

1:30PM - 3:00PM EVERY 2ND AND  
4TH FRIDAY OF THE MONTH EXCEPT  
FOR BANK HOLIDAYS

# 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 2020

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

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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Harrow Carers, 376-378 Pinner Road, North Harrow, HA26DZ  
02088685224