

CARER COUNSELLING PROGRAM PROVIDES:

- Short term counselling delivered by qualified, professional counsellors operating within legal and ethical boundaries.
- A service that targets specific needs of carers.
- A safe, non-discriminatory and non-judgmental environment

FOR ANY GRIEVANCES:

- Speak to the Counsellor, or
- Speak to the Counselling Manager on 07 54095900
- Speak to Suncare Community Services Inc
- Speak to the Queensland Aged & Disability Advocacy Inc. on 1800 818 338 or 36376000



## Contact Us

For more detail on this or other services that may be useful or to connect with a counselor

Contact your local  
**Commonwealth Respite &  
Carelink Centre on**

# 1800 052 222 \*

\* Commonwealth Respite & Carelink Services freecall except from mobile phones. Mobile calls at mobile rates

Regional offices located in

Maroochydore  
Caboolture  
Toombul  
Pine Rivers

### Additional information

Can be obtained by contacting  
Suncare Community Services  
Monday through Friday  
8.30am - 4.30pm  
07 5409 5900  
Email: [info@suncare.org.au](mailto:info@suncare.org.au)  
[www.suncare.org.au](http://www.suncare.org.au)  
PO Box 5122  
Maroochydore BC Qld 4558

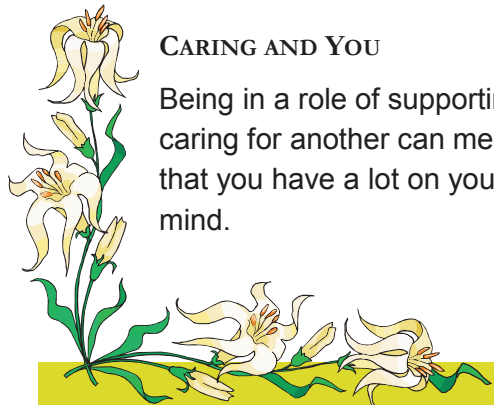


*Time for you .....*

#### ARE YOU A CARER?

A carer is a relative or friend who is supporting someone with a disability, mental illness, chronic condition or who is frail aged. Care givers come from all walks of life, cultural backgrounds and age groups.

- ◆ *Are you finding it too much?*
- ◆ *Is your situation getting you down?*
- ◆ *Are you finding it hard to take time for yourself?*



#### CARING AND YOU

Being in a role of supporting/ caring for another can mean that you have a lot on your mind.

#### WHAT IS COUNSELLING?

Counselling can mean talking things over, letting off steam, being emotionally supported and finding practical ways to manage.

Many people are put off by the word 'counselling', feeling they should be able to manage on their own. Counselling is about looking after you.

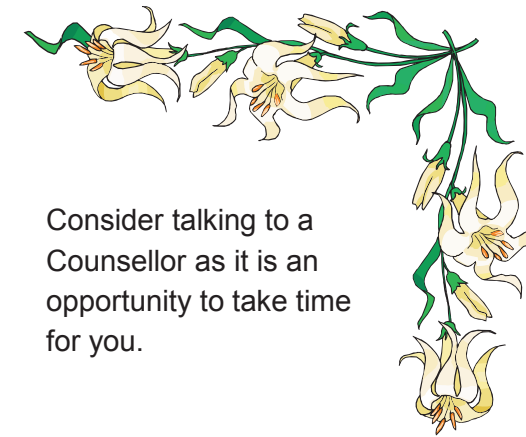


#### WE CAN HELP YOU WITH:

- Health and wellbeing
- Emotional support
- Grief and loss issues
- Practical problem-solving techniques
- Managing stress
- Transition issues

#### MODES OF DELIVERY:

- Face-to-face counselling
- Telephone counselling
- Workshops
- Telephone & face-to-face counselling for young carers



Consider talking to a Counsellor as it is an opportunity to take time for you.

#### FEES AND CHARGES

The initial counselling session is free and thereafter a contribution of \$10 will be welcomed. However, the Home and Community Care (HACC) fees will be reduced or waived in accordance with the care giver's capacity to pay.

