

Carers are unpaid, of any age, and the care they provide may be part time or full time.

This part of our service supports carers of working age people with illness or conditions such as anxiety, depression, schizophrenia and bipolar disorder.

We currently hold a Mental Health Carers Support Group at Meadowfield, Swandean Hospital, Arundel Road, Worthing on the 2nd Monday of each month between 6pm and 8pm.

As from January 2011, we will also be holding a group at Methold House, North Street, Worthing between 5pm and 7pm on the last Wednesday of every month.

Free parking and refreshments are available at both venues.

## These groups can offer you the chance to ...

- Meet other people in similar situations in a safe space
- Talk confidentially
- Hear from Mental Health professionals
- Learn how to manage your own stress
- Learn more about the mental health condition your cared for person suffers from

All our sessions are open to all carers of working age people with a mental illness.

For more information, please contact Sandra Bignell, Senior Mental Health Carers Support Worker on 01903 528690 or email her on [sandrabignell@carerswsx.org.uk](mailto:sandrabignell@carerswsx.org.uk)

## Mental Health Carers Support

### Reply Slip

I would like you to contact me about the Carers Support Service.

**Name:** .....

.....

**Address:** .....

.....

.....

If you would like us to ring you, please tick this box and give us your phone number below:

**Tel. No:** .....

Please put the slip in an envelope to maintain your privacy and return it to the address overleaf. No stamp is needed.

**Mental Health Carers Support**

**Carers Support Service**

**FREEPOST SEA7752**

**WORTHING**

**BN11 1BR**

No stamp is needed

## Comments from carers

*'It provides a place where I can talk about caring issues with others who understand..'*

*'My Carer Support Worker is wonderful and listens to my worries and concerns. She also makes me laugh and helps me conquer my fears'*

*'I feel that there is always someone who has time and understands'*

The Mental Health Carers Support Service is funded by NHS West Sussex, and is administered by Carers Support Service, Worthing & District.

Carers Support Service, Worthing & District is hosted by Guild Care, whose Registered Charity Number is 1044658.

December 2010



Carers Support Service  
Worthing & District

## Mental Health Carers Support Groups

**Do you provide support for a relative, friend or neighbour who has experienced Mental Health Difficulties? If you do, you are not alone**

**Information and support  
Tel: 01903 536378**

**[www.carerswsx.org.uk](http://www.carerswsx.org.uk)**

