

OUR SERVICE

Those exposed to traumatic experience can carry enormous emotional burdens and stress. This is often part of the refugees' experience. It can also include those who respond to and care for refugees or the critically unwell.

People may be significantly affected emotionally by listening to traumatic stories or by entering life threatening situations with those in need of care. Feelings of helplessness can result from what people have been through directly, or in the carer role.

In a confidential setting, we aim to assist people to work through these experiences towards a sense of wellbeing.

CARO aims to link refugees, people caring for refugees and other front-line health care workers with professionals who will assist them to work through their experiences and traumas.

CARO offers;

- Up to 5 sessions of psychoanalytically informed consultation for children, adolescents and adults for no cost
- Group sessions
- parent-infant groups

Should further help be needed, CARO will assist with referral onwards.

CONTACT US

For a referral or further information please email either:

Dr Vivienne Elton or Dr Frances Thomson-Salo

Email: carointake@gmail.com

INTERPRETERS AND TELEHEALTH ARE AVAILABLE. OUR SERVICE IS CONFIDENTIAL. WE OFFER SERVICES IRRESPECTIVE OF VISA STATUS OR MEDICARE ELIGIBILITY.

PLEASE BE AWARE WE ARE NOT AN EMERGENCY OR MEDICATION REVIEW SERVICE AND WE DON'T DO MEDICO-LEGAL REPORTS.



CARO

Crisis and Responders Outreach

*A psychoanalytic service to
the community*

FOR REFUGEES

We aim to work in partnership with community refugee support services to offer free psychoanalytically informed consultations. We can also work directly with individuals who self-refer to us.

We are a group of clinicians connected to the International Psychoanalytical Association's Humanitarian Committee. We're also members or candidates of the Australian Psychoanalytical Society (APAS)



FOR FRONTLINE WORKERS

We offer individual consultation or group sessions to those working with refugees. We also work with first responders in other settings such as emergency service personnel and health care staff such as doctors and nurses. We work with all levels of staff experience. Our service is suitable for those who may not be comfortable seeking help within their own organization.