

We help Young Carers living in these areas:

- Adelaide Hills
- Southern Fleurieu
- Kangaroo Island
- Murray Mallee
- Riverland
- South East

Give us a call!

Free Call: 1800 052 222

Respite Emergencies

24 hours - 7 days a week

Murray Bridge Office

95 Swanport Road,

P.O. Box 402, Murray Bridge S.A. 5253

Tel: (08) 8539 1300 Fax: (08) 8531 2444

South East Office

20 Percy Street,

P.O. Box 145, Mt Gambier S.A. 5290

Tel: (08) 8724 8700 Fax: (08) 8724 8744

Office Hours

9 am - 5 pm Monday to Friday

www.carers-sa.asn.au/yc

Commonwealth Respite
and Carelink Centre
South and East Country



Funded by the Australian Government

Young Carers need a break too!



Take a break 1800 052 222

Commonwealth Respite and Carelink Centre
South and East Country

Young Carers need a break too!

You may need a break when:

- You feel tired
- You need some time to yourself
- You need time to study
- You have something special you want to go to with friends

Types of respite or breaks include:

- Going out
- Help around the house
- Time with family

Young carers are just like other teenagers but with extra responsibilities

Who is a young Carer?

A young person who helps a lot, gives care and support to a parent, child relative or friend who has a disability, is frail aged or who has a severe mental illness.