

Young carers are children or young people, 25 years or under, who help care for someone in their family who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

The following list is a guide to services available to young carers. Please note that this list is not exhaustive and that there are other agencies available to provide support.

ORGANISATION	OVERVIEW	PHONE
Young Carers NSW	developed to make a positive difference in the lives of young carers and their families	P: 1800 242 636 W: <a href="http://www.youngcarersnsw.org.au">www.youngcarersnsw.org.au</a>
Headspace	provides early intervention mental health services (age 12 to 25 years) – You can also contact Headspace online until 1am on <a href="http://ehespace.org.au">ehespace.org.au</a>	Lismore: 02 6625 0200 Tweed Heads: 0755 898 700 Coffs Harbour: 0266 521 878 Counselling: 1800 650 890 W: <a href="http://headspace.org.au">headspace.org.au</a>
beyond blue	NewAccess program assists people who are suffering anxiety and depression - can be by self-referral	P: 1300 224 636 W: <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Commonwealth Respite & Carelink Centre	Young Carers at Risk Program – provides short term assistance to young carers under 18 who need support with their education	P: 1800 052 222 W: <a href="http://www.crccfnc.org">www.crccfnc.org</a>
Kids helpline	to talk to someone about anything that's going on in your life (age 5 to 25 years)	P: 1800 551 800 W: <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
DAISI	a free confidential service providing information on services and supports available	P: 1800 800 340 W: <a href="http://www.daisi.asn.au">www.daisi.asn.au</a>
Ability Linkers	provides locally based first point of contact to people with a disability wanting to access supports and services	P: 1300 792 940 W: <a href="http://www.nrsdc.org.au/abilitylinks.html">www.nrsdc.org.au/abilitylinks.html</a>
Salvation Army	assists people in need. Support Workers available to help young people doing life a bit tough	P: 13 72 58 W: <a href="http://salvos.org.au">http://salvos.org.au</a>
St Vincent de Paul Centre	assists people in need	P: 02 9568 0262 or local shop in area W: <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>
Assisted School Travel Program	assists students with disabilities to access education services in schools	P: 1300 338 278 W: <a href="http://www.schools.nsw.edu.au">www.schools.nsw.edu.au</a>
Taxi Transport Subsidy Scheme	provides subsidised travel, allowing approved participants half fare taxi	P: 1800 623 724 W: <a href="http://www.transport.nsw.gov.au">www.transport.nsw.gov.au</a>
Tweed Byron & Ballina Community Transport	provides a range of transport and social support services for the elderly, people with disabilities and carers	P: 1300 875 895 W: <a href="http://www.community-transport.org.au">www.community-transport.org.au</a>
Home Assistance and Regional Transport	provides a range of transport and social support services for the elderly, people with disabilities and carers	P: 02 6628 6000 W: <a href="http://www.hartservices.org.au">www.hartservices.org.au</a>
Family Referral Service	Links vulnerable children, young people and families with the appropriate local services	P: 1300 338 774 W: <a href="http://www.familyreferralservice.com.au">www.familyreferralservice.com.au</a>

Lifeline	24 hr phone support for anyone experiencing a personal crisis	P: 131 114 W: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Centrelink	supports people with payments and services	P: 132 717 W: <a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a>
1800RESPECT	phone counselling service for anyone who has experienced or is at risk of sexual assault, domestic or family violence	P: 1800 737 732 W: <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
TAFE NSW	vocational education and training provider	P: 02 6623 0200 W: <a href="http://www.tafensw.edu.au">www.tafensw.edu.au</a>
Children with Disability Australia	represents children and young people with disability	P: 1800 222 660 W: <a href="http://www.cda.org.au">www.cda.org.au</a>
No Interest Loans Scheme	provides interest-free loans to purchase essential goods	P: 02 6621 7397 W: <a href="http://www.lnci.org.au">www.lnci.org.au</a>
Working Carers Gateway	a website created to provide articles and information for working carers	W: <a href="http://www.workingcarersnsw.org.au">www.workingcarersnsw.org.au</a>
Ageing, Disability and Home Care	provides information, referral, intake and respite to people with a disability and their families	P: 1300 364 563 W: <a href="http://www.adhc.nsw.gov.au">www.adhc.nsw.gov.au</a>
Aged Care Assessment Team	helps you access the right services for the needs of the elderly and the care they require	P: 1800 200 422 W: <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
Way Ahead Mental Health Support Line	helps you search for a mental health service in NSW	P: 1300 794 991 W: <a href="http://www.wayahead.org.au">www.wayahead.org.au</a>
Ability Inc	advocates and supports people with disabilities their families and carers promoting and advancing their rights	P: 1800 657 961 P: 02 6628 8188 W: <a href="http://www.abilityincorporated.org.au">www.abilityincorporated.org.au</a>
Legal Aid NSW	assists social and economically disadvantaged people to understand and protect their rights	P: 02 6621 2082 W: <a href="http://www.legalaid.nsw.gov.au">www.legalaid.nsw.gov.au</a>
The Buttery	provides treatment for alcohol, drugs and gambling abuse	P: 02 6687 1111 W: <a href="http://www.buttery.org.au">www.buttery.org.au</a>
ReachOut.com	a website and fact sheets designed specifically for young people to help you take control of whatever you are going through	W: <a href="http://au.reachout.com">au.reachout.com</a>
Suicide Call Back Service	24/7 support if you, or someone you know, is feeling suicidal.	P: 1300 659 467 W: <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
Children of Parents with a Mental Illness (COPMI)	online information for kids, teens and adults who have a parent with a mental health condition	W: <a href="http://www.copmi.net.au">www.copmi.net.au</a>
Siblings Australia Inc	assists someone who has a brother or sister with a disability or chronic illness	W: <a href="http://siblingsaustralia.org.au">siblingsaustralia.org.au</a>
Association for Children with a Disability	assists parents, carers, sibling or family members to make most of available services and supports	W: <a href="http://acdsw.org.au">acdsw.org.au</a>