

If you would like information in another language or format, please ask us.

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

本文件也可应要求，制作成其它语文或特大字体版本，也可制作成录音带。

الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف



ARE YOU
A CARER?

Contact our service

Rethink Mental Illness
London Carers Support Service
Albert Jacob House
62 Roman Road
London E2 0PG

Telephone: 0208 981 2645
Email:
towerhamletscarers@rethink.org

Rethink
Mental
Illness.

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

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



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www.rethink.org

Get support with
Rethink Mental Illness
Tower Hamlets Carers
Support Service

The Rethink Mental Illness London Carers Support Service provides information and support to families and friends caring for someone affected by mental illness in the London Borough of Tower Hamlets.

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 you with others who are in a similar position.

Through our support groups, individual support and education courses, people find the confidence and reassurance to continue in their often difficult and overwhelming roles.

Many people who use our service have been caring for someone for many years and wish they had known about us before. They now feel less alone and more empowered to make informed choices about their situation.

"It's really helped me to be able to discuss issues and I have found it extremely comforting talking to other people who've gone through similar problems to me. Rethink Mental Illness was there to give moral support."
Anne*

* Name changed to protect identity.

We provide:

- Individual issue based support to help resolve specific problems. We will work together with you to develop a support plan to help you address these issues and can offer up to six face-to-face appointments to do this. The six appointments can be renewed if the issue is not resolved.
- Opportunities to meet with and gain support from other carers locally. We hold regular carer's groups that give you the opportunity to talk to other people who have shared some of your feelings and experiences. Groups are regularly addressed by speakers on relevant topics.
- Respite opportunities for carers throughout the year.
- Assistance and informal advocacy support when you need representation.
- Information on mental health and services locally. You will receive a regular newsletter covering local and national initiatives.

- Signposting and referral to other agencies.
- Caring and Coping Modular Training Programme specifically designed to provide information and support to those supporting someone affected by mental illness.
- We think it's important to include you in the planning of how we run our service and make our policies, and we can support you to do this.
- We work in partnership with other local organisations for the benefit of mental health carers.
- Access to a mental health carers forum to support you to share your opinions and suggestions about the provision of local mental health services.

We can help you if:

- You are a relative or friend providing unpaid care to someone living in Tower Hamlets who is affected by severe and enduring mental health problems.
- You are living in Tower Hamlets and providing unpaid care to a relative or friend who is affected by severe and enduring mental health problems.

We operate an open referral system, including self referrals and referrals from family members.

Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

