

# RESPIRE

## a breakaway



### **Do you need to take some time out?**

- **Step out of your caring role and have a well earned break**
- **Education and support for Carers and Care Recipients**

**Respite and outings for Carers and Care Recipients**

TEAMhealth's services are provided within a model of recovery focused psychosocial rehabilitation and within the framework of the National Mental Health Plan and Standards.

TEAMhealth works closely with other specialist service providers such as Top End and Central Australian Mental Health Services, Drug/Alcohol Services and other Non-Government Organisations.

TEAMhealth's Respite Program provides options for people caring for a person with a mental illness. The program provides ongoing, sustainable and flexible respite options, including:

- In home respite
- Day activities
- Overnight breakaway trips

### **Planned Respite Options**

To be eligible for respite, people must be a carer and/or have a carer. You do not have to be receiving the carer's pension to be eligible.

TEAMhealth Respite program services the Top End and Central Australia.

### **For further information contact TEAMhealth:**

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