

We are here to help you in your caring role:

Carers UK (IW Branch)

Support group run by Carers for Carers

01983 533173

www.carersuk.demon.co.uk

Citizens Advice Bureau

01983 532292

Contact a Family

020 73833555

www.cafamily.org.uk

Crossroads Local

01983 822200

Mental Health Carers Project

01983 822209 (Ext. 203)

MICRA

Support group run by Carers for Carers

01983 402157

Princess Royal Trust for Carers

020 74807788

www.carers.org

Riverside
CENTRE

The Quay, Newport, Isle of Wight
Telephone (01983) 822209 (Ext. 203)

Mental Health Carers

Support Team

If you are supporting a friend or relative who has a mental health difficulty.

This project could offer you information and support.

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A Carer is someone of any age whose life is restricted because they are looking after a friend, relative, partner or person who cannot manage without help because of illness, age or a disability of any kind.

You may not think of yourself as a Carer because you carry out tasks out of love.

Facts:

- At any one time, the average GP with 2000 patients has 300 people with a diagnosed common mental disorder.
- On average, around 10-15 patients will have a long-term psychotic mental illness.

This means that mental illness is as common as asthma.

In Britain in any one year:

- 300 people in 1000 will experience mental health problems.
- 240 of these will visit a GP.
- 102 of these will be diagnosed as having a specific mental problem.
- 24 of these will be referred to a specialist service.
- 6 will become in-patients in psychiatric units.

If you are a Carer of someone with a mental health difficulty, we are here to help!

Do you need more information?

Do you need support in your caring role?

Would you appreciate information on available benefits?

Do you need a break?

If you have answered 'YES' to any of the above,

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