

Section 8

Information for Carers of People with Mental Health Needs

A wide range of different services are available locally. These services offer help and advice to people with mental illnesses, such as depression, anxiety states, 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 with a severe mental illness. They also provide a service for families and 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 if you want general information, including details of other organisations.

Kingston CMHT**020 8547 6057**

kcmht@rbk.kingston.gov.uk

For people living in the Kingston area and their carers.
Based at Guildhall 1, St James' Road, Kingston.

New Malden CMHT**020 8336 2848**

nmcmt@rbk.kingston.gov.uk

For people living in New Malden and 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

For people living in Surbiton and Tolworth and their carers. Based at South Place, Warwick Road, Surbiton.

Chessington CMHT**020 8296 1361**

chessingtoncmht@rbk.kingston.gov.uk

For people living in Chessington and Hook and their carers. Based at Tolworth Hospital, Red Lion Road, Tolworth.

You may already know what you need, or you may just want to talk to someone about your situation and what help might be available. If you and the GP agree that your situation is something that the CMHT services might be able to help you with, they will refer you to the team to discuss what help you need and how that may be provided.

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

Mental Health Chaplain 020 8390 0102

There is a chaplain and a Rabbi who regularly visit in-patients. Pastoral and spiritual care for all people living in the community is available from the Community Mental Health Chaplain including spiritual counselling and advice to carers. The co-ordinating chaplain is on 24 hour call and can be contacted, in cases of particular distress, by pager through the Tolworth Hospital switchboard number above.

Local voluntary groups

If the person you care for has a particular or specific illness or difficulty you will probably find that there is a local or national group or organisation offering special support and advice. The Community Mental Health worker, GP or local library (see Section 21 for library details) will be able to tell you more.

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

MIND in Kingston 020 8255 3939

Email: info@mindinkingston.org.uk
Website: www.mindinkingston.org.uk

MIND is based in Siddeley House, 50 Canbury Park Road, Kingston upon Thames, Surrey KT2 6LX. This is the local branch of the national organisation that 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.

**The Manic Depression
Fellowship**

020 7793 2600

www.mdf.org.uk

The Manic Depression Fellowship 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.

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.

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.

Support groups

Many organisations run support groups. Ask the people you are in contact with about what support is available.

Manic Depression Fellowship Self-help Group

A self-help group for people with manic depression and their carers, offering mutual support, information and support in learning to cope with the highs and lows. A newsletter is produced quarterly.

When: 7.30—9.30 pm, 2nd Monday of each month

Where: Kaleidoscope Centre, Kingston

Contact: 020 7793 2600

Getting your voice heard

Kingston Mental Health Carers' Forum

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.

Contact Alan Moss

07983 063 578

Email: kmhcf@bigfoot.com

Website: www.kmhcf.org.uk

or c/o 55 Selwood Road, Hook, Chessington, KT9 1PT

Help and advice in an emergency

If you feel that you, a member of your family, a neighbour or friend has a mental health crisis and is behaving in a 'strange' way in your home or elsewhere which is putting themselves or others at risk and is in need of urgent help, please telephone:

Mental Health Crisis Line	0800 028 8000
Police	999
Approved Social Work	020 8547 6008
Out of Hours Emergency Duty Social Worker	020 8770 5000
For general medical advice, contact your GP or NHS Direct, freephone	0845 4647