

## WHO DO I CONTACT?

Please contact your local mental health respite provider to discuss your support needs.

### INGHAM

Ingham Parents Support Group Inc.  
Shop 3, 72 Herbert St, Ingham  
Phone 07 4776 3755

### CHARTERS TOWERS

Charters Towers Neighbourhood Centre Inc  
Cnr Powell Lane and Jackson Streets,  
Charters Towers  
Phone 07 4787 4797

### THE BURDEKIN

Burdekin Flexible Support Service Inc.  
52-54 Chippendale St, Ayr  
Phone 07 4783 5866

**SOLAS** Aims to assist and promote local responses to local needs



Queensland Government  
Disability Services Queensland

A Project of the  
North Queensland Mental  
Health Consortium



Principal Project Contact:  
Supported Options In Lifestyle and  
Access Services Inc. (SOLAS)

Phone: 07 4721 2850

Fax: 07 4721 2650

Email: [administration@solas.org.au](mailto:administration@solas.org.au)  
2/10 Cummins Street, Hyde Park, Q. 4812  
PO Box 189, Aitkenvale, Q. 4814



BURDEKIN  
**FLEXIBLE SUPPORT**  
SERVICE  
~ INC ~

## CAREER RESPITE



SOLAS

REGIONAL MENTAL HEALTH RESPITE  
DEVELOPMENT PROGRAM



Supported Options  
in Lifestyle and  
Access Services Inc.

Mental Health Recovery in our Community



## SOLAS REGIONAL MENTAL HEALTH RESPITE DEVELOPMENT PROGRAM

### WHAT IS RESPITE?

*We can offer you and the person you assist options for support via: creative, individually tailored respite solutions.*

Respite can be a few hours so that the carer can go shopping, attend appointments or read a book.

Respite for the carer can provide a meaningful opportunity for the person being cared for to attend local activities, develop interests, hobbies, relationships with others and to extend their independence, social and living skills.

Respite can be longer support, either in the carers own home or in other flexible accommodation options.

Respite is a planned regular opportunity for the carer and the person receiving care to pursue their own independent interests or just to have a break.

### WHO IS ELIGIBLE FOR RESPITE?

*Any person who cares for and supports someone who experiences mental illness may be eligible for respite.*

- For respite to occur there must be a Carer.
- Carers can be relatives, friends or Neighbours
- They do not have to live with the person they care for.
- They do not have to be in receipt of Carers Allowance.
- A Carer provides ongoing support to a person with a mental illness.

### IS THERE ANY COST?

**NO!**

*Respite services are funded for Carers of a person with a mental illness by the Australian Government.*

This program aims to provide regular, planned, flexible and creative respite support options to carers of a person with a mental illness in the regional areas of Charters Towers, Ingham and The Burdekin districts.

