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

Your local Carers, Relatives \$ Family Support service:

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

Further Information on MindWise services

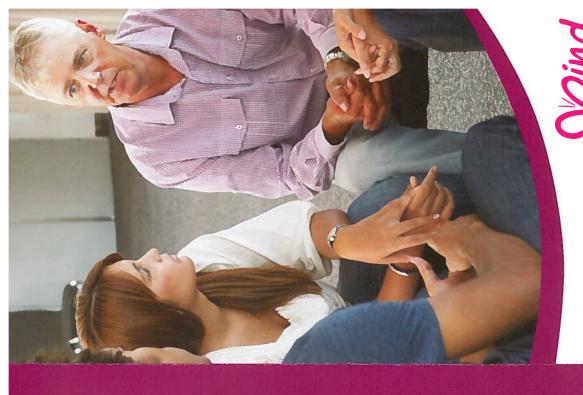
in Northern Ireland can be found at

www.mindwisenv.org

Knockbracken Healthcare Park, MindWise Head Office, or by contacting 3elfast, BT8 8BH Saintfield Road, Wyndhurst,

028 90 402323

Registered in Northern Ireland Number NIO71976













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