

About Skylight Carer Support Services

Skylight offers a comprehensive range of Carer Services to assist those supporting a friend, family member, or neighbour with a disability, medical condition, or mental health challenge.

In partnership with Carers SA, we provide various support options for carers and family members through the Carer Gateway;

- Support Groups
- Counselling
- Coaching

How to access Carer Services:
Contact Carers SA via the Carer Gateway 1800 422 737 to register for Carer Services and request Skylight as your preferred provider.

Alternatively, you can call Skylight on (08) 8378 4100 to find out more about Skylight's Carer Services before registering with Carers SA.



SEE MENTAL HEALTH DIFFERENTLY

Ph: (08) 8378 4100

Fax: (08) 8378 4199

W: skylight.org.au

E: skylight@skylight.org.au

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

METRO LOCATIONS

- Central** 73 Henley Beach Rd, Mile End
Southern 64 Elgin Ave, Christies Beach SA
Northern 15 Elizabeth Way, Elizabeth SA

REGIONAL LOCATIONS

- Murraylands** 100 Adelaide Rd, Murray Bridge SA
Limestone Coast 12 Crouch St Sth, Mt Gambier SA
APY Lands Pukatja, SA
Fleurieu Region Various Locations



Skylight acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Skylight celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Registered NDIS Provider: 4050000735



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Carer Support Services



SEE MENTAL HEALTH DIFFERENTLY



What is the Carer Gateway?

The Carer Gateway was established in April 2020 by carers, for carers to access a range of services across Australia. It focuses on providing support for carers to assist with the stress and daily challenges while helping to plan for the future.

In South Australia, the Carer Gateway provider is Carers SA, who partners with Skylight Mental Health for carers seeking mental health related assistance in their caring role. Call Skylight on (08) 8378 4100 to find out how we can support you to access this program.

Peer Groups

Supportive peer groups for carers, including family, friends, and neighbors, who support someone living with mental illness. These groups offer a safe and understanding space to share experiences, gain insights, and build resilience while navigating the challenges of caring for a loved one. With a strong focus on education and peer support, they empower carers throughout the recovery journey. They're also a great place to connect with others who just get it—people who understand the ups and downs of being a carer.

Through these groups, carers can:

- Connect with others to share practical strategies and support
- Learn ways to build resilience and strengthen their support network
- Gain a deeper understanding of the medical, social, and financial challenges of being a carer
- Discover new approaches to navigating the complexities of mental illness
- Find social connection and reassurance that they are not alone



The carers groups really changed my perspective and everyone's shared experiences really helped especially through the hard times.

- Carer Group Participant



Skylight Carer Support Services offer compassionate support from people who understand. Our team draws on lived experience as carers to connect with you and tailor support to your unique needs.

Coaching

Short-term, personalised coaching through one-on-one sessions. These sessions help carers identify goals, which may include exploring goals that focus on carer wellbeing, navigating the mental health and NDIS systems, and connecting with other services. Coaching focuses on capacity building, empowering carers with the skills, knowledge, and confidence to manage challenges, maintain their sense of identity and strengthen their caring role.

Counselling

The caring role can be challenging, and you don't have to face it alone. If you're experiencing anxiety, stress, depression, grief, or loss, counselling support is available. With deep understanding and genuine compassion, sessions are offered face-to-face or online—flexible support that fits into your busy life.