

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

Free social and wellbeing carer events across Melbourne and regional Victoria

<https://vmch.com.au/support-for-carers/events/>

Local carer support groups

<https://www.carersvictoria.org.au/carers-support-group-directory>

Walks for Carers

<https://www.nhvic.org.au/walks-for-carers-ncc>

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/carers/support/>

Interchange Outer East

<https://www.ioe.org.au/services/families/>

North

Holstep Health

<https://www.merrihealth.org.au/services/carers-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/carers-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>

Carers Support Program - CatholicCare
<https://www.catholiccarevic.org.au/services/family-support/carers-support/>

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/>

Carers Support Program - CatholicCare
<https://www.catholiccarevic.org.au/services/family-support/carers-support/>

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/carers-aged-disability-services/support-for-carers/>

Free services for families

- Support Line
- Workshops
- Information
- Peer support

