

Mental health support for people with a rare disease

Living with a rare disease can be hard. It can also be hard for family members and carers. People may feel worried, stressed, lonely, sad, or unsure about the future. Looking after someone with a rare disease can be a lot of work.

People with a rare disease and their family and carers may need support for mental health.

This website has information about mental health services and support available in Australia.

The website has:

- fact sheets in plain language and Easy Read
- information about Mental Health First Aid
- links to mental health services
- links to support for family and carers
- resources for health professionals.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Rare Awareness Rare Education (RARE) Portal

The Rare Awareness Rare Education (RARE) Portal is Australia's growing national resource for rare diseases. It has an online library of current, reliable information about rare diseases.

- [Visit](#)