

## **Section 8**

# **Information for Carers of People with Mental Health Needs**

A range of local services are available, offering help and advice to people with mental illnesses, such as anxiety states, depression, schizophrenia and their carers.

### **Where can I go for help and advice?**

#### **Family Doctors (GPs)**

GPs are often the first person people turn to when they need support, advice or information. Your doctor can help and support you, and may refer you or the person you care for on to one of the agencies described below or to a psychologist or counsellor.

For further information about registering with a GP and other Health Services, please see Section 5.

#### **Community Mental Health Teams (CMHTs)**

CMHTs consist of mental health specialists from Health and Community Care Services who work together to help and support people, under the age of 65, with a severe mental illness. If the person you care for is over 65 years old, see Section 14.

CMHTs also provide services and support for families / carers. If the GP feels it is appropriate, they will refer you, or the person you care for, to the Mental Health Team for assessment. This service is free and confidential.

However, you can contact them directly for general information, such as details of other organisations.

South West London and St Georges Mental Health NHS Trust are committed to the Recovery model of care, which concentrates on supporting people to take control of their lives, concentrating on what they can do rather than what they can't, helping them to re-build confidence and living the way they want to live. Recovery principles include involving carers. Ask your mental health worker for more information.

**Kingston CMHT**

**020 8547 6057**

[kcmht@rbk.kingston.gov.uk](mailto:kcmht@rbk.kingston.gov.uk)

For people registered with a GP in Kingston and their carers. Based at Guildhall 1, St James' Road, Kingston.

**New Malden CMHT**

**020 8336 2848**

[nmcmht@rbk.kingston.gov.uk](mailto:nmcmht@rbk.kingston.gov.uk)

For people registered with a GP in New Malden or Worcester Park and their carers. Based at Roselands Resource Centre, 163b Kingston Road, New Malden.

**Surbiton CMHT**

**020 8390 8161**

[scmht@rbk.kingston.gov.uk](mailto:scmht@rbk.kingston.gov.uk)

For people registered with a GP in Surbiton or Tolworth and their carers. Based at South Place, Warwick Road, Surbiton.

**Chessington CMHT**

**020 8296 1361**

[chessingtoncmht@rbk.kingston.gov.uk](mailto:chessingtoncmht@rbk.kingston.gov.uk)

For people registered with a GP in Chessington or Hook and their carers. Based at Tolworth Hosp, Red Lion Rd.

You may already know what you need, or you may just want to talk to someone about your situation.

The CMHT may feel it appropriate to refer the person you care for to a more specific team which could be:

1. The **Early Intervention Service** work with young people aged 17-30 experiencing early onset psychosis. The service engages, assesses and works with these young people and their families to promote recovery during the early phase of psychosis.
2. The **Assertive Outreach Team** provides a service for people with complex needs, a primary diagnosis of enduring psychotic illness and a history of inpatient admissions. The priority criteria includes those with predominantly positive symptoms who have difficulty stabilising their illness, those are hard to engage, and those with a history of non-compliance. This includes those with co-morbid substance misuse
3. The **Crisis and Home Treatment Team** respond to crisis calls and support people whilst in the community to try to avoid admission into hospital.

For information about some of the services that may be available from Community Care Services (including charges that might apply) see Section 4 or visit **[www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)**

For more information about services provided by the mental health trust, visit **[www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk)**

## **Mental Health Carers' Worker**

**020 8336 2848**

There is a dedicated Mental Health Carers' Worker who provides advice and support to health and social care staff working with carers of people with mental health needs. The worker is based at Roselands Resource Centre and also provides:

- information, advice and support to carers;
- carers' access to services;
- signposting carers to other services;
- carers' assessments (where it is not appropriate for the Care Coordinator involved with the person you care for to assess you).

At Roselands Resource Centre there is a Carers' Resource Room which stores a variety of leaflets and information, plus a computer with internet access. Carers are able to use this resource room by appointment with the Mental Health Carers' Worker.

To talk to the Mental Health Carers' Worker, please contact the telephone number above.

## **Family Work** (Psychosis or bi-polar disorder)

Trained Family Workers work with the family, friends and carers of people affected by psychosis or bi-polar disorder, to find new ways of coping and effective solutions to the problems they face.

If you are caring for someone with psychosis or Bi-polar disorder, ask your Community Mental Health Team, Assertive Outreach or Early Intervention Service Worker to refer you for Family Work.

**Mental Health Chaplain                    020 8390 0102**

Pastoral and spiritual care for all people living in the community is available from the Community Mental Health Chaplain Office including spiritual counselling and advice to carers. A Chaplain visits inpatients regularly at Tolworth Hospital, but a range of other faith leaders can be contacted through the Chaplain's Office.

**Local voluntary groups**

If the person you care for has a particular or specific illness you will probably find that there is a local or national group or organisation offering special support and advice. Ask your CMHT worker, GP or local library (see library details, Section 21) for more information.

You can also find out about information and support ranging from leaflets to meetings, drop-in services, telephone help lines and local voluntary groups from:

**MIND in Kingston    020 8255 3939**

Email: [info@mindinkingston.org.uk](mailto:info@mindinkingston.org.uk)

Website: [www.mindinkingston.org.uk](http://www.mindinkingston.org.uk)

MIND is based in Siddeley House, 50 Canbury Park Road in Kingston. This local branch of the national organisation gives support and information to those experiencing or recovering from mental illness.

They have a resource room with information leaflets about mental illness that you can visit.

**MIND Korean Helpline    020 8255 2681**

Advice and support for people from North or South Korea and their carers, available Tuesday 9am - 1pm

## Other help and support

### **Kingston Carers' Network 020 8549 2284**

Kingston Carers' Network are currently applying for funding to recruit a dedicated Mental Health Carers' Worker to provide information and advice, monthly meetings and other activities. A worker will hopefully be in post later this year.

Details of Kingston Carers' Network can be found in Section 6.

### **Kingston Advocacy Group 020 8549 1028**

(KAG)

Email: [rights@kag.org.uk](mailto:rights@kag.org.uk)

Website: [www.kag.org.uk](http://www.kag.org.uk)

KAG provides independent and confidential support to people with mental health needs. Where possible, carers will also be supported by this service.

### **Rethink**

**020 8974 6814**

Formally the National Schizophrenia Fellowship, Rethink is a national organisation that provides support and advice to anyone with a severe mental illness and their families, friends and carers regarding:

- benefits;
- information about medication and side effects;
- legal matters;
- advocacy.

Open 10.00am—1.00pm Tuesday & Thursday

10.00am—3.00pm Monday, Wednesday & Friday

**The Manic Depression  
Fellowship** (MDF)

**020 7793 2600**

[www.mdf.org.uk](http://www.mdf.org.uk)

The MDF works to enable people affected by manic depression (bi-polar disorder) to take control of their lives, and supports carers. They provide:

- information including newsletters;
- Self Help Groups—see support groups overleaf;
- Self Management Training Programme Courses;
- employment advice and research;
- legal advice line;
- MDF travel insurance.

**Local Mental Health Carer Pack**

South West London and St Georges Mental Health NHS Trust produces a booklet for carers which includes information about:

- where to get help and advice;
- what confidentiality means for carers;
- information leaflets available from the Royal College of Psychiatrists;
- terms, language and explanations;
- and more specific information about local resources.

These packs are available from the mental health wards and in Community Mental Health Teams.

**Saneline**

**0845 767 8000**

A national helpline for mental health issues, open every day of the year from 12 noon until 2am. They provide information, advice and emotional support in a crisis.

## Getting your voice heard

**Kingston Mental Health Carers' Forum**      **07983 063 578**

Email: [info@kmhcf.org.uk](mailto:info@kmhcf.org.uk)  
Website: [www.kmhcf.org.uk](http://www.kmhcf.org.uk)

The Forum enables carers' needs and views to be heard, by acting as a communication channel with statutory services, having an established partnering relationship with Kingston Primary Care Trust, South West London & St George's Mental Health NHS Trust and the Royal Borough of Kingston.

Run by carers, it provides advice and guidance to all. Membership is free and the forum offers an additional benefit that members are kept up-to-date with service developments.

## Support groups

### South Place Carer Support Group

The group is facilitated by a member of staff from the Mental Health Trust and provides support for carers of people with a mental illness.

**When:** 6.00—7.15pm, 2nd Tuesday of each month

**Where:** South Place Resource Centre,  
South Place, Surbiton, Surrey KT5 8RX

**Contact:** 020 8390 0102 x 5189

