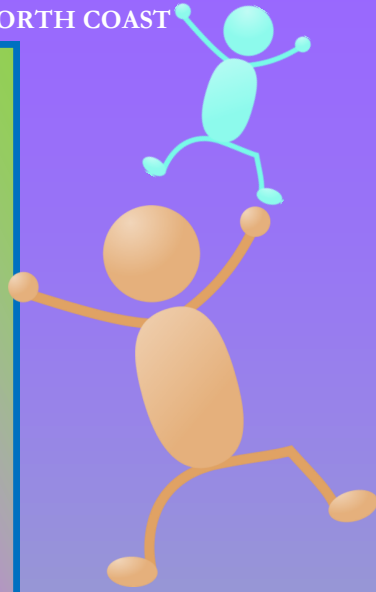


**1800 052 222\***  
Young Carers Project supports  
young people who live in the Far  
North Coast region



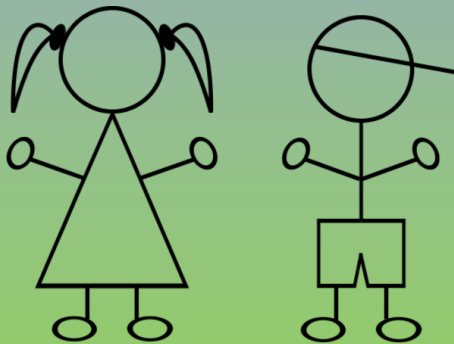
# Commonwealth Respite & Carelink Centre Far North Coast 1800 052 222\*

Auspiced by United Protestant  
Association NSW Ltd

Other Contact for Young Carers

**Carers NSW**  
1800 242 636\*

[www.youngcarers.net.au](http://www.youngcarers.net.au)



**YOUNGCARERSPROJECT**

An Australian Government Initiative

# YOUNG CARERS PROJECT

Are you a  
Young carer?



**SUPPORT FOR YOUNG  
PEOPLE WHO ARE  
CARING FOR A  
RELATIVE OR  
FRIEND**

## Contact Information

To speak with a coordinator at  
our centre

Contact us

**Freecall™ 1800 052 222\***

\*(calls from mobiles charged at applicable rates)

Email: [general@crccfnc.org](mailto:general@crccfnc.org)

PO Box 739, Alstonville NSW 2477

Website: [www.crccfnc.org](http://www.crccfnc.org)

Shop 34—36 Alstonville Plaza

Main Street Alstonville NSW 2477

## Are you a Young carer?

Do YOU look after someone who has...

- long term illness?
- disability?
- mental illness?
- Or is frail aged?



Do YOU do things like...

shopping, cooking, cleaning, paying bills, giving medications or helping with showering & dressing

We may be able to help YOU!

The staff at the Commonwealth Respite & Carelink Centre will talk with you and your family about how we may be able to support YOU!.

## Young Carers Project

This project helps young people to continue studying or training while maintaining their caring responsibilities.

## Who can get help?

To receive assistance you need to be:

- Under 25 years old and Caring for a friend or relative
- Live in the Far North Coast Region
- Caring for a friend or relative who has a long term illness, disability, mental health issues or is frail aged
- Studying at school, TAFE or undertaking an apprenticeship or traineeship

## What help can we provide?

Support provided is based on the needs of the young person. For example:

- Respite—taking a break
- Help at home
- Help with education and training (e.g. tuition if you are behind at school)
- Help to organise some time off to relax
- Fun activities such as camps, with other young people who also have caring responsibilities
- Counselling
- Advocacy
- Referral to appropriate services



## Contact us

Freecall™ 1800 052 222\*

\*(calls from mobiles charged at applicable rates)