



Pole Depot Carers Support Service

The Carers Depression Project

Kindly funded by

South Eastern Sydney Illawarra Area Health Services

Do you have symptoms of depression?

Do you care for a family member with a disability, dementia, mental health issues or problems of frail age?

The Carers Depression Project aims to provide counselling and coping strategies/skills for Carers suffering from depression and provide links for Carers to access ongoing support services.

The service is free of charge and available for Carers residing in the St George and Sutherland areas.

**For more information or to register contact
Carers Support Team on 9580 0688**



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