



# The haven Project

[www.havenproject.com.au](http://www.havenproject.com.au)

## ***Helping Mental Health Carers to Recharge***

### **ENCOURAGING**

- **CHOICE**
- **WELLNESS**
- **INDIVIDUALITY**
- **PRIVACY**

Carers need quality time out. Between five organisations with specific skills we understand the individual Carer's needs and wants.

We are able to provide a range of resources and planning so **you**, the Carer of someone with serious mental health concerns can take care of yourself, and do what **you** want to do. Call us for details, privacy assured.



### **OUR MISSION**

To provide opportunities to build new and innovative mental health family care and respite services across the Camden, Campbelltown, Wollondilly and Wingecarribee areas that draw on the lived experience of families and Carers to effectively target their diverse and changing needs

## ***Services Provided by Community Links for 'The Haven Project' Consortium***

### **Rural Carer Education**

Providing a series of free workshops, talks and events for that engage, support, inform and educate Carers and the community about the roles and needs of Carers, the needs of people with a mental illness, and the range of respite services available in the community.

#### **The Carer Safari Logo**



The 'Carer Safari' is a two day forum for Carers of a person with a mental health concern, disability, frail aged and chronic illness, brought to you by Carer focussed services in the Macarthur and Wingecarribee. They aim to help Carers navigate the system...It's a jungle out there! This year the Safari team are focussing their efforts on informing the medical professionals about Carer needs and services, but if you are interested in attending a Carer Safari in 2012, contact Tania at Community Links Wollondilly.

**Use the contact form below if you are interested in having a free presentation to a group of carers in your area, rural Carers are particularly welcome to enquire!**

## **Referral to Individually Tailored Personal Respite**

The Haven Project can help you plan a personal respite experience tailored to suit your individual needs and those of your entire family. It is *primarily a Carer directed service*, meaning it is your choice, based on **your** needs. Contact us to be referred to this service.

## **Young Carers**

### ***The HPAK***

The HPAK is the "Haven Project Accessory Kit". It is a surf/skate brand school bag filled with interesting resources for young carers aged 10 to 24 years. It also contains a scientific calculator and some station too! To qualify for the HPAK you must be living with or supporting someone with a mental health concern such as bi-polar, schizophrenia, severe depression and/or anxiety, eating disorder etc. Conditions apply, but contact us to see if you qualify.

### ***Youth Respite Activities***

Sometimes it is healthy to have a break from the family home, especially when someone in your family has been unwell for a while. The Haven Project can organise for you to have a break so you can have some fun and/or catch up on some study. If your caring role does not allow you to leave the person with the mental health concern, we may be able to help by looking at some ways that you can have a break. This service is completely directed by you, in other words, we won't organise anything that you don't want us to!