Advocating for children with disability

Help for Your Family fact sheet

Local carer supports



Across Victoria there are wellbeing and social events, carer support groups and activities for young carers and siblings.

It's a good idea to connect with Victorian Government-funded services in your local area. These can also connect you to short-term respite and counselling options.

Find out what they offer and sign up for their newsletter so you know what's available near you.

Across Victoria

Local carer support groups
https://www.carersvictoria.org.au/carer-support-group-directory

Free online exercise programs
https://reclink.org/programs/what-we-do/reclink-connect

Metro

East
Uniting Carer Wellbeing Programs
https://www.unitingvictas.org.au/services/carer/support/

Interchange Outer East
https://www.ioe.org.au/services/families/

North
Holstep Health
https://www.merrihealth.org.au/services/carer-support/

South and southeast
Alfred Health Carer Support Service
https://www.alfredhealthcarers.org.au/

Carer Respite and Support Services in Melbourne
https://www.bhn.org.au/services/carer-respite-support/

West
Carers Victoria
https://www.carersvictoria.org.au/

Regional

Ballarat
Grampians Health Ballarat Carer Support Service
https://www.bhs.org.au/services-and-clinics/community-services/carer-support-service

Parent Support Groups
https://www.pinarc.org.au/services/parent-support-groups/

Bendigo and Loddon Mallee
Bendigo Health Carer Support Services
https://bendigohealth.org.au/CarerSupportService/

Geelong and southwest
Barwon Health Carer Support
https://www.barwonhealth.org.au/service/carer-support/

genU Support for Carers
https://www.genu.org.au/support-for-carers/

Mpower Inc. Carer Support Services
https://mpower.org.au/carers/

Gippsland
Latrobe Community Health Service
https://www.lchs.com.au/services/aged-care-and-carer-support/carer-support/

Grampians
Grampians Community Health
https://gch.org.au/services/carer-support/

Mildura
Sunraysia Community Health Services
https://schs.com.au/support-for-carers

Shepparton
FamilyCare Carer Support Services
https://familycare.net.au/services/carer-support-services/

Wangaratta and Wodonga
Gateway Health Support for Carers Program
https://gatewayhealth.org.au/services/support-for-carers/carer-support-program/

Upper Murray Family Care
https://umfc.com.au/what-we-do/carer-and-disability-services/support-for-carers/

Free services for families

- **Support Line**
- **Workshops**
- **Information**
- **Peer support**