



Carer Gateway Media Kit Overview



Australian Government



Carer Gateway provides free support to First Nations people caring for family, a community member or friend. For our mob, caring is a natural part of life and a cultural, family and community responsibility.

It's important for carers to know help is available and that it's ok to reach out for support.

CAMPAIGN KEY MESSAGE

Our communities are strongest when everyone is strong, and Carer Gateway is here to support First Nations carers. There is practical information, advice, and free services available in-person, online and over the phone.

How you can help

Sharing stories and empowering carers to seek support can help keep our communities strong. Please visit carergateway.gov.au/first-nations to download content to share with First Nations audiences in your networks. Resources include:

- **Social media content** – ready to use tiles and captions
- **Animated videos**
- **Case studies** – real life stories of First Nations carers
- **Fact sheets**
- **Audio recordings** – in English and 15 First Nations languages

How carers can contact Carer Gateway

Call **1800 422 737** between 8am and 5pm, Monday to Friday or visit the website for online support and more information: carergateway.gov.au

National Relay Service

Carers who are deaf and/or find it hard hearing or speaking with people over the phone can get help contacting Carer Gateway through the **National Relay Service (NRS)**. There are many different types of NRS calls to suit different needs.

To make a relay call, contact the NRS Helpdesk at **1800 555 660** or helpdesk@relayservice.com.au.

For more information or media enquiries please contact:

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