




change
MENTAL HEALTH



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

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

At Carers Support, we provide 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, such as Mental Health and Money Advice, depending on the circumstance and work with local communities to open up more opportunities for signposting.

Our Carers 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
Carers' Support Worker

Do you want to find out more about Carers Support across Scotland?
Visit www.changemh.org or email info@changemh.org.



Change Mental Health
is a charity registered in Scotland SC013649.
Company Number SC081179.

www.changemh.org

