



Carers of Adults with Mental Health Problems

**JUNE
2005**

Discovering a family member or friend has a mental health problem can be distressing news, and as a Carer of such a person, you will have found yourself experiencing a whole range of emotions.

If you take an active role, you may have found that a large part of your time is being spent in motivating, providing support, financial assistance and dealing with difficult behaviour or making sure that the person is safe.

You may be experiencing a sense of isolation as a result of the support you are giving. This may be especially so when dealing with crisis situations.

Carers Rights

As a Carer you have a number of rights under:

- The National Service Framework for Mental Health
- The Carers & Disabled Children Act 2000
- The 1983 Mental Health Act

Under the Carers and Disabled Children Act 2000 you are entitled to an assessment of your own needs regardless of whether or not the person you care for has had an assessment under the Integrated Care Plan Approach (ICPA) or are in receipt of services from the Local Health Authority.

The aim of this assessment is to develop an understanding of the type of support and services that would help you as the Carer. From this you are entitled to your own *Care Plan* which will set out what support is

being offered, drawing on some of the services provided by local organisations such as ourselves, Rethink, MIND or Off the Record's Young Carers Service (contact details overleaf).

If you care for someone who has serious mental health problems (In Bath and North East Somerset), *Rethink* has a worker who can carry out, and support you through the *Rethink* Carers Assessment and help to draw up your part of the Care Plan. They also run three Carers Support Groups once a month, and provide a range of information and advice. *Rethink* also manage a grant to help people with respite costs.

Support for Carers of People with Mental Health needs

At the Care Network we recognise how important it is for Carers to have time for themselves away from their caring situation. We also realise there can be problems in taking time off and the possibility can often get overlooked. We therefore work with Carers to identify ways in which they can take a break. We also offer some financial assistance from the Carers Transport Grant to help Carers take this break.

The Care Network Carers Line is available for you if you need to talk through any problems or queries that you have. Our quarterly newsletter highlights the different activities we run and has useful information about services, local and national news and events.

You can also access information online:

www.thecarenetwork.co.uk

Carers line (01761) 431389
Mon – Thur 9.00am – 11.00am and 1.00pm – 3.00pm
Friday 9.00am – 11.00am
Email: carerssupport@thecarenetwork.co.uk
www.thecarenetwork.co.uk

LOCAL AUTHORITY AGENCIES

There is a variety of support that can be offered to an individual with Mental Health problems, which can be accessed through an Integrated Care Plan Approach (ICPA). This plan highlights the needs of the individual, and can be supported by a number of professionals i.e. Community Psychiatric Nurse (CPN), Psychiatrist or Social Worker. If the person is in agreement, you, the Carer may be able to attend the assessment.

Community Mental Health Teams (CMHT)

These teams are made up of Community Psychiatric Nurses, Social Workers, Community Support Workers, Occupational Therapists and Psychiatrists. Referrals tend to go via GP's or other Health professionals i.e. the Hospital. With each locality team covering an area determined by the GP surgeries.

Bath North CMHT

NHS House
Newbridge Hill
Bath BA1 3QE
☎ (01225) 731631
Fax: (01225) 731632

Bath South CMHT

Miles House
Dunsford Place
Bathwick Hill
Bath BA2 6HF
☎ (01225) 324200 or 324208
Fax: (01225) 330689

N.E. Somerset CMHT

The Swallows
Paulton Hospital
Salisbury Road
Paulton
Bristol BS39 7SB
☎ (01761) 404410
Fax: (01761) 411699

OTHER LOCAL ORGANISATIONS:

Rethink

Offers support to individuals with severe mental illness, and to the people who care for them. There is a worker who works specifically with Carers to offer support and advice on different issues relating to the caring situation.

Rethink Carers Support Coordinator
☎ 0117 9864706

Off The Record Service

Offers free and confidential information, advice and counselling to young people up to 25 years, parents and Carers, on a range of issues. They also provide specific help to young people who are caring for someone else.

Young peoples freephone 0800 3895551

BADAS

Bath Alcohol and Drug Advisory Service offers services to anyone concerned about their own or someone else's alcohol or drug use.

Services provided include; Initial one to one support, Information and Advice, Complementary therapies and Needle & Syringe Exchange
☎ (01225) 469479
e-mail: frontdesk@badaservices.org.uk

MIND

Support to service users through a befriending service and a social drop in centre. There is also an advocacy project which provides information and support to enable individuals to represent their own views.

13 Abbey Church Yard

Bath BA1 1LY
☎ 01225 316199
www.bathmind.org.uk

174 Cheltenham Road

Bristol BS6 5RE
☎ 0117 9141234
www.bristolmind.org.uk

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