

City Carer Support Service

Adult Mental Health Services



Family, Friends and Carers

Do you support someone who is receiving care from Adult Mental Health Services?

Do you sometimes feel overwhelmed, worried or isolated by your caring responsibility?

We are here to help!

We realise that it is important for carers to be listened to and their opinions, experiences and concerns shared.

We offer an opportunity for **you** to have time out to talk about how **you** feel.

Support Available

- ✓ **One-to-one** time with a support worker at a place convenient for you
- ✓ **Telephone support** as needed
- ✓ **Information** about medication, mental illness and coping strategies
- ✓ **Access to counselling** to allow time to focus on your health and wellbeing
- ✓ **Training and recovery courses** in relation to education and employment
- ✓ **Benefits check** we can refer you for financial/debt advice
- ✓ **Meeting others** in terms of meeting others and access to additional support



Comments

'Just being in the same room with others in my situation, knowing they understood my situation exactly made a huge difference.'

'I didn't realise I was becoming depressed myself. I have accessed free counselling and feel stronger and can deal with each day as it comes now.'

'Sometimes it's just nice to know you can lift the phone and talk to someone who listens and understands.'

Groups

For more information regarding the support group, please telephone 0115 956 0841.

Other Help Available

SMART: 0800 5610 072 (helpline is available between 5pm-9am, Monday to Friday and 24 hours on weekends and Public Holidays)

Samaritans: 116 123

Carers Federation: 0115 962 9310

CityCare carers support service for those supporting people in primary care: 0300 300 3333

If you want to make a complaint contact:

PALS: 0800 0153 367

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

City Carer Support Service

City Adult Mental Health

Laurel Suite

Highbury Hospital

Highbury Road

Nottingham

NG6 9DR

Contact us Monday to Friday 9am-5pm on:

0115 956 0841

or email:

cswc@nottshc.nhs.uk

If you would like to become a member of the Trust and have your say, please contact the Trust's Involvement team on 0115 993 4567

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www.nottinghamshirehealthcare.nhs.uk

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