

Mental Health Carers' Information, Training And Support Pathway

Open referrals to pathway from diagnosis or as early as possible

Immediate concerns refer direct

Carer provided with Carers Information Booklet with Self-Assessment to self-refer

Carers Services in partnership with GAMH Carers Service and other condition specific voluntary organisations

Provide

Carers Support Planning

Provision of Income Max, Short Breaks, Carers Health Review
Emotional Support, Individual and Peer Support, Advocacy, Carer Involvement, Emergency Planning, Information, and *Training

* All carers of people with Mental Health will be able to access

Learning and wellbeing opportunities including training, information sessions, and events and participate in peer support groups or carer forums

Mental Health Carers Programme

Mental Health First Aid - This nationally recognised course will equip carers with the knowledge and skills necessary for caring for someone with Mental Ill Health

Rights, Recovery and Confidentiality - will increase awareness and knowledge regarding the unique issues faced by mental health carers

Advanced Statements and Named Person – provides information and insight to this legislation

Mindfulness - Mindfulness involves the development of skills and attributes, and ways of thinking and living, which improve wellbeing and supports the management of long term conditions

Wellness Recovery and Action Planning - WRAP training is an internationally-recognised approach to maintaining wellbeing delivering a comprehensive toolkit for self-management

Carers are encouraged to keep in touch with their peers and access peer support groups and connect to general community resources

There are a variety of additional generic training opportunities open to carers of people with Mental Ill Health depending on individual need. Alternative sessions on AWI and Powers and courses and sessions that may assist carers maintaining their own health and wellbeing such as Healthy Lifestyles, Managing Stress etc.