

# 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.