

# Mental Health



**suncare**  
community  
services

**RESPIRE FOR CARERS**



**p 1800 786 227\***

[www.suncare.org.au](http://www.suncare.org.au)

# Mental Health Respite

Caring for someone living with mental illness or disability can be tough.

Suncare Community Services can help you to maintain your own wellbeing.

Suncare's Mental Health Respite: Carer Support service assists people of all ages, who care for a family member or friend living with mental illness, to continue in their caring role through practical assistance, community connection and respite.

## What we offer

- One-on-one support.
- Flexible, practical short-term respite options including in-home and centre-based care.
- Support groups, recreational activities and peer engagement for you and the person you care for.
- Local knowledge, advocacy and working relationships with local services and agencies.

Our aim is to help you improve your wellbeing as well as that of the person you care for.

*Call our friendly team today to find out how we can help you.*

Mental Health Respite: Carer Support is an initiative of the Australian Government Department of Social Services.

**p 1800 SUNCARE (1800 786 227)**  
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\*Free call except from mobiles

