

**BRIMBANK  
YOUTH  
SERVICES**

A SERVICE PROVIDED BY  
BRIMBANK CITY COUNCIL

# WHO CARES IN BRIMBANK?



## Who are young carers?

Young carers are children and young people up to 25 years of age, who provide unpaid care in families where someone has a disability, mental illness, chronic condition or terminal illness. Young carers may also look after an older person with care needs.

## Caring can impact the life of a young carer in several ways:

- Employment & education
- Family & partner relationships
- Social life
- Health & wellbeing
- Transitions to adulthood
- Identity
- Skills development

## How many young people provide care?

1 in 10 carers is under 25, with 272,200 young carers Australia-wide. Approximately 150,000 young carers in Australia are under 18 years old. Young women and young people from CALD or Indigenous backgrounds are more likely to be young carers.

In Victoria, there are more than 71,600 young people with caring responsibilities (ABS, 2015).



## Specialist Young Carer Services

### Carers Victoria - Young Carer Program

Level 1, 37 Albert Street, Footscray 3011

Phone: 9396 9550

[www.carersvictoria.org.au/how-we-help/young-carers](http://www.carersvictoria.org.au/how-we-help/young-carers)

The Young Carer Program aims to support young carers in secondary school with their caring role at home, while providing educational and social support. Support includes brokerage funds, advocacy and school holiday activities.

The Young Carer Program and Mid West Area Mental Health collaborate to provide a peer support program called Space4Us. Space4Us offers a safe space for young people aged 13-18 years who care for a parent with a mental illness.

### Carers Victoria - The Victorian Young Carer Action Team (VYCAT)

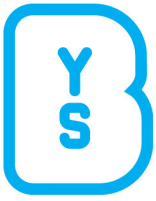
Level 1, 37 Albert Street, Footscray 3011

Phone: 9396 9500 or 1800 242 636

or: [youngcarers@carersvictoria.org.au](mailto:youngcarers@carersvictoria.org.au)

VYCAT is a group made up of 10-12 young carers (aged 14-24 years) from across Victoria and two Carers Victoria staff members.

VYCAT was formed after the Young Carer Summit in 2006. VYCAT gives young carers in Victoria a chance to meet, chat, have fun, contribute their opinions on important issues that relate to them and guide Carers Victoria in making decisions that impact young carers. VYCAT aims to increase the quality of life for young carers.



## Websites

### **Carers Victoria**

[www.carersvictoria.org.au](http://www.carersvictoria.org.au)

### **Carers Australia**

[www.youngcarers.net.au/](http://www.youngcarers.net.au/)

### **Satellite Foundation**

[www.satellitefoundation.org.au/](http://www.satellitefoundation.org.au/)

### **Young Carers WA**

[www.youngcarerswa.asn.au](http://www.youngcarerswa.asn.au)

### **Little Dreamers**

[www.littledreamersonline.com](http://www.littledreamersonline.com)

### **FaPMI**

[www.bouverie.org.au/support-for-services/fapmi](http://www.bouverie.org.au/support-for-services/fapmi)

### **CanTeen**

[www.canteen.org.au](http://www.canteen.org.au)

### **COPMI**

[www.copmi.net.au](http://www.copmi.net.au)

### **Association for Children with a Disability**

[www.acd.org.au](http://www.acd.org.au)

### **Siblings Australia**

[www.siblingsaustralia.org.au](http://www.siblingsaustralia.org.au)

### **Mind Australia**

[www.mindaustralia.org.au](http://www.mindaustralia.org.au)

### **Alcohol and Drug Foundation**

[www.adf.org.au](http://www.adf.org.au)

## Counselling

### **National Carer Counselling Program (NCCP)**

Level 1, 37 Albert Street, Footscray 3011  
Carer Advisory Line: 1800 242 636 (Freecall)  
[www.carersvictoria.org.au/](http://www.carersvictoria.org.au/)

Free or low cost counselling support (6 sessions).  
Flexible delivery options (telephone, face-to-face, & video/Skype).  
Appointments are available in Footscray and Brimbank.

### **CanTeen**

161 Flemington Rd, North Melbourne 3051  
Phone: 9912 4221  
[www.canteen.org.au](http://www.canteen.org.au)

Free counselling for young people aged 12-24 who have a family member who has been diagnosed with or has passed away from cancer.  
Flexible delivery options (telephone, face-to-face, group & online/email).

### **headspace Sunshine**

Visy Cares Hub  
80b Harvester Road, Sunshine, 3020  
Phone: 9927 6222  
[www.headspace.org.au/](http://www.headspace.org.au/)  
[www.eheadspace.org.au/](http://www.eheadspace.org.au/)

headspace Sunshine offers young people aged 12-25 access to a range of no and low cost health and wellbeing services. Youth-friendly health professionals can help with mental health and counselling, alcohol and other drug services, general health, and education or employment opportunities.

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## Brimbank Youth Services (BYS)

301 Hampshire Road, Sunshine 3020  
Phone: 9249 4110  
[www.brimbankyouth.com](http://www.brimbankyouth.com)

BYS provide a range of programs and events for young people aged 12-25 who live, work or study in Brimbank at no cost.

The **B-Heard Youth Support Program** provides a private and confidential space for young people to work through things that are bothering them at various locations in Brimbank. The Youth Support Team provides counselling and helps to connect young people with caring responsibilities to specialist carer services.

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## Resources

### **Carers Victoria**

Carers Victoria provide a range of resources for young carers, their families and service providers.  
Scholarships for young carers are offered annually in March.  
To view the range of resources available call:  
Carers Victoria: 1800 242 636  
or visit: [www.carersvictoria.org.au/](http://www.carersvictoria.org.au/)

### **Brimbank City Council- Brimbank Libraries**

Brimbank City Council have a range of DVDs and books available for young carers.