



Mental Health Carer Respite Services

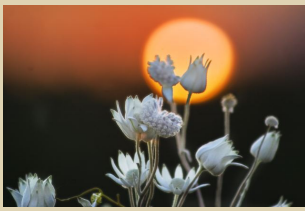


*The Flannel Flower is the symbol of mental health awareness in Australia.
Artist: www.dallasnock.com.au*

Mental Health Carers Respite Services aim to provide support to carers by increasing access to respite services that provide flexibility to meet the individual needs of carers and the care recipient.

Respite enables carers to sustain their ongoing care responsibilities and take a short term break from their caring role, supporting them with time and space to focus on other commitments or personal needs and aspirations.

(See over for details)



A range of flexible respite services are currently provided within the Council areas of:

- Tweed
- Ballina / Byron Bay
- Lismore
- Casino

High priority is given to:

- Carers aged 65 and over caring for an adult at home with a mental illness or intellectual disability
- Carers from an Aboriginal or Torres Strait Island background or kinship carers aged 50 and over caring for an adult with a mental illness or intellectual disability
- Sole carers of an adult with a mental illness
- Other high priority carers with pressing health needs caring for more than 1 adult with a mental illness or intellectual disability.



Contact us directly:

HWNS Mental Health Carer Respite Services
253 Wardell Road, Alstonville

Phone: 02 6628 0610

Email: NorthernNSW@hwns.com.au

Or you can contact the Carer Respite Centre on 1800 052 222, who will help you access the respite which best suits your needs.