



NATIONAL RESOURCES for Kinship Carers

2025



GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: admin@kinshipcarersvictoria.org

www.grandparentsvictoria.org.au

www.kinshipcarersvictoria.org

Key words which influence GPV/KCV approaches are: Truthfulness, Confidentiality, Inclusiveness, Integrity, Constancy, Gratitude, Commitment, Compassion

Kinship Carers Victoria
acknowledges the support of the
Victorian Government.



Contents

My Time Support Groups	4
National Ethnic Disability Alliance (NEDA)	5
Rainbow Families	6
QLife	7
First People's Disability Network (FPDN)	8
Disability Gateway	9
Brainwave.....	10
Children & Young People with Disability Australia (CYDA)	11
Grief Australia	12
Lifeline.....	13
Relationships Australia	14
Health Direct	15
Suicide Call Back Service	16
Inclusion Australia	17
1800RESPECT	18
The National Centre Against Bullying.....	18
National Alcohol and Other Drug Hotline.....	19
MensLine Australia.....	19
13YARN.....	20
National Centre for Childhood Grief	20
Kids Helpline	21
Headspace	21
Organisation website addresses.....	22



MyTime

Supporting parents and carers of children with disability



MyTime is for all parents and carers of children under the age of 18 who need a higher level of care than other children. MyTime organises supported groups where parents and carers of children with disability or other additional needs can feel understood, share ideas and access quality information and resources.



It's support for you

Meet other parents and carers of children with disabilities or other additional needs. It's a place for you to unwind and talk about your experiences.



It's free

MyTime groups are free to join, and being a part of MyTime does not affect your NDIS funding. Check your eligibility.



Professional support

A trained facilitator helps group members get to know each other and learn more about local resources and support services.



Children are welcome

Preschool-age children are welcome at MyTime sessions. While you unwind, your child is kept engaged nearby by MyTime play leaders.



Learn something new

In some sessions the facilitator or a guest speaker might lead discussion on a topic of interest.



Take care of yourself

Sometimes, the group might just have fun with an activity aimed at helping members relax and look after their wellbeing.

MyTime has over 180 support groups throughout Australia.

Find a group near you

<https://www.mytime.net.au/groups/>

[https://www.mytime.net.au/
mytime@parentingrc.org.au](https://www.mytime.net.au/mytime@parentingrc.org.au)



National Ethnic Disability Alliance



National Ethnic Disability Alliance (NEDA) is a national Disabled People's Organisation (DPO) that advocates federally for the human rights of people with disability, and their families, from culturally and linguistically diverse (CALD) and non-English speaking backgrounds (NESB).

NEDA's key advocacy issues

National Disability Strategy

National Disability Insurance Scheme

Law and Migration-related Disability Discrimination

Climate Change and Disability Rights

Call: 0402 610 399
<http://neda.org.au>

Services

- Advocacy on disability and multicultural policy issues
- Community radio engagement project
- National Community Connectors program

Email: ea@neda.org.au



A voice and support network for parents, carers and their children of a community of lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families across Australia, where each family is included, respected and has value!

www.rainbowfamilies.com.au

Resources

For families

Mental health

Early childhood education

Kids with Rainbow Parents

Rainbow Families runs:
Equality Campaigns

Community Programs

Community Events

- Provides support and resources to members of the LGBTQ+ community so their families can live their best, most authentic and colourful lives.
- Hosts events that connect LGBTQ+ families, particularly those that are feeling isolated because of social pressures, financial difficulty or where they live.
- Advocates on behalf of our community and are a strong and consistent voice for LGBTQ+ families to address discrimination, raise awareness and promote acceptance.
- Collaborates with similar organisations from other states to push for change across the nation.



Call 1800 184 527
3pm to midnight,
7 days a week

qlife.org.au

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

QLife's vision is that every LGBTIQ+SB person feels connected and valued, No Exceptions.

The QLife family includes hundreds of highly experienced staff and volunteers, Australia wide.

Resources

QGuides - a set of resources for health professionals who may be working with LGBTIQ+ people and communities, and who are looking for information to help them inform or guide their work

QLives - stories on our QLives YouTube Channel and discover other LGBTIQ+ people's perspectives and lived experiences

QDirectory - discover a range of services and information to help LGBTIQ+ people of all ages from: crisis support, to events and festivals, health, mental health, sexual health, legal and so much more



qlife.org.au/resources/chat



First Peoples
Disability Network
Australia

Call: (02) 9267 4195
<https://fpdn.org.au>

First People's Disability Network Australia (FPDN) is a national human rights organisation of and for Australia's First Peoples with disability, their families and communities. The organisation is governed by First Peoples with lived experience of disability.

The FPDN Advocacy Point of Difference is respecting and acknowledging the individual person's story and walking alongside them to advocate and deliver best practice outcomes.

Advocacy contact number: 1800 006 455

First Peoples Disability Network (Australia) offer a range of training programs and educational resources that are assisting mainstream disability services to improve their cultural competence for work with Aboriginal and Torres Strait Islander people with disability and their families. Includes:

- Disability business training
- Human rights training
- National community connector training

Email: enquiries@fpdn.org.au



Disability Gateway

Connecting you to information and services



Call: 1800 643 787

<https://www.disabilitygateway.gov.au>

The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia



Income & finance

Access to income and financial supports



Employment

Training and help to find a job



Aids and equipment

Technology to make your everyday activities easier



Housing

Programs and information to help you find a home to suit you



Transport

Help to get where you want to go



Health & wellbeing

Support and services for your health and wellbeing



Everyday living

Help with things you need to do every day



Education

Access to educational opportunities at all stages of life



Leisure

Access to sport, recreation, travel and tourism



Rights & legal

Help with discrimination or legal problems

Email: disabilitygateway@benevolent.org.au



BRAINWAVE

SUPPORTING CHILDREN WITH
NEUROLOGICAL CONDITIONS

Call
1300 766 819

Supporting families and children with brain injuries and illness to not only adapt, but to thrive. Brainwave are there for the whole family from the point of diagnosis onwards. No matter where families are in Australia, and help support providing holistic support in times of crisis, ongoing access to information and resources, and build meaningful social connections

Connecting Families Programs

- Kids and sibs
- Camp Brainwave
- Family Days
- Christmas Party
- Brainwave Parents Connect Facebook Group

brainwave.org.au

In Hospital Support

- Brainwave provides Bear Essential Packs to hospitals in case of emergency overnight stays, grants hotel funding if you need to stay extra nights at the hospital without knowing; and provides the 'Catch a Break' program which helps with unexpected and ongoing costs associated with a child's long-term hospital stay.

Equipment and Therapies Program

- assists children with their recovery by providing specialist mobility and rehabilitation equipment and access to allied health therapies.

admin@brainwave.org.au



**Children and Young People
with Disability Australia**

**Call
(03) 9417 1025
or
1800 222 660
(regional)**



**Promoting equal
opportunity and full
inclusion for children
and young people with
disability (0-25 years)
across Australia**

Resources areas

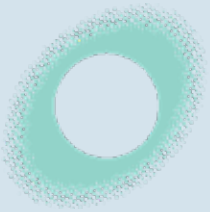
- Disability rights
- Education
- NDIS
- Inclusion in early childhood
- Child safety and prevention of abuse

CYDA

- Consults with young people with disability, their families and caregivers about the issues that matter to them.
- Runs leadership programs and networking events for young people with disability.
- Makes resources to support the rights and wellbeing of children and young people with disability.
- Works directly with government and policy-makers to make positive change for children and young people with disability.
- Makes submissions to government and decision-makers promoting the rights and wellbeing of children and young people with disability.

<https://cyda.org.au>

info@cyda.org.au



Grief Australia



**Call 1800 642 066
or (03) 9265 2100
for support**

Grief Australia is funded by the Victorian Department of Health to provide a statewide specialist bereavement service for individuals, children and families who need assistance following the death of someone close to them.

GA offers the following groups: Talking Grief Support Group, Bereaved Partners Remembrance Group, Kids Grieve Too (KG2), Parents Remembrance Group, Bereavement at the Bar, Bereaved Fathers Support Group, COVID-19 Bereavement Support Group, Companion Animal Loss Group

MyGrief App – This app provides 24-hour support to grieving people and those who support them – in the palm of their hands. Includes Apple IOS and Android versions

Service Areas

- Grief and sleep
- Grief, anniversaries and significant events
- Grief of families and friends after a voluntary assisted death
- Bereavement in the workplace
- Support someone who is grieving
- Grieving when your loss is not supported by others
- Grief on Father's Day
- Grief and Mother's Day
- Companion animal loss
- Grief and children – aged 6-12
- Adolescents and grief

<https://www.grief.org.au>



**Call 13 11 14
for 24/7
crisis support**

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.



Lifeline Digital

Lifeline crisis support is now available via phone, text, or online chat.

Phone 13 11 14 available 24 hours / 7 days - Anyone in Australia can speak to a trained Crisis Supporter over the phone, any time of the day or night.

Lifeline Text 0477 13 11 14 available 24 hours / 7 days - any person in Australia can receive support from a Crisis Supporter by text message, any time of the day or night.

Online chat available 24 hours / 7 days - The online chat service is available for people who prefer to type than talk.
<https://www.lifeline.org.au/crisis-chat/>

Holding on to Hope podcast

The **Holding on to Hope** podcast is designed to safely share the experiences of people who have struggled with suicidality.

Lifeline Services

- Face to Face Counselling
- Bereavement Support Groups
- Eclipse Support Groups for people who have attempted suicide.
- Financial Counselling
- Suicide safe training
- Domestic and Family Violence Response Training

To find out more about services in your local area, please visit your local Lifeline Centre's website. You can find your local Lifeline Centre via Lifeline's Service finder

<https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/>



75 years of *better understanding*

What services are available?

- Family relationship services
- Family violence prevention
- Services for children and young people
- Services for Aboriginal and Torres Strait Islander people and their families
- Services for older Australians
- Counselling
- Workplace services
- Specialised services
- Training
- Online resources
- 'Neighbours Every Day' - social connection campaign

Relationships Australia provides support services for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Locations across Australia

Relationships Australia provides support services across all Australian states and territories, including in regional and remote areas.



24-Hour Health Advice

To speak to a registered nurse, call

1800 022 222

<https://www.healthdirect.gov.au>

**Free Australian health
advice you can count on**

Symptom Checker

- Advises if you should see a doctor or care for yourself at home

Find a health service

- Find online by location GPs, psychiatry services, pharmacies, Covid-19 vaccine clinics, physiotherapy, pathology, hospitals

Find health information

- Easy to search alphabetical listing of health topics and conditions, including symptoms, causes, diagnoses, treatments, possible prevention and other resources and support

Information on medicines

- Alphabetical listing by brand name or active ingredient

Health Direct

is a government-funded service, providing quality, approved health information and advice

For urgent care

<https://www.healthdirect.gov.au/australian-health-services/guided-search/urgent-care>



**Call
1300 659 467
for 24/7 support**

Suicide Call Back Service is a free nationwide service providing 24/7 telephone and online counselling to people affected by suicide

<https://www.suicidecallbackservice.org.au>

Services

Suicide Call Back Service offers free professional 24/7 telephone and online counselling support for people who are:

- at risk of suicide
- concerned about someone at risk
- bereaved by suicide
- experiencing emotional or mental health issues

Health Professionals

The Suicide Call Back Service includes an online search portal for health professionals/counsellors

Mental Health focus areas

- depression
- relationships
- loneliness
- work

Online Counselling

Suicide Call Back Service provides immediate telephone counselling and support in a crisis. Your call will be answered by a counsellor.

You can also access free video and online counselling on our website.

You may be eligible to receive up to four free telephone counselling sessions, scheduled at times to best suit your needs.

If it is an emergency, please dial 000.

Suicide Call Back Service is funded by the Australian Government Department of Health and Aged Care and is delivered by professional counsellors at Lifeline.



Inclusion Australia

Inclusion Australia is the national peak body for intellectual disability. They provide expertise and advice to Federal Government and other organisations to drive systemic change in Australia.

Campaigns

Our Health Counts - supports the rights of people with intellectual disability to high quality healthcare without discrimination

Hands Off Our NDIS - to stop the Australian Government introducing compulsory independent assessments for NDIS participants

Projects

Make Decisions Real - a national project codesigned by people with an intellectual disability for people with disabilities and families about making decisions

It's Doctor Time! - a national campaign to encourage more people with intellectual disability to see their doctor for a health check

Inclusive Employment project - making sure people with an intellectual disability can earn proper wages and have the same choices as other Australians

Call
1300 312 343

Systemic Advocacy

Inclusion Australia's main purpose is to break down barriers to inclusion for people with intellectual disability.

They do this by influencing Government and trying to change Government policy to make sure legislation, policies and practices support the rights and interests of all people with an intellectual disability.

1800RESPECT

1800RESPECT

National Sexual Assault, Domestic Violence Counselling Service

1800RESPECT is a counselling, information and referral service. When you contact the service you will talk to a trained counsellor who will listen and support you in what feels right for you and your situation.

Call 1800 737 732 for 24/7 support

Online chat: <https://www.1800respect.org.au/#chat>

What services are available?

- Domestic and family violence support
- Sexual assault and violence support
- Referral service

National Centre Against Bullying

The National Centre Against Bullying

The National Centre Against Bullying (NCAB), an initiative of the Alannah & Madeline Foundation, is a peak body working to advise and inform the Australian community on the issue of childhood bullying and the creation of safe schools and communities, including the issue of cyber safety.

Contact NCAB at:

<https://www.ncab.org.au/get-help/>

What services are available?

Bullying – Advice

- Advice for parents, schools and kids.
- Working with your child's school
- For Parents
- For Schools
- For Kids
- Report Bullying
- Connect – Workshops & Seminars
- Myth Busters
- Risk factors for bullying involvement



National Alcohol and Other Drug Hotline

For free and confidential advice about alcohol and other drugs, call the National Alcohol and Other Drug hotline. It will automatically direct you to the Alcohol and Drug Information Service in your state or territory.

Call 1800 250 015, 24 hours a day, 7 days a week

What services are available?

- Counselling
- Treatment
- Information
- Support



MensLine Australia

Talk it over.

MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime

Call 1300 78 99 78 for counselling 24/7

Online chat and video counselling: mensline.org.au/phone-and-online-counselling/

What services are available?

Advice and support for men in the following areas:

- relationships
- dads & fathers
- men's mental health
- family violence



13YARN

<https://www.13yarn.org.au/>

Thirteen YARN is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Important: Visitors are advised that this website may contain images, videos and voices of First Nations people who have passed away.

Call 13YARN (13 92 76) for 24/7 support

What services are available?

- Free and confidential service available 24/7 from any mobile or pay phone
- Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporters to yarn to



National Centre for Childhood Grief

<https://www.childhoodgrief.org.au/>

The National Centre for Childhood Grief (NCCG) is dedicated to caring for bereaved children and their families following the death of a parent, sibling or other close loved one.

Call 1300 654 556

What services are available?

- Children's Counselling – Specialist counselling for bereaved children aged 3-17 years. Available in-person, online or on phone based on client need.
- Adult Counselling – Specialist counselling for newly bereaved adults (ie in past 2-3 years). Available in-person, online or on phone based on client need.
- National Outreach Support Services – Online counselling services, email support, phone support, outreach education services, professional education courses, books
- Kids Groups – for school age children, following the death of a parent.
- Young Adults – A support group for young adults aged 18 – 25, who experienced the death of a parent(s) in childhood, to explore the reemerging nature of grief.
- Family Camp – An opportunity for bereaved families to come together and explore grief as a family and with others who share a similar experience.



Kids Helpline

<https://kidshelpline.com.au/>

Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.

Call 1800 55 1800 for 24/7 support

What services are available?

- Phone counselling
- Online counselling
- Email counselling



Headspace

<https://headspace.org.au/>

Headspace supports young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, Headspace works with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

Call 1800 650 890 for 24/7 support

What services are available?

- Centres located throughout Australia staffed with people trained and ready to help
- Online and phone support
- Work and study support
- Support for professionals and educators

Organisation website addresses

MyTime Support Groups	https://www.mytime.net.au/groups/
National Ethnic Disability Alliance (NEDA)	http://neda.org.au
Rainbow Families	https://www.rainbowfamilies.com.au
QLife	https://qlife.org.au/
First People's Disability Network (FPDN)	https://fpdn.org.au
Disability Gateway	https://www.disabilitygateway.gov.au
Brainwave	https://brainwave.org.au
Children & Young People with Disability Australia (CYDA)	https://cyda.org.au
Grief Australia	https://www.grief.org.au
Lifeline	https://www.lifeline.org.au
Relationships Australia	https://relationships.org.au
Health Direct	https://www.healthdirect.gov.au
Suicide Call Back Service	https://www.suicidecallbackservice.org.au
Inclusion Australia	https://www.inclusionaustralia.org.au
1800RESPECT	https://www.1800respect.org.au/
The National Centre Against Bullying	https://www.ncab.org.au
National Alcohol and Other Drug Hotline	https://www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline
MensLine Australia	https://mensline.org.au
13YARN	https://www.13yarn.org.au
National Centre for Childhood Grief	https://www.childhoodgrief.org.au
Kids Helpline	https://kidshelpline.com.au
Headspace	https://headspace.org.au



Kinship Carers VICTORIA

Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org
kinshipcarersvictoria.org



<https://kinshipcarersvictoria.org/podcasts-videos/>



KCV's resources for kinship carers booklets

1. Cyber safety for children and young people
2. Non-physical types of discipline for children and young people
3. Case planning, case management, roles and responsibilities
4. Emergency and useful contacts for kinship carers
5. Relaxation techniques for carers
6. Working with Children Clearances for kinship carers and household members
7. Charter for children in OOHC/Charter supporting people in care relationships Planning for more effective access visits
8. Diet, nutrition and wellbeing
9. The importance of quality sleep
10. How to run a successful support group and be an effective carer advocate/representative
11. The Orange Door services
12. Support for informal kinship carers
13. Grief and loss
14. How to make a complaint – and get heard
15. Court orders – the role of Child Protection and the courts
16. Education
17. Financial support for kinship carers
18. Rights
19. For children & young people with an emotional or physical disability
20. Assistance for those coping with suicide
21. LGBTQIA+ families & communities
22. Mental health and family relationships
23. Camps & respite
24. Carers' wellbeing
25. Legal community
26. Local governments
27. Support for grandparents and non-parents caring for children





Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org



Kinship Carers Victoria
is supported by the Victorian Government.