

# wellways



Family and carer  
support services

1300 111 400 | [wellways.org](https://www.wellways.org)

# Supporting families, friends and carers is an important part of our work at Wellways

Our carer support services assist individuals who may be affected by their role caring for someone with a mental health issue or disability. We support people to look after their own wellbeing and feel more confident in their caring journey.

Our family services include individual support, respite, carer activities, family and community education, youth programs, NDIS services and Helpline.

Services are available across the Great South Coast.



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# Building a good life

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Wellways works with a diverse range of people living with mental health issues or disabilities, together with their families, friends and carers, to bring about positive change and build good lives in their communities.

We provide mental health and disability support services, NDIS services and programs for families and carers.

Our work brings together evidence from research and an understanding of people's lived experience. We have a large peer workforce, who have their own experience as a support person of someone living with mental health issues or disability.

In addition, Wellways is committed to developing and supporting our local community through education programs and advocacy, to help create welcoming and inclusive places to live.

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# We're here to help

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## Individual support

We assist you to develop skills and resources that boost your capacity to provide effective care to your loved one. This includes focusing on your own physical and mental health needs, to promote resilience and coping skills.

## NDIS support for families & carers

We provide assistance to families and carers supporting someone through the NDIS eligibility, planning, plan coordination and delivery of services. In addition, we ensure that your needs as a carer are addressed when applying for NDIS funding.

## Respite

We provide families or individuals with a break from their caring role. Respite can be delivered in a flexible way and can take place in a variety of settings.

## Carer activities

Social and recreational activities are offered regularly throughout the year, including social outings and group events promoting wellbeing, connectedness and peer support.

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# We're here to help

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## Peer education

Programs designed to assist family members and carers to maintain their own wellness while they support a loved one with mental health issues. Programs are facilitated by people with a lived experience.

## Helpline

Families, friends and carers can access our Helpline on **1300 111 500**, a free and confidential service that provides mental health information, support and referral advice.



We can help you find the balance between caring for others and caring for yourself.

Call us on **1300 111 400** to find out how we can assist you

# wellways

## Wellways Australia Limited

ABN 93 093 357 165

QLD / NSW / ACT / VIC / TAS

1300 111 400 | wellways.org

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NDIS Peer Family Services

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# helpline

## 1300 111 500

mental health information,

support and referral advice

Monday to Friday 9am - 9pm

(excluding public holidays)



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.