



Stafford Centre Carers Support Service

Support in Mind Scotland

Stafford Centre

103 Broughton Street

EDINBURGH

EH1 3RZ

**SUPPORT FOR CARERS OF PEOPLE
EXPERIENCING MENTAL ILL HEALTH**

This Project is funded by



Who are we?

The **STAFFORD CENTRE CARERS SUPPORT SERVICE (SCCS)** offers support to families throughout Edinburgh who are affected by mental ill health.

Support, information and guidance can be offered:

- over the phone
- at the Stafford Centre
- face to face
- or at an agreed meeting place.

What is a Carer?

When we use the word “**carer**” we mean anyone who has any kind of relationship with someone who suffers from a serious mental illness. Carers do not have to be living with the person who is experiencing mental ill health, they just need to care about him or her. Even neighbours can be carers.

Many carers tell us they experience:

- ◆ Feelings of isolation
- ◆ Lack of information
- ◆ Insufficient support
- ◆ Feelings of loss and grief

What do we do?

SCCS is **completely free and confidential**.

We offer :

- ◆ Practical guidance on coping
- ◆ Emotional support
- ◆ Telephone support
- ◆ Access to local groups
- ◆ Contact with other carers
- ◆ Information leaflets and books
- ◆ Information about services
- ◆ Information about your rights.
- ◆ CARA Group

Get in touch today 07951066234 or 0131 629 1844 Email: sccs@supportinmindscotland.org.uk

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