

Local Young Carers Organisations:

CYCLOPS_{ACT}

(02) 6232 2432

www.cyclopsact.org

P.O Box 287 Civic Square

ACT 2608

Cnr of Ballumbir St and Petrie St, Civic

CARERS ACT

(02) 6296 9900

www.careract.asn.au

54 Benjamin Way Belconnen

Suite 5 Ground Floor Churches Centre

CARERS' AUSTRALIA

1800 059 059

www.youngcarers.net.au

RESOURCE CENTRE

1800 242 636

Some Useful Websites:

www.cyclopsact.org

Information about young carers, their rights, dealing with emergencies, stress, self care, supports available, bullying and harassment, getting the most from GPs and other health professionals.

www.youngcarers.net.au

Information for teachers, parents and young carers. A template for a care plan can be accessed on this site

Young carers have reported that having a 'care plan' in place can help them in times of emergencies when they may suddenly have additional responsibilities for their cared for family member or other siblings.

<http://www.reachout.com.au>

Includes suggestions for young carers on looking after themselves and information on their rights.

www.itsallright.org

A youth-friendly site that has information about mental illness told through fictitious characters touched by mental illness.

www.carersnsw.asn.au

Has information for and about young carers, including young carer research.

