

Mind

Mind offers advice and support to people experiencing mental health problems and legal advice and information on mental health related law in Wandsworth.

Telephone: **020 7259 8100**

Email: admin@bwwmind.org.uk

Web: www.bwwmind.org.uk

Young Minds

Young Minds is a national charity that provides information and support on mental health for young people and their parents.

Telephone: **0808 802 5544**

Text: **YM 82558**

Web: www.youngminds.org.uk

NHS - South West London and St Georges Mental Health Trust

The trust provides hospital and community support to people who are experiencing mental health problems. Their recovery college provides a range of informative courses on mental illness and support recovery.

Telephone: **020 3513 5818**

Email: recoverycollege@swlstg.nhs.uk

Web: www.swlstg.nhs.uk

Our contact details

Monday to Friday from
9am to 5pm.

Telephone: 020 8871 7707

SMS Phone: 07940 775107

Email: accessteam@wandsworth.gov.uk

Website:

www.wandsworth.gov.uk/adultsocialcare

Write to us at:

Wandsworth Council
Adult Social Care and Public Health
Wandsworth High Street
London, SW18 2PU

For information on local services please visit
CarePlace www.careplace.org.uk

If you have difficulty understanding this
publication and you would like this leaflet
in a different language, large print or Braille
please call: **020 8871 7707**

For information on our Privacy Notice please
visit www.wandsworth.gov.uk/privacy



Supporting Mental Health

This leaflet explains the support
available if you care for someone
with mental health problems

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Supporting Mental Health

If you are supporting someone who has mental health problems, you are not alone as one in four people experience mental illness at some point in their lives. The support people receive from family and friends is crucial in their recovery.

Our Approved Mental Health Professionals can support you in your caring role by providing the relevant information. We want to ensure that you are able to access the right support and treatment for your family member or friend.

In this leaflet, we have listed local and national services that provide practical and emotional support to those caring for someone with mental health problems.



Wandsworth Council

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Approved Mental Health Professional Service

If your family member or friend has a mental health crisis you can call our Approved Mental Health Professional Service who can provide specialist advice and information.

Telephone: **020 8767 3411**

Email: accessteam@wandsworth.org.uk

Web: www.wandsworth.gov.uk

Carer's Assessment

All carers are legally entitled to a carer's assessment. The aim of the assessment is to help us understand you and your needs better, for example what physical, emotional and practical impact caring has on your life and what support and information we can provide. If you would like a carer's assessment or more information please get in touch with us. You can complete your assessment online in your own time on our website at www.wandsworth.gov.uk/carers-self-assessment.

Telephone: **020 8871 7707**

Email: accessteam@wandsworth.org.uk

Web: www.wandsworth.gov.uk

Other Support Services

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Wandsworth Carers' Centre

Wandsworth Carers' Centre is a registered charity that provides support to unpaid carers in Wandsworth. Staff at the centre have a range of specialist skills and knowledge to help support you in your caring role and to have a life outside of caring.

Telephone: **020 8877 1200**

Email: info@wandsworthcarers.org.uk

Web: www.carerswandsworth.org.uk

Rethink Mental Illness

Rethink Mental Illness is a national charity that offers a range of advice and support including information on treatment and care, benefits and employment rights.

Telephone: **0300 5000 927**

Web: www.rethink.org

