UCWB | UnitingCare Wesley Bowden

Mental Wellbeing

Carer Support and Wellbeing

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We offer a welcoming space where you as a carer of someone living with mental and emotional distress can receive wellbeing support. Our Care Coordinators are committed to walking alongside carers, ensuring you feel informed, supported and resourced in your role.

Our Program

Care Coordination
One-on-one care coordination tailored to support you to identify and work towards your caregiving goals

Support groups
There is a selection of support groups that include peer connection, and keynote speakers, with a safe space to focus on you

Practical assistance
Support with referrals and navigation of mainstream services, and support in advocating for your rights as a carer

Eligibility

- You are currently caring for someone of any age who is experiencing mental and emotional distress, whether diagnosed or undiagnosed
- You reside in metropolitan Adelaide
- Carers under 15 may qualify with parental consent, assessed on an individual basis

We're here to support you wherever you feel most comfortable, whether that's in our office, at your home or within your community

There is no time limit, we provide support for as long as you need us

Have more questions? Our dedicated team are here to help.

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This program is funded by Government of South Australia

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Together we build connected and thriving communities