

Carers in Mind

The Richmond Borough Mind Carers Project

Drop ins

Regular drop ins with a chance to talk to the Carers Project Co-ordinator. Computers available for information on the internet or help writing letters

Support Groups

Monthly support groups allowing you to share your experiences and feelings in a confidential and safe environment

Information

Library

Books, videos and DVDs on mental health topics and how to cope as a Carer

Newsletter

A quarterly newsletter discussing local and national issues which affect Mental Health Carers

Social Activities

Monthly lunches and regular social activities supporting you in keeping up an active social life

Respite Breaks

A small leisure break respite fund which supports Carers taking either group or individual breaks from caring

Information & Education

Regular programme of information and education sessions on Mental Health topics + Information packs and leaflets

Benefit Advice

Benefits advice and support from a trained advisor working with Carers Richmond Carers Centre

Art Therapy

A chance for carers to explore thoughts, feelings and emotions through art Richmond Carers Centre

families and friends supporting someone with a mental illness or disorder need support too -

Subsidised Counselling

16 week counselling course at a subsidised rate of £5-10 per session

Massage Therapy

Free weekly massage sessions for Carers experiencing high levels of stress or anxiety

Telephone

Advice & Support

Telephone advice and support available Monday to Friday during office hours

Family Work

Support developing effective family interaction by working with families SWLStG Trust

BME Carers Support

Dedicated support worker for Black and minority ethnic (BME) group Carers Richmond Carers Centre



For better
mental health

Call Kim on **020 8940 7384**