

Supporting Mental Health

This leaflet explains the support available if you care for someone with mental health problems



care and
support
& you

Supporting Mental Health

If you are supporting someone who has mental health problems, you are not alone as one in four people experience mental illness at some point in their lives. The support people receive from family and friends is crucial in their recovery.



Our Approved Mental Health Professionals can support you in your caring role by providing the relevant information. We want to ensure that you are able to access the right support and treatment for your family member or friend.

In this leaflet, we have listed local and national services that provide practical and emotional support to those caring for someone with mental health problems.

Richmond Council

Approved Mental Health Professional Service

If your family member or friend has a mental health crisis you can call our Approved Mental Health Professional Service who can provide specialist advice and information.

- Telephone:** 020 8487 5020
- email:** adultsocialservices@richmond.gov.uk
- Web:** www.richmond.gov.uk/adult_social_care

Carer's Assessment

All carers are legally entitled to a carer's assessment. The aim of the assessment is to help us understand you and your needs better, for example what physical, emotional and practical impact caring has on your life and what support and information we can provide. If you would like a carer's assessment or more information please get in touch with us. You can also complete your assessment online in your own time on our website at www.richmond.gov.uk/carers_self_assessment.



Telephone: 020 8891 7971

Email: adultsocialservices@richmond.gov.uk

Web: www.richmond.gov.uk/adult_social_care

Other Support Services

Richmond Carers Centre

Richmond Carers Centre provides information, advice and support for unpaid carers aged over 18 and living in or caring for someone living in the borough. Staff at the centre have a range of skills and knowledge to help support you in your caring role and to have a life outside of caring.

Telephone: 020 8867 2380

Email: info@richmondcarers.org

Web: www.richmondcarers.org



Rethink Mental Illness

Rethink Mental Illness is a national charity that offers a range of advice and support including information on treatment and care, benefits and employment rights.

Telephone: 0300 5000 927

Web: www.rethink.org

The Richmond Borough Mind Carers Project

Carers in Mind provides a range of specialist services for carers, families and friends supporting someone with severe mental health problems such as bipolar disorder, schizophrenia, personality disorder and severe anxiety and depression disorders. This includes specialist one to one support, information, advice and guidance.

Telephone: 020 8940 7384

Email: carers@rbmind.org

Web: www.rbmind.org/carers-in-mind

Addiction Support and Care Agency

Addiction Support and Care Agency provides expert support, advice and support groups for carers to enable them to support someone who has an alcohol or drug addiction.

Telephone: 020 8940 1160

Web: www.addictionsupport.co.uk



Young Minds

Young Minds is a national charity that provides information and support on mental health for young people and their parents.

Telephone: 0808 802 5544

Text: YM 82558

Web: www.youngminds.org.uk

NHS - South West London and St Georges Mental Health Trust

The trust provides hospital and community support to people who are experiencing mental health problems. Their recovery college provides a range of informative courses on mental illness and support recovery.

Telephone: 020 3513 5818

Email: recoverycollege@swlstg.nhs.uk

Web: www.swlstg.nhs.uk

Our contact details

Monday to Friday 9am to 5pm

Telephone: 020 8891 7971

SMS Phone: 07903 738043

Email: adultsocialservices@richmond.gov.uk

Website: www.richmond.gov.uk/adult_social_care

Write to us at:

London Borough of Richmond Upon Thames Council
Adult Social Care
Civic Centre
44 York Street
Twickenham
TW1 3BZ

For information on local services please visit CarePlace
www.careplace.org.uk



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