


Caring for someone with Mental Health Issues?

There is also support for YOU

Caring for someone who has a mental health problem can be hard. Families and friends often don't know what to say or how to help. We can help you to:

- + Understand someone's diagnosis and how it might affect them
- + Develop ideas and strategies to respond to upsetting or difficult behaviour
- + Look after yourself and share any worries or fears you may have for your relative
- + Find out what services are available
- + Look after your own needs



“When you are by yourself you can get stuck and it is difficult to know what else to try. Now I've got someone else to talk to”