

Counselling is a confidential space to talk about the joys, challenges and stress you experience in your caring role

Accessing Carer Gateway

Wellways Australia will be your first point of contact for all Australian Government funded Carer services across Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains. We have been supporting carers for 40 years and look forward to supporting you on your carer journey.

For more information about in-person or phone counselling, call Carer Gateway on **1800 422 737**. You can also request a call back by visiting counselling.carergateway.gov.au



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.

wellways



COUNSELLING

Checking in with you





Counselling for carers

Caring for a loved one is important work. Some days caring brings great joy, other times it can be lonely or overwhelming.

The demands of the caring role are different for everyone. If you find that you're feeling increasingly anxious or experiencing ongoing low mood, it can be useful talking with a counsellor.

Counselling is a safe, non-judgemental space where your feelings, thoughts and mental wellbeing is the focus.

The Carer Gateway offers free counselling, specifically for carers.

You can speak with a qualified and experienced counsellor to explore your thoughts and feelings, share your concerns and work on resolving specific problems.

Access counselling in a way that works for you

A counsellor that fits with your needs is ready to talk with you about your mental health and wellbeing.

You can choose to meet with a counsellor in person, or chat with them over the phone.

Phone Counselling

You can choose the convenience of receiving counselling over the phone.

This might be a great option if travel is difficult or alternative care options are limited.

Phone counselling is available Monday to Friday, from 8am to 5pm.

In-Person Counselling

You can meet with a counsellor in a face to face setting, organised through your local Carer Gateway service provider.