

## Who are we?

### **STAFFORD CENTRE CARERS**

#### **SUPPORT SERVICE** covers

Edinburgh City and surrounding area. The project is managed by Support in Mind Scotland.

The specific aim of Stafford Centre Carers Support, as the name suggests, is to meet the needs of **carers**, that is the partners, friends and relatives, of those with any serious mental illness.

Support, information and guidance can be offered over the phone or at the Stafford Centre or a coffee shop.

If you wish to meet other carers there are various groups offering mutual understanding and support.

## What is a Carer?

When we use the word "carer" we mean anyone who has any kind of relationship with someone who suffers from a serious mental illness. Carers do not have to be living with the person who is experiencing mental health problems, they just need to care about him or her. Even neighbours can be carers.

Carers tell us that serious mental illness can be a bewildering and distressing experience for those affected, as well as his or her partner, relative and friends.

Coping with serious mental illness can mean many difficulties. Many carers tell us they experience:

- ◆ Feelings of isolation
- ◆ Lack of information
- ◆ Insufficient support
- ◆ Feelings of loss and grief

## What do we do?

**STAFFORD CENTRE CARERS SUPPORT SERVICE** is completely free and confidential.

We offer :

- ◆ Practical guidance on coping
- ◆ Emotional support
- ◆ Telephone support
- ◆ Access to local groups
- ◆ Contact with other carers
- ◆ Information leaflets and books
- ◆ Information about services
- ◆ Information about your rights.
- ◆ CARA Group

If you would like any further information or to access the services available please contact

contact

Stafford Centre Carers Support Service

Tel 0131 629 1844

or

Email

scs@supportinmindscotland.org.uk

A telephone answer-machine is in operation when the Carers Support Worker is not available

**YOUR CALL WILL BE RETURNED**

support  
in mind  
scotland



action for people affected by mental illness

Support in Mind Scotland works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters.

This Project is funded by



**Support in Mind Scotland**

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action for people affected by mental illness

at



**FOR CARERS OF  
PEOPLE**

**WITH MENTAL HEALTH  
PROBLEMS**

**Support in Mind Scotland**

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