

Mental health carers support service

Previously known as the carers assessment service, we help people who look after someone with mental health problems. We work with unpaid carers over 18 years old.

What do we do?

The mental health carers support service's job is to:

- help carers of people in mental health services
- make sure carers are recognised and supported
- help carers look after their own health and the person they care for.

Our team includes:

- mental health carers support service manager
- senior mental health carer's support worker
- mental health carers support worker
- administrative support.

What can we help with

- Supporting carers at first point of contact.
- Find out what carers need.
- Support carers to understand about mental health so they can support their loved ones.
- Run support programmes for carers to meet each other.
- Help carers recognise and address their own wellbeing and needs as well as those they care for.
- Guiding and signposting carers to the right services.
- Offer one-to-one support on specific needs and challenges (on the phone, over video or face-to-face).
- Supporting carers to be heard across Somerset NHS Foundation Trust.



Mental health carers
support service
Advice for patients

www.somersetft.nhs.uk

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What you can expect

When we get a referral, we add it to our waiting list. We will contact you within 4 weeks to understand your needs.

We might give you the information you need then, without you having to wait for an assessment. If you need more help, we will assess your needs. This may lead to one-to-one support, joining a mental health education course, or a workshop.

You can keep in touch with us by email or phone.

How to get support

When the person you care for comes into mental health services, you should be offered our support. If you want to refer yourself or get more information, you can contact us by email or phone:

Email: carers@somersetft.nhs.uk

Telephone: 01749 836 606

Please note, when you call you will reach voicemail. Leave a message and we will call you back. This might not be the same day.

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