

Transforming lives and developing new visions for mental health by challenging stigma and discrimination and providing quality services and support.

Your local Carers, Relatives & Family Support service:

MindWise Resource Centre
12a English Street,
Downpatrick, BT30 6AB
Tel: 44617964
E: downpatrick@mindwisenv.org

Further information on MindWise services in Northern Ireland can be found at

www.mindwisenv.org

or by contacting
MindWise Head Office,
Wyndhurst,

Knockbracken Healthcare Park,
Saintfield Road,
Belfast, BT8 8BH

028 90 402323

Registered in Northern Ireland Number NI071976



MindWise

A NEW VISION
FOR MENTAL HEALTH

**Carers,
Relatives & Family
Support Services**



Carers, Relatives & Family Support Services

The Carers, Relative and Support Service aims to reduce the isolation, fear and anxiety experienced by many carers who have a relative experiencing mental illness.

It can be very hard coming to terms with the fact that someone you love and care about has a mental health difficulty. Carers and Family Support aims to provide the support and information you need.

Support can be provided in a number of ways:

- one to one support in your home, in a mutually agreed venue or in MindWise Resource Centres
- group support
- advocacy support, helping you ensure your voice is heard
- information and advice on benefit entitlements and treatments
- emotional support for carers during difficult periods
- signposting to other relevant agencies/ organisations



The service exists to provide local carers with a support network in their area

The group's aim is to provide mutual support, self help and local campaigning

