

SPARC

**OFFERING YOU RESPITE,
HOPE AND COMPASSION**

The Suicide Prevention and Recovery Cottage (SPARC) is a four-bedroom house in Sydney that provides non-clinical respite and peer support for people who are experiencing stress, hopelessness and situational crisis. SPARC offers you a break to focus on improving your self-care, increase emotional resilience, experience respite and promote recovery.

- Open to Adults aged 18-64
- 24-hour staffing
- 3-night, 4 day stay Monday to Thursday each week
- Staffed by Mental Health Support Workers and Peer Workers
- Overseen by a Registered Psychologist.

SPARC is free of charge and is a pilot project funded in 2019 by the Australian Government under the Community Hospitals and Health Program (CHHP). SPARC is delivered by ICLA, an organisation with 30+ years' experience providing residential mental health support services

SPARC is not an acute crisis or clinical treatment facility and guests must be linked to existing support networks such as a treating psychologist or under the care of a General Practitioner in the CESPHN region.

**To learn more, speak with your GP or contact us via
email SPARC@icla.org.au**