

MENTAL HEALTH CARERS' SUPPORT

Are you living in Croydon, 16 years or above and looking after someone with a mental health problem? If so you are a carer. Carers can be relatives, partners, friends or neighbours.

As a carer you may not be aware of what help there is available to you. The Carers' Support Service can provide you with:

- Information on services available
- Support to access help you need
- An advocacy service
- Emotional support
- Access to events and workshops
- Opportunities to get involved in the planning and development of services for carers
- Support to understand and navigating the systems in Croydon
- Guidance and Advice for Form Filling
- Connection with specialised Mental Health Welfare Benefits Support and Advice Team
- Carer Support Groups available



Location of Service:

Mondays, Wednesdays & Fridays

Fairfield House
10 Altyre Road
East Croydon
CR0 5LA

Thursdays

Croydon Health and Wellbeing Space
2nd Floor Whitgift Centre
near Holland and Barrett
drop-in available

Drop-in Sessions

last Friday of the month
10.30am-12.30pm
@ Carers Support Centre
24 George street, CR0-1PB

Please telephone 020 8688 1210 (option 3) or email carers.support@mindincroydon.org.uk for more information or visit our website: www.mindincroydon.org.uk/carers-services.asp



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