Carers NZ have several FREE online resources to help carers through challenging times. Take a look!

Useful Information for Carers

[COVID-19: Family, whānau, and āiga carers – Te Whatu Ora - Health New Zealand](https://www.tewhatuora.govt.nz/for-the-health-sector/covid-19-information-for-health-professionals/covid-19-information-for-specific-sectors/covid-19-family-whanau-and-aiga-carers)

Self-Care Workbook

<https://carers.net.nz/wp-content/uploads/2022/02/FC_Self-Care-feature_Final.pdf>

Take a Break

<https://carers.net.nz/wp-content/uploads/2022/07/Carers-NZ_Take-a-Break_Interactive-v4.pdf>

Tips and Tools for Getting Through Another Lockdown Day

<https://carers.net.nz/wp-content/uploads/2021/09/FC_Getting-through-another-lock-down-day_3-Sept.pdf>

The Covid Complication

<https://carers.net.nz/wp-content/uploads/2021/09/FC_Covid-complication-3-Sept.pdf>

We are not Machines

[https://carers.net.nz/wp-content/uploads/2021/08/FC\_We-are-not-machines-002.pdf](https://carers.net.nz/wp-content/uploads/2021/08/FC_We-are-not-machines-002.pdf  )

Family Care Magazine

<https://issuu.com/familycareworld/docs/fc_issue_45_digital>