

## ELIGIBILITY

The Support 4 Carers service is meant to be easily accessible. You can access our service if you are caring for a person with mental health illness. The person you are caring for does not have to be in treatment for their illness, nor do they have to have a formal diagnosis. There is no requirement for you to be living in the Royal Borough of Greenwich.

**If you can answer 'yes' to all of the following, our service is suitable for you:**

- ▶ You are caring for a Royal Borough of Greenwich resident
- ▶ You are caring for a person with a mental illness or mental disorder
- ▶ You are of working age or over

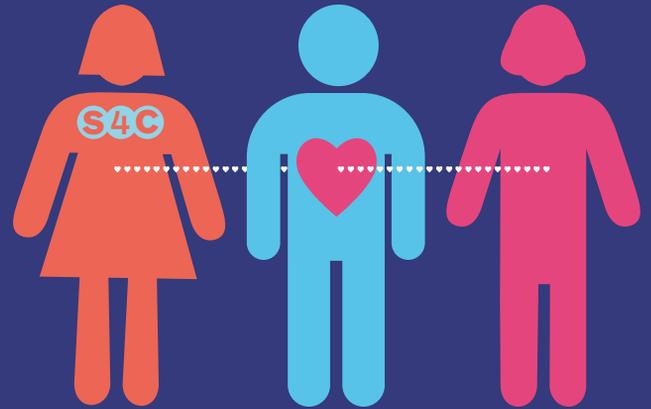
## WHAT YOU CAN EXPECT

- ▶ A quick response
- ▶ An opportunity to discuss your concerns either by phone/email or face-to-face
- ▶ Information and advice
- ▶ A non-judgemental support worker to listen to your concerns
- ▶ A support plan that is designed by you
- ▶ To be seen at a venue that is suitable to you
- ▶ Access to other services
- ▶ Training in mental health systems and medication
- ▶ One-to-one emotional support
- ▶ Peer group support if you want it
- ▶ To be able to get involved, even if just through giving feedback



[www.cri.org.uk](http://www.cri.org.uk)

Crime Reduction Initiatives (CRI) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327) and in Scotland (SC039861). Company Registration Number 3861209 (England and Wales)



**Support 4 Carers** is independent from any mental health services in Greenwich, which means our focus is to support you.

If you provide practical or emotional support to someone with mental health problems, we can help.

Contact us on  
**020 8316 0116**



## WHAT IS



**SUPPORT FOR CARERS**  
**Greenwich**

Support 4 Carers knows that caring for someone with a mental illness (diagnosed or undiagnosed) can be hard at times, and that carers can feel lonely, isolated and unsure what to do. The treatment systems and options available to people with mental health difficulties can also be difficult to understand and navigate.

Support 4 Carers in Greenwich is an independent service that provides a non-judgemental, easily accessible, and flexible service to support anyone who cares for, or about, somebody with mental health problems.

Support for Carers is provided in partnership by the Royal Borough of Greenwich and CRI.

For more  
information,  
give us a call on

**020 8316  
0116**

## HOW DO WE SUPPORT YOU?

### We provide the following services:

- ▶ Working with you to create a bespoke support plan covering your needs
- ▶ Providing a safe, confidential and non-judgemental space to talk
- ▶ Access to Peer Mentor support
- ▶ Information about mental health conditions and the mental health services available for the person you care for
- ▶ Support to access a Carers Assessment in Greenwich
- ▶ Onward referrals to services to support you and the person you care for

## IS OUR SERVICE FOR YOU?

**Our aims are simple:** to improve access to the support available to people who care for those with mental health illness and to increase that support. We are not an advocacy service, but you can talk to us about the care your loved one receives from other services.