



A resource for the sandwich generation:

Your key supports

You don't have to go it alone. Here are some important resources that will help you get the support and services that you and your family need.

Beyond Blue:

Call **1300 224 636** or [chat online](#)

An organisation providing free and immediate access to support and mental health counselling via 24/7 phone, chat or email.

Lifeline:

Call **13 11 14**, text **0477 131 114** or [chat online](#)

A suicide prevention and crisis support service that's free, confidential and available to Australians 24/7.

My Aged Care:

Call **1800 200 422**

A government body which helps Australians access aged care services and provides helpful resources and information.

Carers Australia:

Visit the [website](#)

An organisation which represents Australia's unpaid carers and provides resources, information and services.

Carer Gateway:

Call **1800 422 737**

A government program that provides free services, information and support for carers such as counselling, financial assistance, online courses and respite.

Services Australia:

Visit the [website](#)

A government agency which provides welfare, health and support services such as the Age Pension and Carer Payment.

NDIS:

Call **1800 800 110**

The National Disability Insurance Scheme is a government program that provides services and support to people with disability.

National Debt Helpline:

Call **1800 007 007** or visit the [website](#)

A free hotline offering confidential financial counselling for those who are struggling to pay their debts.

Australian Unity retirement & aged care:

Call **1300 160 170**

Retirement communities and aged care facilities that evolve with your parents as they age, ensuring they always have the support and care they deserve.

Australian Unity health insurance:

Call **13 29 39**

Award winning health insurance with options for single parents, families and older Australians so you always have the right type of cover that grows with you.

Australian Unity home care services:

Call **1300 160 170**

Australia's largest home care provider with an approach that focuses on connected, compassionate home health and care services that support your parents' overall wellbeing.

Australian Unity wealth services:

Visit the [website](#)

A range of products and services for building your wealth, saving for the future and protecting your assets to help you achieve financial wellbeing.

Australian Unity wellbeing resources:

Visit the [website](#)

Explore tips and research that will help you find balance and achieve Real Wellbeing.

Explore more support and resources for the sandwich generation
australianunity.com.au/wellbeing/sandwich-generation

