

## ***Other sources of help...***

### **RETHINK**

28 Castle Street,  
Kingston-on-Thames  
Surrey KT1 1SS  
Tel 020 8547 3937

### **MIND**

Granta House,  
15-19 Broadway  
London E15 4BQ  
Tel 020 8522 1728

### **MANIC DEPRESSION FELLOWSHIP**

Castle Works  
21 St. Georges Rd  
London SE1 6ES  
Tel 020 7793 2600

### **CARERS UK**

20-25 Glasshouse Yard  
London EC1 4JS  
Tel 020 7490 8818

### **DEPRESSION ALLIANCE**

35 Westminster Bridge Rd  
London SE1 7JB  
Tel 020 7633 0557

If you would like  
further details or would  
like to talk to someone  
in confidence please  
contact:

## **Mary Byng**

*Mental Health*

*Carers' Support Worker for  
Spelthorne, Runnymede,  
Elmbridge and Woking*

**01483 724244**



### **Cornerhouse**

2 Courtenay Rd  
Woking  
Surrey  
GU21 5HQ

# **Do you care for a relative or friend with a mental health problem?**

Are you getting all  
the help and support  
you need?



*Formerly The National Schizophrenia Fellowship*

## ***Did you know that...***

Mental illness can be described as an interruption of a person's usual thought processes which affect they feel and behave.

**Mental health problems are very common. In fact, anyone can experience them, especially if they are going through a stressful period in their lives. Nearly half of us will suffer at some time in our lives.**

Approximately 1% of the population has a serious long term mental illness which causes them difficulties in areas of life that we often take for granted, such as relationships, employment or housing. Many relatives and friends of people with such problems also find it difficult to cope and feel very isolated.

**Carers save the state £57 billion a year. The government recognizes the important contribution they make and recent new legislation has given carers increased rights.**

## ***The person you care for may be...***

- a relative, friend, child or partner
- living with you, in hospital, or in their own home, locally or further afield
- suffering from a range of problems including depression, schizophrenia, eating disorders, manic depression, anxiety, panic attacks and psychosis

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*"To make use of this most precious resource – the unpaid loving contribution made by family and friends – it is better to concentrate on preventive work now, rather than to try and pick up the pieces later."*

**The Carers National Association**

***Family and friends play a vital role in the partnership of care between users, carers and professionals and they must be recognised and supported***

## ***A range of local services...***

Rethink offers Carers' support from Cornerhouse and includes:

- listening to and supporting individual carers
- encouraging carers to recognise their own needs
- providing information and advice
- raising awareness of the needs of carers amongst mental health professionals
- supporting carers in accessing service and benefits
- providing a regular support group, including speakers and social functions
- the provision of training for carers on practical coping skills and other issues such as relevant legislation