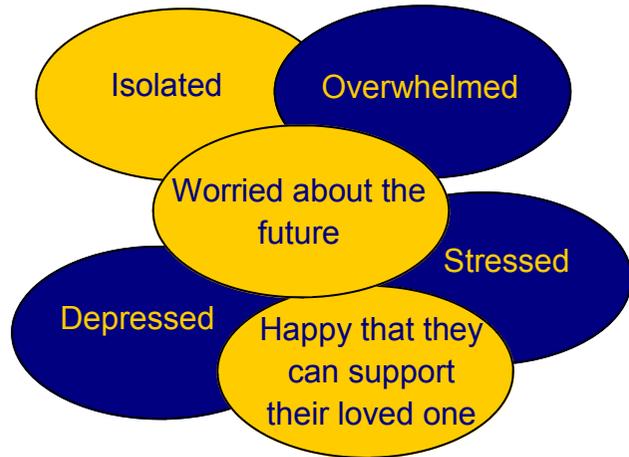


Mental Health Carers can feel:



A Carer can be the person's:

- Partner
- Parent
- Child
- Ex-partner
- Friend
- Neighbour
- Relative

Young Carers?

Are you also aware of any children or young people in the family helping to care for someone with a mental health diagnosis? They can be referred to our Young Carers Mental Health Project.

This specialist service provides individual, peer and family support and access to breaks and activities.

Carers may provide daily support, 'keep an eye' on the person or only provide support during a crisis.

Regardless of frequency, all carers should have the information and support they need to fulfil their caring role while living independent, good quality lives.

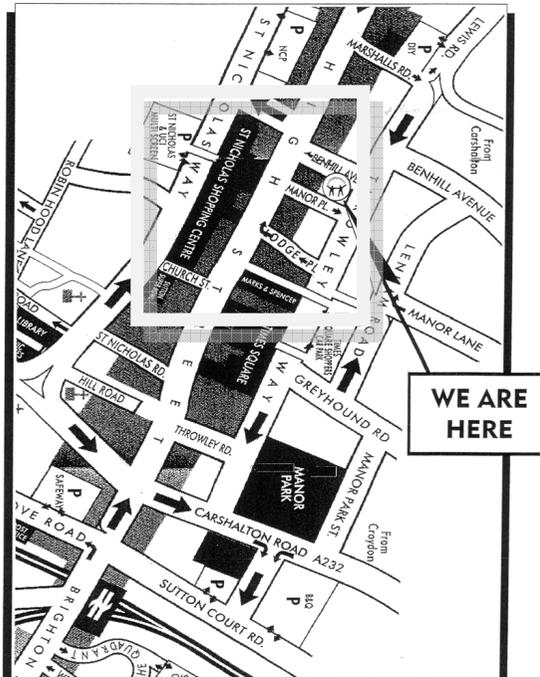
The Mental Health Carers Service

Sutton Carers Centre
 1st Floor, Benhill House
 12-14 Benhill Avenue
 Sutton
 SM1 4DA

Telephone: 020 8296 5611

Fax: 020 8296 5616

enquiries@suttoncarerscentre.org

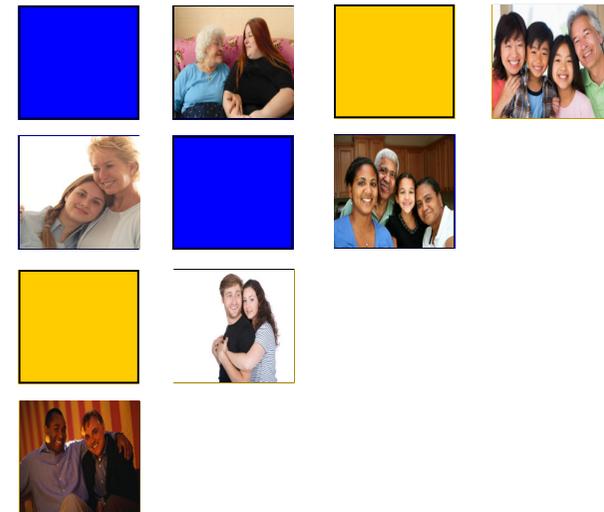


Sutton Carers Centre is a company Limited by Guarantee with Charitable Status

Registered Company Number 3353573
 Registered Charity Number 1062302



A Leaflet for Professionals



**Sutton Carers Centre
 MENTAL HEALTH
 CARERS SERVICE**

**Information and advice for
 professionals working with
 Mental Health Carers**



**SUTTON
 CARERS
 CENTRE**

CARING FOR YOU AS YOU CARE FOR OTHERS

How do I identify a Mental Health Carer?

A carer is someone who provides regular and substantial unpaid support to a friend or family member.

For Mental Health Carers this may include:

- Providing emotional support in person or via telephone/online
- Helping to pay household bills and assistance with finances
- Assisting with meals (buying and/or preparing food)
- Looking after the person cared for's house, pets or children during an acute episode
- 'Keeping an eye' on the person cared for
- Dealing with challenging behaviour and promoting positive coping strategies
- Being 'on call' to provide any of the above support when wanted/needed
- Monitoring medication and side effects
- Attending appointments with the person they care for and providing feedback on their progress



What does the Mental Health Carers Service provide?

Our aim is to support carers to build resilience and the capacity to manage their caring role. We promote this through a whole-family approach, encouraging every member of the family to develop the skills to live their lives as fully, independently and healthily as possible.

The services we offer are:

- * Advice and signposting
- * Information about diagnoses and treatments
- * Emotional support including access to Psychological Therapies and Counselling
- * Help with transport costs to visit inpatients on Jasper/Crocus Ward at Springfield Hospital
- * Access to complementary therapies
- * Access to benefit checks and help with completing forms
- * Support to access information and help to navigate the mental health system

How do I refer a Mental Health Carer?

Identify the carer and gain their consent to be referred to, or receive more information about, our services.

If you would like to discuss the referral with staff at the Mental Health Carers Service, please phone 020 8296 5611 or email enquiries@suttoncarerscentre.org

Complete the Mental Health Carers Referral Form and return it to Amanda Cummins, Carers Service Manager - Mental Health, via post, fax or email (full contact details overleaf)

Once the referral has been received by the team, the carer will be contacted to arrange an initial meeting and offered services as appropriate