

## Contact us

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

Service Manager  
Rethink Mental Illness

✉ [Dorsetcarers@rethink.org](mailto:Dorsetcarers@rethink.org)

# 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, Christchurch and Poole).



Rethink  
Mental  
Illness.

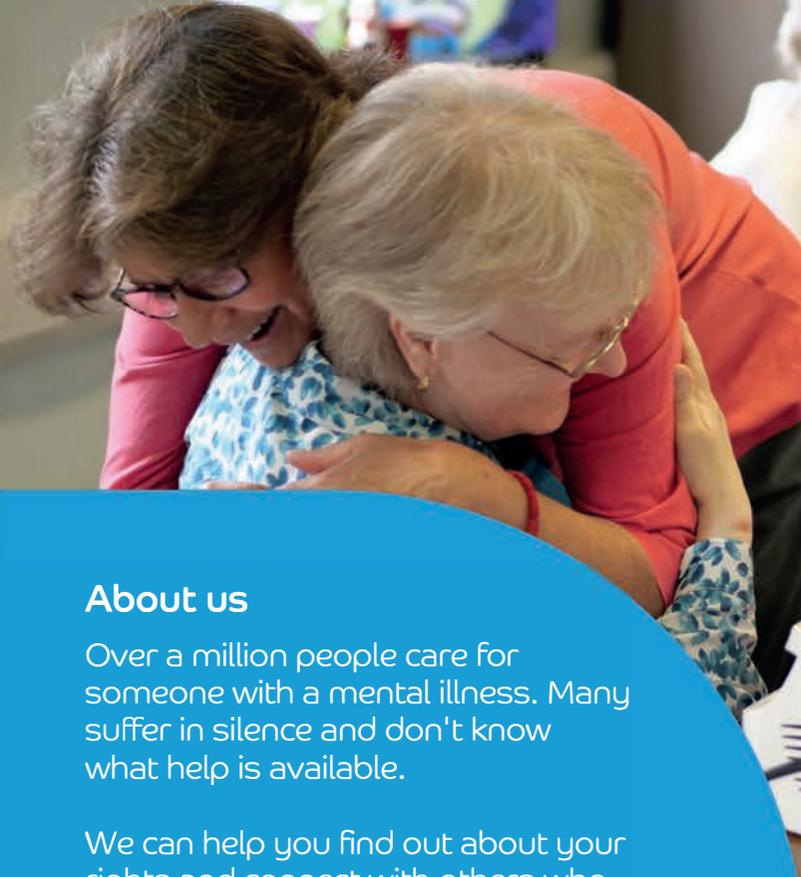
Leading the way to a better  
quality of life for everyone  
severely affected by mental illness.

For further information  
on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

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## 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."

### Covid

During this current time some of our face to face support is now being done via telephone support and our groups are being held virtually. We will be doing our utmost to ensure that we are providing carers with the best support throughout this difficult time. We will be following government guidance throughout each step we take to make sure that we adapt the support we provide to suit the needs of the carers

### 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.

