

## Other Support Services at Wandsworth Carers' Centre:

- Information and Advice
- Counselling
- Complementary Therapies
- Coffee Club - informal support group open to all carers
- Breaks Project
- Back Care Project
- Carers' Emergency Support Scheme
- Bi-monthly Newsletter
- Substance Misuse Project
- Asian Carers Project

All services are free

181 Wandsworth High Street, SW18 4JE  
Tel: 020 8877 1200

46 Balham High Road, SW12 9AQ  
Tel: 020 8675 0811

Fax: 020 8877 3936  
Email: [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

Registered Charity No. 1053121  
Company Number 3152094



*Wandsworth Carers' Centre*  
The Princess Royal Trust  
*for Carers*



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## Do You Support An Adult with a Mental Health Condition?

The Mental Health Carers' Support Project Can Help

**020 8877 1200 / 020 8675 0811**  
**[info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)**



**The Mental Health Project** can provide 1:1 support through face to face, telephone or email contact, including out of hours for working carers where needed.

**This can include:**

- A listening ear - a space to talk about how the situation affects you, both in terms of your caring role and accessing a life outside of caring
- Support to talk to the Mental Health Professional or GP who works with the person you care for
- Support to ask for services for the person you care for
- Support to attend care plan and other clinical meetings
- Information on Carers Assessments
- Targeted Mental Health Carer Support Group and Information Sessions
- Targeted Workshops for Mental Health Carers and Professionals

We can also signpost you to other organisations or support services

**We can also provide information on:**

- Mental Health Conditions
- Mental Health Interventions, Treatments and Resources in Wandsworth
- Mental Health Systems
- Hospital admissions and discharges
- Your rights and the rights of the person you care for
- How to get help in a crisis
- The Care Programme Approach and Recovery Approach
- Mental Health Act

**Carer Involvement:**

There are many different opportunities for Mental Health Carers to get involved in the review and development of Mental Health Services in Wandsworth - from a one off to on a regular basis - for more information please contact the Mental Health Project