

Talk to us

Tel: 020 8940 7384

E: [carers@rbmind.org](mailto:carers@rbmind.org)

W: [www.rbmind.org](http://www.rbmind.org)

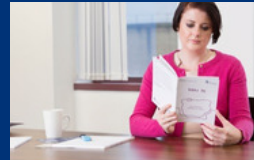
We are open Mon-Fri 9am-5pm



Carers in Mind  
UK House, 1st Floor  
82 Heath Road  
Twickenham  
TW1 4BW

# Carers in Mind

Providing support for  
those caring for someone  
with mental health issues  
living in the borough of  
Richmond.



Supporting someone can be rewarding, but the strains and responsibilities can also affect your own mental and physical wellbeing.

'I would have gone under without your help'

We are here to make sure you get the support that you need.

Our focus is to empower you in your role as a carer.

### Individual Support

An assigned worker will meet with you and you will work collaboratively to identify your needs as a carer. We can offer emotional support, guidance through the mental health maze, and a plan for moving forward.

### Social Activities

Every month we have an outing for carers; whether it is going on a tour of London, or Pizza making, there is something for everyone. We also hold a monthly lunch free of charge, giving you the opportunity to meet other carers in a relaxed and informal environment.

### Peer Groups

We run several support groups and workshops for those who care for an adult with mental health issues. They are a non-judgemental place where you can connect with others going through similar experiences to you. They can help you to develop coping skills and to feel less isolated.