



Newtown Neighbourhood Centre Incorporated

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ABN: 96 884 462 833

Info and Support for Carers

<p>ARAFMI (association for relatives and friends of the mentally ill)</p>	<p>Support groups, information, telephone support, library, home-based outreach support.</p>	<p>Ph: 9805 1883 1800 655 198</p>
<p>Beyond blue</p>	<p>Information on depression, anxiety and related substance-use disorders, available treatments and where to get help. Also information for carers.</p>	<p>Ph: 1300 33 4636 www.beyondblue.org.au</p>
<p>Care for Families</p>	<p>Free program for carers; counselling, education, advocacy and referral, liaison with other mental health services.</p>	<p>Ph: 9745 1529 www.careemployment.org.au</p>
<p>Carers Australia</p>	<p>Education and support of carers www.carersaustralia.com.au</p>	<p>Ph: 9280 4744 - NSW Ph: 6122 9900 – Aust.</p>
<p>Commonwealth Carer Resource Centre</p>	<p>Information, referrals, support and resources for all carers. Multi-lingual kits available.</p>	<p>Ph: 1800 242 636</p>
<p>Commonwealth Carer Respite Centre</p>	<p>Information and advice on respite care in home or residential facility. Also offers crisis and emergency after hours respite.</p>	<p>1800 059 059</p>

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