

MENTAL HEALTH TOOLKIT



**Carers
Support**
West Sussex



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Caring for someone with mental ill-health can be emotionally and physically demanding. Sometimes called 'crowded isolation' because a carer can feel so alone with the person they are caring for and yet so busy organising services and coping with everyday living needs.

Everyone's journey is different which is why we offer individual support and information to help you in your caring role. Once you are registered with Carers Support West Sussex we are able to help with a host of support, ranging from emotional to financial assistance tailored to your needs, as well as to refer you to partner organisations.

This toolkit will help you navigate the services and support available to people caring for someone with mental ill-health in West Sussex, how and who to go to for help and how we can support and guide you.



Support for mental health carers

We offer a wrap-around service to carers, including emotional support, one to one discussion around your needs, signposting and referrals to relevant services as well as access to our monthly online mental health carer groups, skills training, carer events and help with accessing funding and grants.

Our dedicated web page offers details of our services:

www.carerssupport.org.uk/mentalhealth

Our quarterly mental health carers newsletter will keep you up to date with all that is happening locally. Just email us at info@carerssupport.org.uk or call 0300 028 8888 if you'd like to be added to the mailing list.



Carer Wellbeing Fund

As a carer registered with us, you may be eligible to apply for a non means tested grant for up to £300 per year from our Carer Health and Wellbeing Fund. The money from the fund can be used flexibly on purposes which would enhance a carer's health and/or wellbeing; for instance, gym or swimming sessions, breaks away, massage and de-stressing therapies. Call us to request an application form on 0300 028 8888 or email info@carerssupport.org.uk

Carer Equipment Service

The Carer Equipment Service is available to you as a registered carer to access equipment and assistive technology. The primary aim is to help maintain and enhance independence and give peace of mind in your caring role. We will assess the individual needs unique to you and the person you care for. It is our position to be there for you in every way possible, helping improve independence, safety and wellbeing. Details of our equipment can be found at <https://www.carerssupport.org.uk/carer-equipment-service/>

The team are also able to provide a bespoke service to research creative equipment solutions to meet unique requirements.

HOW WE SUPPORT CARERS



This is a free service which can fund or part fund your equipment needs. If you would like to find out about your options, call 0300 028 8888 or email info@carerssupport.org.uk

Telecare/Technology Enabled Care (TEC) service

Technology Enabled Care allows you to call for help in the event of an emergency, if you're not feeling well or if you're anxious about a situation, such as an unknown caller to your home. There are various different alarms, sensors and equipment which can suit a variety of needs and offer reassurance to you and your family and friends carers.

HOW WE SUPPORT CARERS

NRS Healthcare, working on behalf of West Sussex County Council and the NHS, offer free installation and equipment for 6 weeks for residents with short term immediate needs, i.e. to avoid a hospital admission; and/or where there is evidence that a referral will delay or reduce more costly input. If you have longer-term needs you may receive your service for free for longer.

Emotional support services

The role of a carer can be an emotional struggle as well as being physically challenging.

Talking therapies

If you feel you would benefit from counselling to help you navigate, what can be an emotional carer journey, we have listed details of local organisations who will be able to help you. <https://www.carerssupport.org.uk/counselling/>



Contingency Planning

As carers we like to think that we will always be there when needed but sometimes this is not possible. This could be for many reasons, including becoming unwell, a domestic or family emergency or changes to your usual work routine, such as a need to travel away from home/work base.

A Contingency Plan is there so that the person you are caring for is supported at the earliest opportunity and you have peace of mind that there is something in place.

Download our contingency planning form at



www.carerssupport.org.uk/contingency-planning

Benefits advice

A recent Carers UK survey revealed that 68% of carers regularly use their own income or savings to pay for care or equipment for the person they care for. It may improve your financial situation if you have an understanding of the benefits you are entitled to. We offer a one to one benefits service. Find out more and book an appointment with our adviser at www.carerssupport.org.uk/carer-benefits-advice-service

Digital champions

If you feel you are missing out on all you should because you do not have access or are not confident about using the internet you can ask for support from one of our digital champions, who will gently support you to get access and confidence for shopping, online meetings and other services you would like to use. Call us on 0300 028 8888 and ask to be referred to a champion.



Emergency/discount card

You may be concerned as to what will happen to someone you provide care and support to, should you be involved in an accident or be suddenly taken ill yourself.

Our Carer Emergency Contact Card (CECC) offers peace of mind to family and friend carers and supports them to develop a carer contingency plan, in advance, in case of an accident or an emergency.

The card also doubles up as a carer discount card, giving carers a range of exclusive offers and discounts within West Sussex. Apply for your card at www.carerssupport.org.uk/carers-emergency-card



The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.



It covers decisions about day-to-day things like what to wear or what to buy for the weekly shop, or serious life-changing decisions like whether to move into a care home or have major surgery. Find out how capacity is assessed at <https://www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/>

More

Triangle of Care focuses on keeping carers included, informed and supported when they are caring for an individual with mental health difficulties. Visit <https://carers.org/triangle-of-care/the-triangle-of-care>

POWER OF ATTORNEY

A power of attorney is a legal document that allows someone to make decisions for you, or act on your behalf, if you're no longer able to or if you no longer want to make your own decisions.

The Mental Capacity Act allows you to appoint someone called an attorney under a lasting power of attorney. This attorney does not have to be a lawyer or someone with specialist knowledge. So you could name someone like your partner, a family member, a friend or a professional. See more at <https://www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/lasting-power-of-attorney-lpa/> See more at www.mentalhealth.org.uk/a-to-z/m/mental-capacity

See top tips on Power of Attorney from local solicitor Ian Macara on our YouTube channel at www.youtube.com/watch?v=4iB0odAOHsl&

PAT (Prevention Assessment Teams) are multi-agency,

PREVENTION ASSESSMENT TEAM (PAT)

multidisciplinary teams delivering a preventive service across West Sussex. The team includes health advisors (qualified health professionals); social care workers and support workers from the voluntary sector who can advise over the telephone or come and see you in your own home. The service is for adults and older people who might not be eligible for other statutory services and who have unmet physical, psychological, social, functional and/or environmental needs.

PAT South

Tel: 01273 268900

Email: aaw.pat@westsussex.gov.uk

PAT West

Tel: 01243 642370

Email: pat.west@westsussex.gov.uk

PAT North

Tel: 01403 229510

Email: pat.north@westsussex.gov.uk



The Carers Health Team are a team of health professionals who aim to promote the health and wellbeing of carers. They are a free service provided by Sussex Community NHS Trust providing support for carers over the age of 18 registered with a West Sussex GP. They work directly with carers and will develop individual strategies for each carer with an aim to reduce the strain of coping with their caring role. They may, if it is necessary, also look at the health needs of the person who is being cared for.

They work closely with other NHS specialist services, social & caring services and voluntary & community services and will link carers with these services when appropriate.

They can provide information and advice on specific health conditions, as well as practical advice on the caring environment (safe lifting and handling, healthy eating, risk minimisation).

Call 01243 623521, email SC-TR.carerwellbeing@nhs.net or visit www.sussexcommunity.nhs.uk/services/carers-health-team/108921

Pathfinder West Sussex

If you are looking for advice, information and services to support your mental health and wellbeing or supporting someone else contact Pathfinder West Sussex
www.pathfinderwestsussex.org.uk/

NHS 111

Experiencing a significant change in your mental health? Call NHS 111 and select option 2. Telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.
www.sussexpartnership.nhs.uk/your-mental-health/getting-help/sussex-mental-health-crisis-line

The service is available to anyone concerned about their own mental health or that of a relative or friend and this includes carers and healthcare professionals. You do not need an appointment.



GP Surgeries

If you have a diagnosed mental illness or are having difficulties with your mental health and would like coping strategies to help, you can get support with your mental health from the Emotional Wellbeing Service, or similar service, at most GP surgeries. Contact your GP to find out what support is available.

West Sussex Mind

If you are you caring for someone with a mental health problem or concerned about a family member you can contact West Sussex Mind.

Visit www.westsussexmind.org/help_and_support/getting-help/i-want-to-help-someone-else

Care Seekers will help you find the right package of care for you either at home or in residential accommodation – a useful guide for self funders.

Visit <https://www.careseekers.co.uk/>

Carepoint – if you are eligible for a package of care from your local authority this may contain respite options. This will be agreed with you as part of a needs assessment.

Section 117 aftercare

Some individuals who have been kept in hospital under the mental health act are eligible for 117 aftercare see link for more information. www.mind.org.uk/information-support/legal-rights/leaving-hospital/section-117-aftercare/

BAME mental health carers

People from a Black, Asian, or Minority Ethnic (BAME) background may face specific issues relating to their mental health. Find out more about being a BAME mental health carer and support available.

Visit www.rethink.org/advice-and-information/living-with-mental-illness/ethnic-minorities-and-mental-health/black-asian-and-minority-ethnic-mental-health/



Mental Health Foundation

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/black-asian-and-minority-ethnic-bame-communities>

Black Minds Matter

Its mission is to connect Black individuals and families with free mental health services — by professional Black therapists to support their mental health. Visit www.blackmindsmatteruk.com/

Rethink Mental Illness's Sahayak Asianline offers a culturally sensitive listening and information service for the Asian community in West Sussex. The service is for anyone affected by mental health issues - whether they are service users, carers or friends. 0808 800 2073



Tapestry is a multi-cultural group for Black, Asian and mixed parentage families and individuals who live in Worthing and surrounding areas www.facebook.com/TapestryWorthing

LGBT+ mental health

Mental Health is challenging for everyone, and everyone's situation will affect what living with mental health diagnosis is like for them. However, being LGBT and having or caring for someone with mental ill- health can present extra difficulties. It's important to know that you aren't alone. Support and advice is available, there are services and care settings designed to support you, and the law protects your rights to equal treatment and privacy. By knowing your rights, finding the right support, and planning for your future, it is possible to live and care well for someone with mental ill-health.

Find out more at:

- mindout.org.uk/
- www.sussexrainbowcounselling.com/links-1

Gender Identity

THE CLARE PROJECT is a self-supporting group based in Brighton and Hove open to anyone wishing to explore issues around gender identity. Visit <https://clareproject.org.uk/>

Friends, Families and Travellers

FFT works on behalf of all Gypsies and Travellers regardless of ethnicity, culture or background. In Sussex, services include outreach and health and wellbeing teams. Call: 01273 234777, visit www.gypsy-traveller.org or email fft@gypsy-traveller.org

Carers Support West Sussex Mental Health Carers Peer Group

See our website for details of our twice monthly online mental health carer groups and sign up for our newsletter to receive details of other face to face events:
www.carerssupport.org.uk/mentalhealth

Virtual Working Together Groups (WTG) – bi-weekly

Working Together Groups are open forums where people with experience of using services meet to share views and generate ideas to resolve issues and seek collaborative opportunities with staff to create service improvements.

The WTGs are:

- Every other Monday - 14:00 - 15:30 Crawley/ Horsham
- Every other Wednesday - 14:00 - 15:30 Chichester/ Bognor
- Every other Friday - 14:00- 15:30 Shoreham & Worthing



If you (or anyone) wants more information around 'Participation' or the Working Together Groups, the best person to contact is Paul Thompson (paul.thompson@sussexpartnership.nhs.uk) who can answer any questions you have.

Pathfinder

Pathfinder is a West Sussex service operating in ten areas. Each area has a single point of access phone number and email address to make it easy for you to be able to find all the information you need in one place. Any individual or professional living or working in West Sussex can make contact to get advice, information and sign-posting to available support.

OTHER PROVIDERS

Visit the Pathfinder website at www.pathfinderwestsussex.org.uk/offers for further information, tips for wellbeing and information and resources.

Adur (covering Southwick and Shoreham)
01273 871575
pathfinder.adur@westsussexmind.org

Bognor Regis
01243 863034
pathfinder.bognor@capitalproject.org

Chanctonbury (covering Steyning, Storrington and the surrounding area of Chanctonbury)
07495 077298
pathfinder.chanctonbury@westsussexmind.org



OTHER PROVIDERS



Chichester
01243 780420
pathfinder.chichester@richmondfellowship.org.uk

Crawley
01293 534782
pathfinder.mid-sussex@bht.org.uk

Horsham
01403 241866
pathfinder.horsham@richmondfellowship.org.uk

Midhurst
07474 871899
pathfinder.midhurst@westsussexmind.org

Mid Sussex (covering Haywards Heath, East Grinstead and Burgess Hill)

01444 416391

pathfinder.mid-sussex@bht.org.uk

Littlehampton

01903 721893

pathfinder.littlehampton@westsussexmind.org

Worthing

01903 268107

pathfinder.worthing@westsussexmind.org

West Sussex Mind

Email info@coastalwestsussexmind.org.

Adur Support Hub:

01273 871575

Littlehampton Support Hub:

01903 721893

Midhurst Support Hub:

7474871899

Worthing Support Hub:

01903 268107

Other Resources

There are numerous online resources to join and new skills like learning a new language, joining an online choir, learning a new skill and doing puzzles and challenges.

Visit www.westsussexmind.org/help_and_support/information-and-advice/mental-health-apps-and-resources to learn more.

Carers Trust

Carers Trust is a major charity for, with and about carers. It works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. <https://carers.org/>



Carers UK

Carers UK provide information and guidance to unpaid carers. This covers a range of subjects including your rights as a carer in the workplace and how to complain effectively and challenge decisions. Tel: 0808 808 7777 from Monday to Friday, 9am – 6pm or email (advice@carersuk.org)

Carers Support West Sussex

Dove Lodge, 49 Beach Rd, Littlehampton BN17 5JG
0300 028 8888
info@carerssupport.org.uk
carerssupport.org.uk

Stayingwell service (Crawley & Worthing)

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>

**Mental Health Foundation**

Colechurch House, 1 London Bridge Walk, London SE1 2SX
020 7803 1100
mentalhealth.org.uk

Mind (National)

15 -19 Broadway, Stratford, London E15 4BQ
020 8519 2122
contact@mind.org.uk
mind.org.uk

Mind (Worthing)

The Gateway, 8 - 10 Durrington Lane, Worthing, BN13 2QG
01903 277000
info@coastalwestsussexmind.org
coastalwestsussexmind.org

Rethink

<https://www.rethink.org/advice-and-information/>

Samaritans

116 123

jo@samaritans.org

samaritans.org

Sane

St. Mark's Studios, 14 Chillingworth Rd, Islington, London,

N7 8QJ

0845 767 8000

info@sane.org.uk

sane.org.uk

Sussex Partnership NHS Foundation Trust

Swandean, Arundel Rd, Worthing BN13 3EP

01903 843000

sussexpartnership.nhs.uk

[https://www.sussexpartnership.nhs.uk/your-mental-health/
getting-help](https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help)

To start a conversation, text the word SUSSEX to 85258

Time To Change

15-19 Broadway, London E15 4BQ

020 8215 2356

info@time-to-change.org.uk

time-to-change.org.uk