

## **A website for the brothers and sisters of children and adults with disability**

The Siblings Australia website has resources for the brothers and sisters of people with disability.

There are resources for young people, teenagers and adults.

The website has:

- facts and ideas
- support
- stories
- ways to connect with other people who have siblings with disability.

The website also has advice and resources for other family members and professionals.

The aim of the website is to help siblings:

- feel less alone
- have good mental health.

## **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**

**Siblings Australia Inc**

Siblings Australia is a national organisation that promotes better support for siblings of children and adults with disability.

- [Visit](#)