

SARINA STATE HIGH SCHOOL

Helpful helplines and websites

Supporting family members with a mental health condition

- [Young Carers](#)

Provides tips on how to look after yourself and the person you are caring for. You can also call the helpline on 1800 242 636.



WANT to TALK? CALL 1800 242 636

- [Commonwealth Respite and Carelink Centre](#)

Information to organise services such as home respite care, support workers and residential respite care. You can call them directly on 1800 052 222.