

Are you caring for someone under the age of 18 with a mental health condition?

Carers service

Patient information

outstanding care
listening and leading
working together

Are you a carer?

- Are you aware that you are entitled to a carers' assessment?
- Would you like to talk to someone about your needs as a carer?

A carer is someone who provides practical, emotional or physical support to someone who has a mental health condition.

Often as a carer your time may be restricted. You may not be able to leave the person you care for on their own or you may need to be there in times of crisis.

We specialise in assessing your needs as a carer of a young person under the age of 18 who has a mental health condition. You can have a carers assessment to see what might help make your life easier

As well as providing information and advice to carers, we welcome your views about the services you receive. This helps us to ensure that you access the support you require.

We can provide you with emotional support, help and advice on the following:

- help and advice about day-to-day caring
- how to access help with benefits and information about financial matters
- information on local carers' support groups
- how to access counselling
- getting a break or holiday either on your own or with the person for whom you care
- information in accessing befriending and advocacy services
- how to access help in a crisis
- carers' help lines
- information on how to access carers' training
- learning opportunities
- managing work and your caring role

Carers' assessment workers

Carers' assessment workers cover the whole of the Somerset area. Appointments can be arranged with carers at local trust offices. Home visits can also be arranged.

Contact details

CAMHS – West

Child and Adolescent Mental Health Service (CAMHS)
Foundation House
Wellsprings Road
Taunton
TA2 7PQ
Mob: 07771 810499

CAMHS – East

Child and Adolescent Mental Health Service (CAMHS)
The Bridge
Glastonbury Road
Wells
BA5 1TJ
Mobile: 07500 991 712

For free support for carers visit:

www.somersetcarers.org



Author/Apr20/review Apr23
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