordance with the HACC Fees Policy)

