

MIND

A mental health charity providing advice and support.

Website: www.mind.org.uk

Telephone: 0300 123 33 93

Recovery Education Centre

Info: a local peer led charity that provides education and training for everyone affected by mental illness.

Website: www.dorsetmentalhealthforum.org.uk

Telephone: 01202 584478

Rethink Mental Illness

A mental health charity providing support to Carers across Dorset. Alternatively Carers can access 1:1 support if this is more appropriate. Please telephone for a chat to find out more details.

Website: <https://www.rethink.org>

Telephone: 01305 262771

Revitalise

A UK wide charity providing short breaks and holidays (respite care) for disabled people and carers.

Website: www.revitalise.org.uk

Telephone: 0303 303 0145

Notes:



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Supporting someone with a mental illness



**Mental Health Service
Poole and Bournemouth
Hospitals**

What is a Carer?

Many people don't think of themselves as 'Carers'. They simply see themselves as a friend or relative looking after someone who they love. But if you provide regular unpaid help and support for someone, who due to illness, disability, a mental health problem or an addiction, cannot cope without your support, then you are seen to be a Carer.

A Carer is different to someone who provides care professionally or via a voluntary organisation because you have an emotional connection with the person you care for. This connection can make caring more rewarding, yet more difficult at the same time.

What do Carers do?

The variety of tasks that a Carer fulfils is diverse. The needs of the person you are caring for, the help that you provide and your personal circumstances will all shape your own unique role. Caring duties may include practical household tasks; personal care and/or offering an emotional or supportive role.

Informal Carers are expert partners in care and join examples from the 7 million Carers in the UK today. Your valuable contribution as an unpaid carer should be recognised so that you can get access to the right support and services you need to live your own life.

All carers are entitled to a free Carer's assessment of their needs, and are protected by certain rights in the workplace.

Why have a Carer's assessment?

A Carer's assessment is not a judgement on how well you provide care. It's an opportunity to talk confidentially about how your caring situation affects you and to make sure you are getting all the help and information available to support you. It can be done at a time and in a place that suits you.

It is **not** a financial review, although information can be provided about the benefits and entitlements you are eligible to apply for. If your situation changes after you have had an assessment, you can ask for a review.

Who to contact?

- Inform your GP surgery of your caring role.
- Speak to Carer's Officers based within Community Mental Health Teams.
- Register with your local authority:
Poole Adult Social Care Helpdesk:
01202 633902 or email:
sshelpdesk@poole.gov.uk
- Bournemouth Care Direct: 01202 454979
or email: caredirect@bournemouth.gov.uk
- Visit www.mylifemycare.com/Contact-us
- Dorset Mental Health Carer's Project –
Call a Specialist Peer Carer on 01305
340045 or contact them on Facebook.
- Carerslink Helpline – one-stop information
and support service: 03001113303 or
<http://www.helpandcare.org.uk/carers-services/>
- Carers Support Service available for
inpatients of Poole Hospital: 01202
448714 or carersupport@poole.nhs.uk

Carer's Organisations

Alzheimer's Society

A support and research charity for people with Alzheimer's or dementia and their carers. It provides information and support on all forms of dementia.

Website: www.alzheimers.org.uk

Telephone: 0300 222 11 22

Carers Trust

We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Website: www.carers.org

Telephone: 0844 800 43 61

Carers UK

We give expert advice, information and support. We connect carers so no-one has to care alone. We campaign together for lasting change. We innovate to find new ways to reach and support carers.

Website: www.carersuk.org

Telephone: 0808 808 77 77

Marie Curie

Offers information, advice and practical support to people living with any terminal illness and their families.

Website: www.mariecurie.org.uk

Telephone: 0800 090 23 09