

# Asking for help when you are a carer

**Looking after someone else can be tough. It's OK to ask for support.**

It's important to have support when you're caring for someone. Support and services can help you manage in the tough times.



## Many carers don't ask for help

More than half of unpaid carers in Australia feel they can't manage all their caring responsibilities. But many carers don't ask for help, or they wait until there is an emergency.

Unpaid carers often don't ask for help because:

- they don't have enough time
- they don't know that there is support available
- they are proud and don't like to ask for help
- they are worried about privacy.

## Carer Gateway is here to support you

It's never too early or too late to get support. You can always make changes that will improve your health and wellbeing. You might not know what help to ask for - and that's OK.

Carer Gateway can help you understand what support is available and right for you.

Carer Gateway was designed by carers for carers. We put the care and wellbeing of carers first.

We provide free support packages based on your needs. Support might include counselling, planned respite or help around the house.

**Let us help**

**Call Carer Gateway on 1800 422 737 or go to [CarerGateway.gov.au](https://www.carergateway.gov.au) to find out what we can do for you.**

If you are more comfortable having a conversation in a language other than English, you can use the Translating and Interpreting Service (TIS). TIS is available 24 hours a day, 7 days a week, and is accessible from anywhere in Australia for the cost of a local call on 131 450.



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