

## Other Support Services at Wandsworth Carers' Centre:

- Information and Advice
- Counselling
- Complementary Therapies
- Coffee Club - informal support group open to all carers
- Breaks Project
- Back Care Project
- Carers' Emergency Support Scheme
- Bi-monthly Newsletter
- Substance Misuse Project
- Asian Carers Project

All services are free

181 Wandsworth High Street, SW18 4JE  
Tel: 020 8877 1200

46 Balham High Road, SW12 9AQ  
Tel: 020 8675 0811

Fax: 020 8877 3936  
Email: [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

Registered Charity No. 1053121  
Company Number 3152094



*Wandsworth Carers' Centre*  
The Princess Royal Trust  
*for Carers*



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## Do You Support An Adult with a Mental Health Condition?

The Mental Health Carers' Support Project Can Help

**020 8877 1200 / 020 8675 0811**  
**[info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)**

The background features stylized human figures in shades of blue and yellow. The figures are composed of simple, rounded shapes, with some arms raised. The blue figures are more prominent in the center, while yellow figures are at the top and bottom edges. The overall style is clean and modern.

**The Mental Health Project** can provide 1:1 support through face to face, telephone or email contact, including out of hours for working carers where needed.

**This can include:**

- A listening ear - a space to talk about how the situation affects you, both in terms of your caring role and accessing a life outside of caring
- Support to talk to the Mental Health Professional or GP who works with the person you care for
- Support to ask for services for the person you care for
- Support to attend care plan and other clinical meetings
- Information on Carers Assessments
- Targeted Mental Health Carer Support Group and Information Sessions
- Targeted Workshops for Mental Health Carers and Professionals

We can also signpost you to other organisations or support services

**We can also provide information on:**

- Mental Health Conditions
- Mental Health Interventions, Treatments and Resources in Wandsworth
- Mental Health Systems
- Hospital admissions and discharges
- Your rights and the rights of the person you care for
- How to get help in a crisis
- The Care Programme Approach and Recovery Approach
- Mental Health Act

**Carer Involvement:**

There are many different opportunities for Mental Health Carers to get involved in the review and development of Mental Health Services in Wandsworth - from a one off to on a regular basis - for more information please contact the Mental Health Project