

" I found today particularly beneficial, I would also try this with the person I care for. "

WELL-BEING & STRESS
MANAGEMENT ATTENDEE 2020

"It was so relaxing and new for me. I lost gravity for a second and felt I could fly"

MINDFULNESS TASTER ATTENDEE
2021

To find out more or to make a referral

Carers Information Line
0141 353 6504
OR
<https://www.glasgow.gov.uk/carers>

Follow us on twitter
[@gamhcarercentre](https://twitter.com/gamhcarercentre)

Visit our website
www.gamh.org.uk

2023



GAMH TRAINING FOR CARERS



"Relaxation made me so relaxed, I forgot about my life and the chaos! "

WELL-BEING & STRESS
MANAGEMENT ATTENDEE 2021

About Us

GAMH provides free mental health and well-being training for unpaid carers across Glasgow.

81% of carers have said that they have felt isolated in their caring role (Carers UK, 2019). Our training courses give carers the opportunity to connect with each other, share experiences and learn together.

GAMH welcomes all carers and celebrates diversity within the caring community.

Examples of courses delivered

(for up to date course information contact Carers Information Line overleaf)

WELL-BEING & STRESS MANAGEMENT FOR CARERS

This 4 week course covers relaxation skills, tips for well-being, and gentle exercises to relieve tension in the body. Stress is different for everyone, our trainer will adapt the course to suit you. There is also an opportunity to meet other carers and share experiences before the session starts. You will receive an information pack covering everything you have learned.

SELF-ADVOCACY TRAINING MATERIALS BY CARERS SCOTLAND

Getting our voices heard can sometimes be a challenge when we are caring. It can be difficult to know what help we need or who to ask and even how to ask. Our self-advocacy training will help you to learn skills and build confidence to speak on behalf of yourself and the person you care for.

MENTAL HEALTH AWARENESS

Our mental health awareness sessions cover a variety of topics. They can help you to understand mental health and how it can impact on an individual. As well as providing you with an understanding of common mental health difficulties, and where to find more information.

MINDFULNESS FOR CARERS

Caring for others can be challenging at times. Sometimes we can feel overwhelmed by life, responsibilities and worries. Mindfulness can help you to quiet your mind, help you to feel calmer, be more self-aware and to be kinder to yourself.

We offer sessions throughout the year to help you to unwind and learn the basics of mindfulness.