



Contact us

If you have any questions about Dorset Carers support service, please get in touch – we'd be delighted to hear from you!

 Lewis Chambers, Service Manager
Rethink Mental Illness
Dorset Carers Support service
Juniper Lodge, The Conifers
Poundbury Industrial Estate
Dorchester DT1 2PG


 01305 262771

 Lewis.chambers@rethink.org



Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

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rethink.org

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Rethink
Mental
Illness.

Dorset Carers Support Service (Mental Health)



Support

We can help if

You care for someone with a mental illness and you are based in Dorset (excluding Bournemouth and Poole)





What we do

We offer a range of support options to help carers.

About us

Over a million people care for someone with a mental illness. Many suffer in silence and don't know what help is available.

We can help you find out about your rights and connect with others who have been in a similar position. We can help you access funding for a short break or something else to help you cope with caring.

How we work

We have a team of carers support staff who work across Dorset providing support to carers in whichever way is best suited to each individual.

"Without the support from you I don't know how I would have coped"

We also have a telephone information line you can ring to get information about who to contact and where to get help and advice about mental health concerns.

"Before I contacted you I was really low. On your own there is no one to ask, and that's where Rethink Mental Illness is invaluable. It's the only place that offers support."

We provide

- One-to-one meetings to talk through general or specific problems.
- Assistance and advocacy meeting with professionals.
- Information on mental health and services locally.
- Opportunity to meet with and get support from other carers locally
- Support groups, activities and outings.
- Carer education and training.
- Individual therapeutic and emotional support for you and other family members.
- Information and advice on mental illnesses and mental health issues.

Sometimes, by just speaking to someone who understands what you may be going through or coping with on a daily basis, the stress of caring can be eased.

