



For better
mental health

Carers in Mind

The Richmond Borough Mind Carers Project

hope



“When I am taken seriously by the professionals we can work together, I am an expert too. Then I know that my son is getting the best support he can have”

Are you supporting, or intending to support, someone with a mental illness or disorder?

- You could be a partner, family member, friend or neighbour giving support to someone.
- A mental illness or disorder can be a common mental health problem or a severe and enduring mental illness.
- If you are providing unpaid support then you are called a Carer by services and professionals.

Carers play a vital role in helping to look after people experiencing mental distress. Carers in Mind aims to support you.

Recognition and Understanding

- As a Carer you should be recognised and listened to by professionals as a partner in providing care.
- You should be treated with dignity and respect and involved in decisions that affect you and/or the person you care for whenever possible.
- You have the right to ask for your own needs to be assessed by the Mental Health Trust or Richmond Social Services.

If the person you care for wishes their treatment to be kept confidential, you should still be given sufficient information, in a way that you can readily understand, to help you care safely and effectively.

We work in partnership with local services to promote Carers as equal partners in care and to improve services offered to Carers.



“The whole thing is so confusing - you don’t know what information there is, what information you need or where to go to get the information you need”

The Mental Health Maze

- What is a CPN, a CPA, a CMHT?

Services for mental health can be very confusing; people often call it 'the mental health maze'. We can give you information on services and how you can access them. We can also help you to understand how services work and what you can realistically expect from them. If you need additional support in talking to professionals you can talk to us and discuss how we may be able to help you.

Information and Education

- What does the diagnosis mean?
- How can I help?

As a Carer you may need different kinds of information to help you at different times. At first, most people find it helpful to learn as much as they can about the illness. We have a growing range of information resources that are constantly updated including books, videos and information sheets. If you would like information from the internet, we can help you to get it.

We also hold regular information and education sessions on a range of subjects chosen by Carers and aim to help Carers gain the skills they need. If we do not have the information you need, we will aim to find it for you.

Carer Involvement

We believe families and friends need to be involved in improving Services - you know what it is really like. You can become involved in many different ways e.g. reading leaflets at home to see if they make sense, training staff or attending strategic meetings.

A close-up photograph of a man's hand held palm-up. The word "HOPE" is written vertically in blue ink on the palm. The man's face is partially visible in the background, smiling. A dark blue text box is overlaid in the top right corner.

“Things have got better - but it doesn’t go in a straight line, sometimes it feels like we are going backwards - that’s when I need support”

Hope

Trying to foster hope is probably the most important way Carers can help the person they love or care for, by believing in change.

But as a Carer it can be hard, at times, to feel hope. Carers have their own healing journey, their own lives to rebuild after experiencing the trauma and distress of mental illness. But how do you foster hope for another person if you have lost your own hope? Finding the right kind of support is very important.

Support

Caring can be rewarding but the strains and responsibilities of caring can affect your own mental and physical health.

Carers can also become very isolated. It is important you have the opportunity to socialise and meet other people who can understand your caring role. You are not alone.

You may experience a whole range of emotions such as fear, anger, guilt, stress, worry and anxiety - these are common reactions. It may be helpful to share your experiences with others or to have individual counselling.

Support groups and other opportunities for you to meet people who have had similar experiences can be really helpful. It might be helpful to take a break, join in with a social activity or have a massage. You can book a one to one session with us to talk about how you are coping and to look at ways of getting better support.

If you require this leaflet or mental health information in a community language, or in other formats please contact us.

اذكنت حت اجت رجمة هلال من شور او معل و مائل صالح عقل يهال اللغة عربي لوشكل اخر ال رجاء الاتصاليين.

اگر شما این نشریه و یا اطلاعات درباره سلامتی (صحت) روانی (منتل هلث) را به زبان فارسی و یا شکل دیگری بخواهید لطفاً با ما در تماس شوید.

如欲索取这份传单的中文翻译，或欲索以中文说明有关心理健康的信息，或者其它的版式，请联系我们提出这个要求。

ਜੇਕਰ ਤੁਹਾਨੂੰ ਮਾਨਸਿਕ ਸਿਹਤ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਜਾਂ ਇਸ ਪਰਚੇ ਦੀ ਇਕ ਕਾਪੀ ਪੰਜਾਬੀ ਜਾਂ ਕਿਸੇ ਹੋਰ ਸ਼ਕਲ ਵਿਚ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

If you, or the person you care for, lives in the London Borough of Richmond Upon Thames contact:

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www.rbmind.org

Carers in Mind
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Carers in Mind is part of Richmond Borough Mind, a registered independent charity that works to make a practical and positive difference to people living locally who have been affected by mental illness.

With thanks to Image Source Limited who have kindly donated the images for this leaflet www.imagesource.com



Working in partnership with:



The Princess Royal Trust
for Carers

**For better
mental health**



South West London and St George's **NHS**
Mental Health NHS Trust