Are you experiencing carer stress?

Recognising the signs of carer stress early can help you find the support you need.

Feeling stressed or overwhelmed

Upset stomach

Reliance on alcohol or other substances

Changes in sleep patterns

Difficulty concentrating

Thoughts of self-harm

Changes in appetite

Changes in mood

Making poor decisions

Headaches and body aches

Withdrawing from friends and family

Feeling angry or resentful

If you are **feeling stressed or overwhelmed** you can access:

- **crisis support** by calling Lifeline on 13 11 14
- **practical and emotional support** by calling Carer Gateway on 1800 422 737.

Carers NSW Australia