

1:30PM - 3:00PM EVERY 2ND AND
4TH FRIDAY OF THE MONTH.

Mental Health Carers Drop-In Sessions

Do you care for someone with a mental health condition?
If so come and join us!

*Take a break from caring in a relaxed
and supportive atmosphere.
Socialise with other carers,
exchange tips and methods of coping with caring
for a loved one with a mental health condition.*



DATES FOR 2019

Jan 25th	May 10th	Sep 13th
Feb 8th	May 24th	Sep 27th
Feb 22nd	Jun 14th	Oct 11th
Mar 8th	Jun 28th	Oct 25th
Mar 22nd	Jul 12th	Nov 8th
Apr 12th	Jul 26th	Nov 22nd
Apr 26th	Aug 9th	Dec 13th
	Aug 23rd	

TAKE A BREAK FROM CARING AND COME ALONG...

MENTAL HEALTH CARERS DROP-IN

Who is it for?

The Drop-In is for people who care for family or friends who have mental health problems. It gives carers respite from their caring role and is not intended for the people they care for, or for professional (paid) carers.

Why do carers come?

It's a chance for carers to have a break from their caring responsibilities and to talk to others in a similar situation. It's a place to give and receive support.

What do we do?

We aim to provide a warm welcome in an informal relaxed atmosphere with positive support and understanding. We have a drink, some relaxation and discussion. We exchange ideas on how we cope with our situation. We talk, listen and learn from each other.

What Carers have said about the Drop-In:

'It's a chance for 'offloading' to someone in a similar situation, and learning from and being inspired from each other'

'It gives you ideas to keep you going and able to cope'.

'It's a place where people understand what you are coping with'.

Who leads it?

The Drop-In is facilitated by volunteer carers who have had personal experience of caring for someone with mental health problems, with the support of Harrow Carers Assistant Clinical Psychologist.

What are our ground rules?

Confidentiality, respect for each other and listening to each other.

RELAX AND HAVE A CHAT WITH OTHER CARERS.

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