

Recommended Support Services

SERVICE	CONTACT DETAILS
Carers counselling, support and advice	Carers gateway support and advice Phone: 1800 422 737 www.carergateway.gov.au
Palliative care support and advice	PalAssist Phone: 1800 772 273 www.palassist.org.au
Aged and disability care services - advocacy and support	ADA Australia Phone: 1800 818 338 www.adaaustralia.com.au/aged-community-care-advocacy
Aged care services - complaints and feedback	Aged Care Quality and Safety Commission Phone: 1800 951 822 www.agedcarequality.gov.au/making-complaint
Elder abuse prevention and support	Elder Abuse Prevention and Support Service Phone: 1300 063 232. www.raq.org.au/services/elder-abuse-prevention-and-support-service
Veterans and families counselling	Open Arms Veterans and Families Counselling Phone: 1800 011 046 www.openarms.gov.au/about/vvcs-now-open-arms-veterans-familiescounselling
Counselling, advice and referral	Beyond Blue support service Phone: 1300 22 4636 www.beyondblue.org.au/get-support/get-immediate-support
Family and relationships advice line	Family and Relationship Services Phone: 1800 050 321 www.familyrelationships.gov.au
Crisis support	Lifeline Crisis Support Phone: 13 11 14 www.lifeline.org.au
Mental health support	Head to Health www.headtohealth.gov.au

Recommended Websites

SERVICE	CONTACT DETAILS
Palliative Care	Queensland Compassionate Communities: www.palliativecareqld.org.au/qcc
	Understanding palliative care: www.palliativecare.org.au
	Palliative care information: www.caresearch.com.au
	Advance Care Planning (ACP): www.metrosouth.health.qld.gov/acp
Consumers	Peak organisation representing the interests of health consumers and carers in QLD: www.hcq.org.au
	Improving the care of older persons across Queensland: www.clinicalexcellence.qld.gov.au/about-us/news/care-older-persons
	Information and support for care at the end of life: www.qld.gov.au/health/support/end-of-life
Carers	Practical information and support: www.carergateway.gov.au
	Support service and resources for young carers: www.youngcarersnetwork.com.au
	National public health information service in Australia: www.healthdirect.gov.au
	National peak body representing Australia's unpaid carers: www.carersaustralia.com.au
Age-friendly	Queensland Age Friendly Communities: www.communities.qld.gov.au/seniors/queensland-age-friendly-community
	Aged Care and Support: www.myagedcare.gov.au
	Community care and support (under 65): www.qld.gov.au/community/getting-support-health-social-issue/community-home-care-services

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