

Rethink Croydon Carers Support Service

This specialised project is designed to support adults caring for a relative or friend (aged 18-65) with a severe mental health problem such as schizophrenia, bipolar disorder, depression, obsessive compulsive disorder, paranoia or phobia.

We can support carers in the London Borough of Croydon by offering:

- Home visits
- Assistance and advocacy at meetings with professionals
- Information on mental health services, severe mental illness, medication and other relevant issues
- Support Groups (see below for more information)
- Carers Education and Support Programme (see below for more information)

Rethink Croydon Carers Support Service is also actively engaged in representing mental health carers' views and interests at various planning and steering committee meetings organised by the South London and Maudsley Trust.

Support Groups

Rethink Croydon Carers Support Service has two support groups that meet monthly at Courtyard House. The groups are very informal and give everybody a chance to share their experiences of being close to somebody with a serious mental health problem.

- The African and Caribbean Carers Support Group meets on the first Tuesday of the month from 6.30 pm. Contact Pauline Fisher on 020 8649 6294.
- The NSF Carers Support Group meets on the third Wednesday of the month from 7 pm. Contact Irene Oliver on 020 8660 3746.

Carers Education and Support Programme

The Carers' Educational and Support Programme (CESP) aims to provide information and skills to improve the quality of life for both carers and people with severe mental illness.

Carers will be encouraged to work together over ten sessions in a relaxed and social atmosphere, sharing their experience and expertise, both with each other and with local mental health professionals.

For more information

If you would like more information about Rethink Carers Support Project contact Ian Sanderson on 020 8649 6281, or email ian.sanderson@rethink.org.