



Carers awareness training

We provide free carers awareness training to health and social care professionals and organisations.

We are committed to supporting the Triangle Of Care which is a partnership between professionals, the person being cared for, and their families, friends and carers. It sets out how they should work together to support recovery, promote safety and maintain wellbeing.

If your organisation would like to access our free training then please get in touch.

To **refer yourself** or if you are a **professional referring a carer** then **scan the QR code** on the inside of the leaflet and complete our online form. Alternatively, you can **call** or **email** us.



07827 802 291



MHCC@rethink.org

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information
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rethink.org

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**Rethink
Mental
Illness**

Cornwall Mental Health Carers Service

Support for adult carers of
people with mental illness
across Cornwall and the
Isles of Scilly



About us

The service will start on the 1 July

2026. We provide support to adult carers of people with mental illness who live in Cornwall and the Isles Of Scilly. Our support includes:

- One-to-one support sessions
- Carers educational courses
- Carers support groups
- Carers drop-in hubs

Carers support groups

Our carers support groups run across Cornwall and the Isles of Scilly. These groups will start from November 2026. The groups are delivered either in person or delivered online. They run at different times and days of the week, including evenings and weekends, so you can join a group that fits in around your caring responsibilities.

"Carers groups make me feel less alone, being able to talk with other carers who are going through the same types of things really helps me to cope better with the pressures of caring."

If you want to use your lived experience as a carer to help us coproduce the service by being on interview panels, co-developing carers education, co-facilitating support groups and much more then please get in touch.

One to one support sessions and drop-ins

We provide a number of drop-in sessions across the county so that you can meet us in a local venue. We can help with one-off queries or concerns.

Depending on your support needs, you will be allocated a set number of one-to-one sessions with a Carers Mental Health Specialist Advisor. This will be either 1-4 sessions, 4-10 sessions or 10+ sessions. Support can be extended as needed.

The support we provide is

- trauma informed
- emotional and practical support
- information and advice
- access to respite breaks via our partner Carefree
- signposting to other services and completion of carers assessments and social services personal budget applications
- joining the carers register to get access to other carer benefits

Carers education

We will be running a range of courses for carers such as our 'Caring and Coping' course to help carers understand the mental health system, carers rights, reducing carer burnout and nearest relative rights under the Mental Health Act etc.

These courses will start from November 2026. The number of sessions will vary per course.

Our courses are delivered as part of a programme with other carers support services in the county. Our courses are co-produced with input from carers which is frequently updated.

"I learnt a lot from the course, knowing a bit more about how the mental health system works and carers allowance was particularly helpful for me"

