

What Carers say about our service:

"Uniting Care (Mental Health) are the most giving caring people and I'm so grateful to all the staff for all you have done for me and my sister."

Individual Support:

"I have to just let you know how much I appreciate your time and kindness you have given to me over the last year or more. I have walked away today feeling as if a weight has been lifted from me. Thank you. All my best wishes."

Support Groups:

"I get a lot out of the group. I wish I'd known about it earlier. I realized I'm not going through this on my own. I've made a good group of friendships."



Family and Carer Mental Health UnitingCare Mental Health

Northern Sydney (Chatswood)
Ph: (02) 8599 4855

Central Coast (Gosford)
Ph: (02) 4322 1855

Funded by the NSW Health Department



Mental Health



Mental Health

Family and Carer Mental Health Individual Carer Support & Support Groups

Northern Sydney
&
Central Coast



What is Individual Support?

We recognise that the carers role is vitally important, and very often a stressful, lonely one. Often the biggest need carers have is for someone to talk with who understands, can offer support, and provide relevant information.

Our friendly, caring and knowledgeable individual support workers will walk alongside carers, listening, supporting, providing information and equipping carers with the tools needed in the day to day caring role: helping carers to help themselves.

Call the office today for an appointment.

For phone numbers, see overleaf.

What is a Support Group?

Support Groups are regular gatherings, facilitated by one of our Support Workers. The group meets for tea and coffee, to chat, cry together, laugh and have fun, while exchanging stories of their experiences as a carer.



Support Groups offer a safe place to come and talk with others who are going through similar experiences. These gatherings provide time out for carers, offering opportunities for friendship, and networking. Friendships often form outside the group. Carers get tips from one another, and share things they've found helpful.

Occasionally we invite speakers, who talk about other services, courses and helpful information.

Feel free to join us at any time—just turn up at the group as listed. If you prefer, call our office before on the number shown on the back page.

Support Groups details are as listed:

Northern Sydney

Chatswood: 10 am —12 noon
2nd Tuesday of the month
Recovery and Wellbeing Hub
47 Hercules St, Chatswood.

Brookvale: 1.30pm —3.30pm
3rd Wednesday of the month
Brookvale Community Centre
2 Alfred St, Brookvale.

Hornsby: 12:30pm —2:30pm
4th Wednesday of the month
The House in the Park,
Cnr Stuart St. & Illoura Ave, Wahroonga.

Central Coast

Erina: 10 am —12 noon
2nd Tuesday of the month
Erina Trust Hall,
Cnr Illya Ave & Karalta Rd, Erina.

Narara: 10 am—12 noon
4th Thursday of the month
Narara Community Centre
2 Pandala Rd. Narara.

Wyong: 10 am—12 noon
3rd Tuesday of the month
Vinnies Regional Office,
47 Howarth St, Wyong.

Please note: Groups recess in January.