

**Georgia Meade,
Carers Recovery Worker**

Tel or Text: 07584 083 215

Email: georgia.meade@rbmind.org

Main working hours 9am-5.30pm Monday to Friday.
Meetings and telephone calls can be arranged
outside of these times when needed.

Richmond Crisis and Home Treatment Team,
Lavender Ward, Queen Mary's Hospital
Roehampton Lane. SW15 5PN

The Carers Recovery Worker role is a specialist project to support families and friends when their relative, partner or friend is experiencing a crisis. It is funded by the Richmond Clinical Commissioning Group and London Borough of Richmond upon Thames. This service is delivered by RB Mind in partnership with SWLSTG.

Carers Recovery Worker

**Georgia Meade is the Carers Recovery
Worker for the Richmond Crisis and Home
Treatment Team and Lavender Ward.**

**Georgia offers confidential support, advice and
guidance for families and friends from
Richmond who are supporting someone during
an acute crisis period.**

**Georgia Meade,
Carers Recovery Worker**

Tel or Text: 07584 083 215

Email: georgia.meade@rbmind.org

Confidentiality:

If your relative, partner or friend has asked for their treatment to be confidential, Georgia will still be able to work with you making sure that you are given appropriate information and support.

She is able to act as an effective channel of communication between you and the treatment team. You may want to share information in confidence.

She will be able to:

- listen to what has been happening from your point of view
- make sure your knowledge and views are shared effectively with the Crisis and Home Treatment Team and Lavender Ward
- give you, where possible, information about the diagnosis, possible treatments and medication
- help with basic information and guidance on responding to difficult behaviours symptoms
- give you information and guidance about other services that may be helpful to you and the person you support
- discuss with you what the next steps may be for yourself and your relative, partner or friend.

Your Wellbeing Most importantly, she can work with you to identify your own needs and to make sure that your own health and wellbeing is taken seriously during this difficult time. You will be able to look at possible solutions for any needs you have identified, considering your point of view at all times.

Relapse Prevention She can also work with you to look at ways of helping your relative to stay well by:

- discussing your relative's care and discharge plans following the crisis
- preventing a future crisis by helping you to identify early warning signs for relapse and triggers that may contribute to a crisis episode
- helping you to understand the collaborative crisis plan for the person concerned and how you can be involved.

If a crisis plan is already in place, please let Georgia know so you can look at how well it is being followed.

Georgia will continue to offer support for a short period after your relative, partner or friend is discharged from the Crisis and Home Treatment Team to make sure there is a smooth handover to community services.