



Do you need support to be a carer?

Carers Victoria can help

We will listen to your challenges as a carer and we can connect you to the help you might need.

Carers Victoria provides:

- Information about how to find services for the person you care for.
- Information about how to get support for yourself.
- Counselling for carers.

For Support



Phone Carers Victoria



1800 514 845

Interpreters available on request.



reception@carersvictoria.org.au

Who is a carer?

A carer is someone who gives unpaid help to a person who needs help because of chronic illness, disability, a mental health concern, or being an older person with care needs.

A carer may be a family member, friend or community member. There are more than 700,000 carers in Victoria.

Many people don't see themselves as a carer. They think the care they provide is a normal part of their relationship with the person they care for.

Some people are content to be carers. They might choose to spend most of their time with the person they are caring for.

Other people feel they are expected to provide care. They don't feel they have a choice about being a carer, and may have many other responsibilities or personal needs.

Being a carer can be difficult.
Carers Victoria is here to help you.



Carers Victoria acknowledges the Traditional Owners of the land on which we work, the Wurundjeri peoples of the Kulin Nation, and pay our respect to Elders past and present. We acknowledge the continuing connection to land and waters. Sovereignty was never ceded.

