



Support for Carers

Supporting the Mental Health & Wellbeing of Carers in Brimbank

Carers Victoria and cohealth are working together to provide tailored support to carers who are experiencing emotional wellbeing and mental health challenges and who are caring for people with mental health issues, disability, chronic illness, substance use concerns, or age-related needs.



everyone is welcome at **cohealth**

How We Can Help

Our Carer Peer Workers can assist you in accessing vital services, education, and training, including:

- **Financial & Material Aid:** Help with food relief, budgeting and managing fines.
- **Mental Health Support:** Provide support to access appropriate mental health services.
- **Mental Health Access:** Provide support to access appropriate mental health services.
- **Legal & Social Support:** Links to legal aid, social activities, and community programs.
- **Aged Care & Disability:** Guidance on navigating and accessing complex service systems.

We believe support should be easy to access.

- There is no cost for this service
- No referral or medicare card is required
- Available to people aged 26 years and older and living in the City of Brimbank
- Provide interpreter services

What is a Carer Peer Worker?

Our Carer Peer Workers have their own lived experiences of both being a carer and recovering from mental health challenges. They bring personal insight with professional skills to assist you to navigate systems and access services to find the support you deserve.

Contact Us    

Call to book an appointment: (03) 9448 5522
Interpreter services available
Visit us: Mon - Fri, 8am - 6pm
Mental Health & Wellbeing Local Brimbank
45 Dickson Street, Sunshine

 **cohealth**
care for all

 **VICTORIA**
State
Government

 **mental health & wellbeing local**
Free support in your community

 **Carers
Victoria**