

Schizophrenia Fellowship of NSW Inc.



Respite Services is a program of the Schizophrenia Fellowship of NSW Inc., a nonprofit, community organisation working in the field of mental health. The Schizophrenia Fellowship of NSW Inc. is committed to improving the circumstances and welfare of people living with mental illness, their relatives and carers, and professionals working in the area.

Respite Services of the Schizophrenia Fellowship of NSW Inc. is funded by the Australian Government under the Mental Health Respite Program

How do I access Respite Services?

Anyone can make a referral to Respite Services. You can contact your local office by telephone.

Respite Services are located in the following HACC Regions:

Illawarra - 0458 299 067

Inner West - 0427 493 177

Riverina Murray - 0417 277 551

Orana/Far West -

Sanctuary Respite Centre - 0458 792 908

Gundair Rural Homestead Respite Centre -
0429 919 692

Gladesville - (02) 9879 2600

Or by email

respite-admin@sfnsw.org.au

or phone

Commonwealth Respite and Carelink Centres

on

1800 059 059



RESPITE SERVICES

for families and friends affected by mental illness

Respite Services



Respite Services

What is Respite?

Respite provides a break or “time out” from the caring role.

Who is a Carer?

A carer is a person who provides regular or sustained care and assistance to another person without payment for their caring role.



Gundair Rural Homestead Respite Centre

Respite Services

Trained respite mental health staff can provide a variety of services that aim to meet the individual needs of the carer, family and friends. These services include:

One to One Support

In and out of home.

Centre Based Activities

Planned recreational, social and educational activities.

Community Access

Individual or group activities that encourage community participation.

Transport

Respite Services are able to provide transport to carers and care recipients when involved in other respite activities.

Sanctuary Respite Centre



Sanctuary Respite Centre

Sanctuary Respite Centre and Gundair Rural Homestead Respite Centre

Offer an opportunity to relax and recuperate in unique settings. At the same time you can be involved in educational and recreational programs.

