

Online dementia support and counselling



**You are
not alone**

If you or somebody you care for is living with dementia, you could be feeling overwhelmed. Many people do.

Alzheimer's Australia Vic's Online Dementia Support website allows you to:

- access counselling online using email or video conferencing
- watch videos of others sharing their experiences
- access information and resources
- join the online community through the discussion forum

At Alzheimer's Australia Vic, we want you to know that you and those you care for are not alone and that there is support. Go to:

helpwithdementia.org.au



**How can
I get help?**



**Learn about
dementia**



**Request
counselling**



**Peer
support**

More information

Email: onlinesupport@alzheimers.org.au | National Dementia Helpline 1800 100 500