



# Commonwealth Respite and Carelink Centre

Being a carer can be hugely rewarding, but it can also be hard work, stressful, and may leave you feeling emotionally or physically drained. The Intereach Commonwealth Respite and Carelink Centre (CRCC) can offer support, and help you take a break, stay well and connect you with others.

## ► So, how does it work?

Phone Intereach CRCC team on **1800 052 222** for a chat about what's happening for you and the person you are caring for.

This helps us to understand your situation, and suggest practical support that will help such as:

- information and resources,
- education,
- connecting with other carers,
- planning (both long term and for an emergency),
- counselling, or
- respite (emergency or short-term).

## ► Where is it available?

This support is available in the Riverina Murray region of New South Wales.

You can phone, or call into any one of our offices in Deniliquin, Albury, Wagga Wagga, Griffith, Hay, Cootamundra, Finley, Corowa or Buronga.

Live in a different region? We can help connect you with your local CRCC.

## ► Is there a fee?

There is no set fee to access general advice and support. Depending on your needs, and the person you are caring for, a carer contribution will be discussed. Your ability to contribute will be determined by you.



We pay our respects to the Elders, both past and present, and to those of the future, for they hold the memories, the traditions, the cultures and hopes of Aboriginal Australia.

Intereach acknowledges all traditional owners and Elders past and present, particularly the traditional custodians of the lands where our offices are located and the areas where we work.

### ► Need assistance to talk to us?

If you are deaf, or have a hearing impairment or speech impairment, contact us through the National Relay Service:

#### TTY users

Phone 133 677 then ask for 1800 052 222

#### SMS relay users

SMS 0423 677 767

#### Speak and Listen users

Phone 1300 555 727 then ask for 1800 052 222

#### Need an interpreter?

Phone 131 450

### ► Supporting Diversity

Intereach welcomes every person irrespective of gender or gender identity, age, Aboriginal or Torres Strait Islander heritage, cultural background, physical or intellectual abilities, country of birth, religious beliefs, sexuality and other real and perceived differences.

### Offices

Albury

Bendigo

Corowa

Cootamundra

Deniliquin

Echuca

Finley

Griffith

Hay

Kyneton

Maryborough

Mildura

Seymour

Shepparton

Swan Hill

Wagga Wagga

Intereach operate offices in locations throughout NSW and Victoria to deliver a wide range of support to children, families, carers, young people, people living with a disability and the general community.

Toll free **1800 052 222**

Email [carersupport@intereach.com.au](mailto:carersupport@intereach.com.au)

[www.intereach.com.au](http://www.intereach.com.au)

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