



change
MENTAL HEALTH

carer support

from change mental health

**Support and information for people
who care for those with mental
health challenges**

www.changemh.org

Empowering carers in a way which works best for them

We launched Carer Support in response to the unique challenges of being a carer to a relative, friend or partner of someone living with mental illness.

We have helped improve the health and wellbeing of carers across Tayside, Fife, Edinburgh, Dumfries and Galloway and Highland. We offer individual support in person or through phone, email and video conferencing.

Carer Support provides emotional support, access to local peer support groups, a range of useful information and advice, and signposting to other relevant services.

We refer people to some of our National services depending on the circumstance and work with local communities to open up more opportunities for signposting.

Our Carer Support team provide a safe space where carers can talk about their needs without judgement. We identify and develop coping skills and strategies to support you.



“My approach is listen carefully to what the carers are looking for. Sometimes they just need someone to listen to them and believe them, and carers often say they never get that treatment.”

Janice Mylan
Carer Support Worker

Contact our Advice and Support Service at advice@changemh.org, call **0808 8010 515** or visit www.changemh.org/advice-and-support.



Change Mental Health
is a charity registered in Scotland
SC013649.

www.changemh.org

