

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

The Mental Health Carers Support Workers work in Adur, Worthing, East Arun and Chanctonbury, and can meet with you at your home or another place of your choice, to look at ways of enabling you to improve your quality of life, and to help you in your caring role.

This service supports carers of people with illness or conditions such as anxiety, depression, schizophrenia and bipolar.

The main Carers Support Service supports carers of people with organic illness such as dementia. Please ask for our general service leaflet if this applies to your caring situation.

What can the Mental Health Carers Support Workers offer?

- Helpful contact information
- Advocacy service
- Practical and emotional support to individual carers
- Assistance in accessing Carers Assessment
- Information on availability of services and how to access these
- Information and access to a limited amount of funding for short breaks, leisure activities, courses etc
- Carers peer support groups
- Carers events & activities
- An opportunity for you to contribute to the development and planning of mental health services locally

Mental Health Carers Support

Reply Slip

I would like you to contact me about the 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 who have used the service ...

'It has helped me to recognise my own needs are also important, and in order to care I have to look after my wellbeing'

'Made me realise what a difficult job I do as a carer, and to take time out for myself occasionally'

'I now have the ability to access other services'

'Great support, a change for someone to listen to me'

'Given me a better outlook on life'

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.



Carers Support Service
Worthing & District

Mental Health Carers Support

For people looking after
someone of working age with a
mental health difficulty

Information and support
Tel: 01903 536378

Admin
Tel: 01903 528600

www.carerswsx.org.uk

April 2010



West Sussex Carers Support Services
Working Together for Carers in West Sussex



The Princess Royal Trust
for Carers