

Do you provide unpaid care for a family member or friend who has a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue, or who is frail aged?

If you answered yes to any of those, you are a carer!

The professional counsellors at Carers WA provide non-judgmental and empathetic support allowing you to talk about the things you may be reluctant or unable to share with others.

We aim to assist you as individuals, couples or families to develop a deeper understanding of yourself, your caring role and the relationships you have with the people in your life. By working together, we can empower you to identify and meet your needs.

We also provide counselling during times of transition or if you have recently stopped providing care. There is the option of face-to-face, telephone, email and Skype counselling in Perth and various metropolitan and rural areas.

Contact us for more information  
or to arrange an appointment.

Counselling Line: 1800 007 332 (Mon - Fri, 8.30am - 7.30pm)

Email: [chat@carerswa.asn.au](mailto:chat@carerswa.asn.au)

