



SANDWELL CARERS SERVICE

Are you a Carer of a relative or friend?

Is the person being cared for receiving a service from Black Country Partnership NHS Foundation Trust?

Do they have a Mental Health Illness, Learning Disability or seen by CAMHS???

If the answer is YES, then we are here to help!!!

Sandwell Carers Service can offer you the following:

- 1. A Carers Assessment to identify your needs as a Carer**
 - 2. Carry out timed (up to 12) one to one support sessions**
 - 3. Provide emotional support and advocacy**
 - 4. Inform and integrate you with our local peer support groups (In the 6 towns of Sandwell)**
 - 5. Provide group CBT/management to help alleviate your anxiety/stress (Also available in Punjabi)**
 - 6. Psycho education- we will explain the illness, signs & symptoms and all the different treatments available**
 - 7. Offer advice and guidance about your health & wellbeing**
 - 8. Signpost to welfare rights, housing and other agencies**
- You can self-refer or be referred by a worker or consultant**

If you would like to refer yourself or for further information please call: 0121 612 6000

Sandwell Carers Service

Bristnall Hall Road

Oldbury

West Midlands

B68 9TX

0121-612-6000



