Signs of carer stress

Recognising the signs of carer stress early can improve outcomes for carers and the people they care for

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

Carers can access practical and emotional support in their area by calling **Carer Gateway** on **1800 422 737**.

Carers NSW Australia