

Coronavirus: Advice for carers of those with severe mental illness

Being a carer for someone living with a severe mental illness can be challenging at the best of times. But the current coronavirus pandemic could create additional problems.

Some people have been advised by the government to self-isolate or to shield themselves. Such as people over 70 years of age, those who have an underlying health condition or if you or someone you live with has coronavirus symptoms.

Everyone is now affected by government 'lockdown' measures.

The government and the NHS have published their latest information on coronavirus and who should self-isolate or shield themselves, and the 'lockdown' measures. You can look on the following websites:

www.gov.uk/coronavirus and
www.nhs.uk/conditions/coronavirus-covid-19/

Visit www.rethink.org or phone for more on Covid-19

Contact

Rethink Mental Illness
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Mobile; 07760615342

About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other.

We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.

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Leading the way to a better quality of life for everyone affected by severe mental illness. For further information on Rethink Mental Illness:
Phone: 0300 5000 927

Email: info@rethink.org
www.rethink.org



Carers Service
in Hertfordshire
during Covid-19
restrictions

Our usual face to face Caring and Coping courses and carer groups are all postponed during the period of government restrictions. However we are running online sessions.

121 support via telephone or Zoom to discuss and share issues and problems around caring is still in place.

You can contact Jo (Jonathan) Clack;

Jonathan.clack@rethink.org

Mobile; **07760615342** Office; **01920 463663**

Mon to Fri 9 am to 1pm

This is not an emergency or crisis service so I will endeavour to reply to any messages within 24hr from Mon to Fri

If you need assistance more immediately you should contact your GP, NHS 111, local mental health team or appropriate emergency service.

Hertfordshire Partnership University Foundation

Trust If you need to make a referral or talk about an urgent mental health problem please call the Single Point of Access (SPA) Tel: **0300 777 0707**

Email: hpft.spa@nhs.net

If you are already using their services you should call the relevant mental health team.

Carers in Hertfordshire can be contacted for more support and information via contact@carersinherts.org.uk
01992 58 69 69

**For specialist mental health advice
for carers visit our**

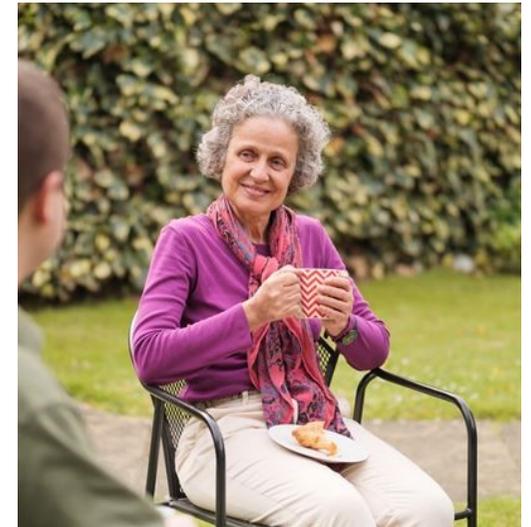
Carers' hub

At www.rethink.org

- **Supporting someone with a mental illness**
- **Confidentiality & information sharing for carers, friends and family.**
- **Carer's assessment - Under the Care Act 2014**
- **Does mental illness run in families?**
- **Coping with loss**
- **Wills and trusts**

...and more

**To talk direct to the carers worker in Hertfordshire call
01920 463663 or **07760615342****



To find our Facebook page search;

**Hertfordshire Rethink —
Rethink Mental Illness**

Although our regular Caring and Coping course for carers is unable to run at the moment we will be holding online sessions from the course online using Zoom.

Please contact us for the times and dates of these or any other queries.

