



# Knowing you're not alone is a huge gift. Just ask the people who come to us for help.

Over the years, your support has helped thousands of Australians and their families navigate life with Parkinson's. For people who are newly diagnosed and their carers, free sessions with our counsellors can be some of the most important conversations they'll ever have.

## Our counsellors provide compassionate support and guidance for:

- ❖ coping with Parkinson's
- ❖ discussions on disclosing a diagnosis to family, friends or work
- ❖ changes to work roles or activities and interests
- ❖ mood management and the treatment of depression or anxiety.

## Our Impact

Thanks to generous donors like you.



### InfoLine:

**3,491** InfoLine calls were answered



### Counselling:

**1,300** Counselling sessions delivered



### Support Groups:

**2,520** participants in **75** support groups across the state



### Education & Training:

**44** Information & Education sessions delivered



### Parkinsons Specialist Nurses:

Had **2,563** patients on their lists, coordinated **237** Telehealth sessions and covered **17,916 km** of travel to support their communities.

**You're not alone with Parkinson's.**  
**Call InfoLine on 1800 644 189 • Mon-Fri 9am-5pm**

**parkinson's** IN THIS TOGETHER  
NSW