



# Support for Carers

There are a range of support services that you, your family and support networks may be able to access online and in your local community to supplement the support you are receiving through your workers compensation claim\*. This fact-sheet can assist you to locate additional services which could help you in your recovery. Many of these services are free or low cost. The important thing is to find the right support that works for you.

If you need immediate crisis assistance.

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*\*Please note that these supports or services are not provided or compensable under your workers compensation claim. These are additional and alternative options that you and your support network may be able to access in the community, online and through the government. Please contact the organisation directly to confirm any specific eligibility criteria, what services they offer and what their process is.*

## Mental Health Treatment Plan

**W:** [healthdirect.gov.au/mental-health-treatment-plan](http://healthdirect.gov.au/mental-health-treatment-plan)

If you have mental health issues or concerns, your doctor can assist. A Mental Health Treatment Plan is available to anyone diagnosed with a mental health disorder.

If you have a Mental Health Treatment Plan, you will be entitled to Medicare rebates for up to 10 individual or 10 group appointments with some allied mental health services in a year. Your doctor can give you a referral to allied mental health services in your area. Or you can get more information from Beyond Blue, which includes a search tool to locate mental health professionals near you.

## Lifeline

**W:** [lifeline.org.au/get-help/information-and-support/carers-of-people-with-mental-illness](http://lifeline.org.au/get-help/information-and-support/carers-of-people-with-mental-illness)

Lifeline have available a self-help resource to help people living with mental illness that sets out:

- The impact of being a carer
- Strategies for supporting and sustaining yourself as a carer
- Positive ways to help and support a person living with a mental illness
- Carer's rights and entitlements
- Where to go for help

## Support Carers Program (SCP)

**W:** [vic.gov.au/support-carers-program](http://vic.gov.au/support-carers-program)

The SCP can provide carers with:

- Information and advice
- One-to-one support
- Group support
- Counselling
- Respite (support and activities)
- Funding

## Carers VIC Australia

**T:** 1800 514 845

**W:** [carersvictoria.org.au](http://carersvictoria.org.au)

Carers VIC provides assistance in:

- Providing information
- Education and training
- Resources
- Referrals to support carers.

## Beyond Blue

**W:** [beyondblue.org.au/get-support/resource-library](http://beyondblue.org.au/get-support/resource-library)

**W:** <https://forums.beyond-blue.org.au/>

They have a range of helpful resources and support tools, including:

- 'Guide for carers' booklet which provides information on supporting and caring for a person with depression.
- Fact sheets available
- An online Forum titled 'Supporting family and friends'.



## Carer Gateway

**T:** 1800 422 737

**W:** [carergateway.gov.au](http://carergateway.gov.au)

Carer Gateway is a national online and phone service that provides practical information and resources to support carers.



## Salvation Army

**W:** [salvationarmy.org.au/need-help](http://salvationarmy.org.au/need-help)

The Salvation Army provides social services across a wide range of areas such as aged care, housing, finding employment, family and domestic violence, homelessness, rural support and youth services.

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