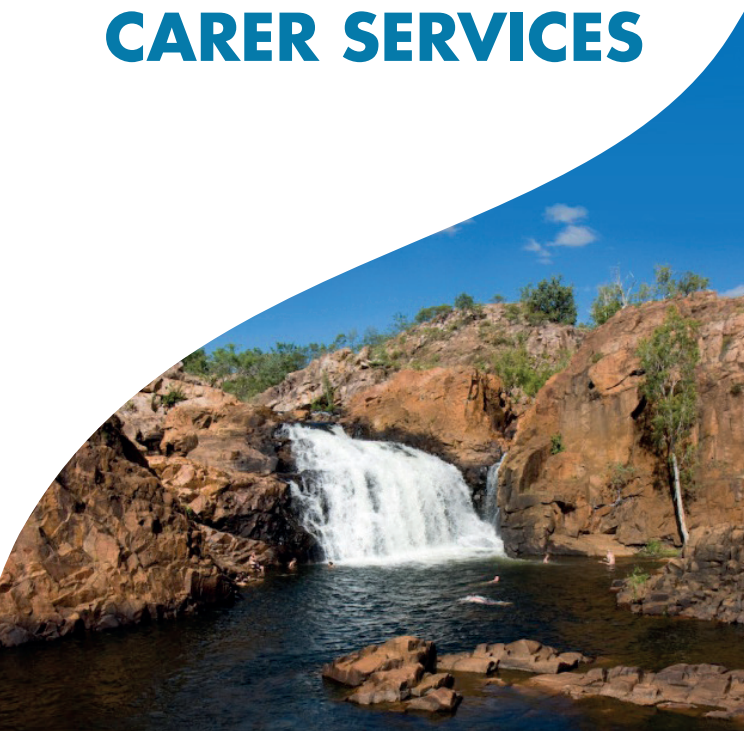




# KATHERINE CARER SERVICES



**08 8971 2766**

**[www.carersnt.asn.au](http://www.carersnt.asn.au)**

## HOW CAN CARERS NT HELP YOU?

### **Information Advice and Referrals**

Carers NT provides information and advice on caring related issues, as well as referrals for carers to relevant support services.

### **Education and Training**

Provides resources and skills to help carers sustain their caring role. Topics include Mental Health First Aid, NDIS Information sessions, Wellness programs and other training and education.

### **Carer Support Groups**

Carers NT facilitates support groups for carers to provide a supportive atmosphere for carers to discuss day – to – day issues and collectively seek solutions through mutual support.

### **Carer Counselling**

Having someone to talk to assists carers to develop strategies for managing their carer role. Carers can access counselling and emotional support via telephone, face to face or skype. Carers NT Counsellors and affiliates have professional qualifications and understand issues relating to the caring role.

### **Respite**

Taking time out from caring responsibilities is something that is important to maintain health and wellbeing. Respite care can allow both the carer and the person they care for to take a break. Respite may include residential respite care and carer support respite services.

## CONTACT US

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