This is a programme designed to...

- help carers safeguard their own health and well-being
- build on their own strengths
- share experiences
- gain useful information about looking after someone with a mental illness
- help you to decide how to make positive changes in your caring role

Get in touch

Nicky Daly

Carers' Mental Health Support & Educational Officer

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VASL - Registered Charity No.1141274

Mental health education programme for carers

Helping you to grow and make choices in your life

If you're caring for someone with a mental illness this is for **YOU!**

SUPPORT FOR CARERS LEICESTERSHIRE

Leicestershire County Council

VASL

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Who is the programme for?

This is a free and confidential programme for carers who support someone with a mental illness and live within Leicestershire.

Mental illness can affect anyone at any age and has a huge impact on family members.

Remember 1 in 4 will experience mental health difficulties in a year. If you're supporting, and your life is affected by, someone with a mental illness you are a CARER and this programme is for you.

You could be a family member, friend or partner. You don't have to live in the same house as the person you care for.

The programme

The programme runs for 8 sessions and courses can either run during the daytime or evening.

Each session will last two and a half hours, with a break for coffee/tea. You will have an opportunity to meet the facilitator before the start of the programme.

If you miss any sessions there will be time to catch up with the facilitator.

Content of the sessions

- understanding mental health and mental illness
- understanding recovery and relapse management
- exploring the impact on the carer and family
- understanding and coping with challenging behaviour and crisis
- looking after your own mental physical and emotional health
- treatment resources

Aims of the programme

- meet other carers supporting someone with mental illness
- share experiences
- stop feeling so isolated
- develop coping strategies

- feel empowered to make positive choices
- improve your confidence and wellbeing
- increase your understanding of mental health/illness
- explore new communication skills
- access a support network