

Initial Referral Details

Name of Carer _____

Address _____

_____ Postcode _____

Telephone No. _____

Mobile No. _____

Date of Birth _____

Referred By _____

Organisation _____

Address _____

_____ Postcode _____

Telephone No. _____

Email _____

Is the Carer aware of this referral? _____

How to access the service

For further information or to make a referral please contact or complete the attached form and return to:

GAMH Carers Support Project
St Andrews by the Green
33 Turnbull Street
Glasgow
G1 5PR

Tel: 0141 552 5592

Fax: 0141 552 6625

Email: carersteam@gamh.org.uk

www.gamh.org.uk/project/carers-support

About GAMH

Glasgow Association for Mental Health promotes the mental health and wellbeing of people in Glasgow. We value difference in people's background, identities, views and beliefs.

This leaflet can be made available in alternative formats, including braille, and other languages on request. Please contact our Head Office address:

GAMH (Glasgow Association for Mental Health) is a company limited by guarantee registered in Scotland No. 162089.

GAMH is a charity registered in Scotland No. SC011684

Do you help someone who has mental health problems?



Would you like to find out what support is available for you to help them


Glasgow Association
for Mental Health

Carers

Who is a carer?

You are a carer if you support a relative, friend, neighbour or colleague who is experiencing mental health issues. This could be by providing a listening ear, helping with more practical issues, or just generally being there for someone. You don't necessarily have to live in the same house.

Carers have said

Carers services helped me to understand the process and framework that services work to... Your support has been invaluable during this period of my life.

Made me realise I am not alone... don't need to put on a front when I come here.

Having support helps me see things differently.

I found strength within me

Support for Carers offered by GAMH

A wide range of opportunities are available for carers. Support is outcome focused and personalised to your needs. We value the experience and ideas carers bring and welcome your active participation in the development of our service.

We aim to provide you with the knowledge, skills and tools essential to support yourself and therefore sustain your caring role.

Building resilience through:

- Individual and telephone support
- Peer support group
- City wide Health and Wellbeing opportunities
- Opportunities for BME and hardly reached carers
- Information about carers rights and financial inclusion
- Learning, training, volunteering and employability opportunities

Staff

GAMH have many years of experience in providing support to mental health carers. Our dedicated staff team have a wealth of knowledge and an understanding of the issues that affect mental health carers.

Referrals

The Carers Support Service is available to mental health carers 18+ living in Glasgow. We welcome referrals from yourself or you can get someone you trust to get in touch on your behalf



I now know my rights as a carer