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আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, ব্রেল ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tîp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwrch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Useful contacts Nationwide: NHS Choices: Carer's Direct

Helpline: 03001231053
Website: www.nhs.uk/carersdirect
Information from the NHS on support available to carers.

Carers Trust

Website: www.carers.org.
Information and support for carers, including an online chat room.

Carers UK

Advice Line: 0808 808 7777
Website: www.carersuk.org
E-mail: advice@carersuk.org
Independent information and support for carers.

Young Minds

Parents helpline: 0808 802 5544
Website: www.youngminds.org.uk
Information and support on mental health for young people and their parents.

The information in the leaflet was valid at the date of production 21/06/2019 and is due for review in 2 years.

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CARERS

Early Intervention in Psychosis

Helping people to be
the best they can be

“What can I do to help”

“I’m worried I’m doing the wrong thing”

Does this sound like you? It is usual to feel like this when caring for a friend/relative. We recognise how difficult at times it can be supporting someone with a mental illness; however, it is really important to put time aside for yourself. Would you like time with a dedicated practitioner to discuss concerns as regards to your friend/relative or ask any question that are worrying you? Looking after yourself is important to you and for the person you are caring for to promote recovery.

We understand that at times it may be difficult to talk to someone who understands what you are experiencing and this is why we are offering you support from our dedicated Carer Support Link Debbie Warren.

CARERS SUPPORT LINK

Debbie is on hand to offer 1:1 support for carers and can offer face to face appointments. Debbie can offer on-going emotional support and complete carer assessments to identify any current needs and support required. Debbie has links with local agencies that can offer further financial, social and emotional support. Debbie will contact you initially and offer a face to face appointment at a time and place that is suitable for yourself. If you feel that now is not the correct time then with consent Debbie will contact you again in 3 months to offer a further face to face appointment or to discuss any concerns you may have over the phone.

To arrange a face to face appointment please contact Debbie - 0151 488 8381

RECOVERY COLLEGE

Why not attend a course at our Recovery College based in Blacon? The Recovery College offers recovery focused courses and workshops which will give you the opportunity to gain understanding of mental health challenges, build new skills and gain confidence to manage their recovery. The Recovery College is accessible for anyone who cares for somebody who is under Secondary Mental health Services. You can attend alone or with a friend/relative. They offer practical and psychological classes than can help you support the person that you are caring for.

CARER'S GROUP

Why not come and attend one of our monthly carer groups that are run intermittently throughout the year. Our friendly and experienced staff are on hand to answer any questions you may have. These sessions will aim to offer some education around psychosis, information about carer entitlements and the support of meeting others in a similar situation. You will have the opportunity on occasion to meet the Consultant Psychiatrist and ask any questions as regards to current treatment and recovery. The sessions are held in a friendly and confidential manner. If you would like to attend please discuss with care co-ordinator or contact Debbie Warren.

CHESHIRE & WARRINGTON CARERS TRUST & MAKING SPACE

If you are a carer, Cheshire & Warrington Carers Trust may be able to help make things easier for you. We deliver a wide range of local support services to meet the needs of carers in our community. These range from support services catered to the carer and provided by other organisations. Carers have different needs and Cheshire & Warrington Carers Trust can assist you in information regarding health issues, entitlements, mobility, grants for holidays, equipment and support. We also offer a wide range of activities, training and events for carers throughout the year across Cheshire. All services offered by the centre are free of charge.

Local contacts:

Cheshire & Warrington Carers Trust –
Support for carers locally - 0300 102 0008

<http://www.cheshireandwarringtoncarers.org/>

E-mail:

advice@cheshireandwarringtoncarers.org

Making Space

Telephone contact: 01606 606694
E-mail: enquiries@makingspace.co.uk