



MENTAL HEALTH CARERS PROJECT

CARERS SUPPORT MERTON

Caring for someone who has mental health issues can leave you feeling tired and alone. Sometimes, you may feel unsure of how to get help for you or the person you care about. It can bring you other worries – such as money, housing, jobs or the future.

We can help you with providing **information**, **advice**, **advocacy** and **support** with:

- Getting help for yourself through a Carers Act Assessment
- Advocacy and support with the Mental Health Trust and other services
- Benefits, money matters etc.
- Listening Services and Carers Cafes
- Putting you in touch with other agencies or respite activities



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If you would like help from us either call **020 8646 7515** or just fill in and return this form to us and we will contact you:

Name

Address

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Tel

Email

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 Carers Support Merton
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