



Carers Service

Are you a carer?

You may not think you are a carer but if you support a family member, your partner, friend or neighbour with their mental health issues then this service is relevant to you

Caring for someone else can often be demanding and you may experience isolation, feelings of being overwhelmed, stressed etc. If this is the case then you are not alone and we can provide you with a range of support.

If you would like to find out more, please contact:

Email: enquiries@norfolkandwaveneymind.org.uk

Call: **0300 330 5488**

Website: norfolkandwaveneymind.org.uk/carersservice

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Carers Service

Support for those caring for someone with mental health issues.

Norfolk and Waveney Mind offer the following support:

- 1:1 support
- Access to a 'carers assessment' where appropriate
- Accessing a direct referral to DWP
- Carers Grants and other funding
- Information and access to local peer support groups
- Accessing courses
- Assist carers to access voluntary roles increasing confidence, self esteem and mental wellbeing whilst combating social isolation
- Helping carers with personal development by identifying relevant training which will enhance their wellbeing and support them in their caring role
- Offering carers a safe environment where they can create their own support network and share their stories with others in a similar position
- Information, advice and guidance
- Sign posting to various specialist agencies for support
- Promote independence, build confidence and enable carers
- Provide carers activity programmes, dependent on funding, which is person centred

Criteria for referral:

- 16+ caring for someone who is over the age of 18+
- Must live in the Great Yarmouth and Waveney Area

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