

How can I get support for me?

- ❖ If you know someone who talks about or has tried suicide, you might feel upset, frustrated, confused or scared
- ❖ These are all normal responses
- ❖ Supporting a person who is suicidal can be stressful
- ❖ And you are likely to need support yourself

You could try the following:

- Talk to friends and family
- Talk to an emotional support helpline
- There is a list of emotional support lines in the 'useful contacts' doc
- Talk to your GP about medication or talking therapies for yourself
- Talk to their care team or their local council about a carer's assessment
- Join a carers service
 - They are free and available in most areas
- Join a carers support group for emotional and practical support
- Or set up your own
- Take some time to concentrate on yourself

What is a carers assessment?

- You have a right to have a carers assessment through the local authority if you need support as a carer
- A carers assessment will work out what effect your caring role is having on your health
- And what support you need - such as
 - practical support and
 - emergency support
- To get a carer's assessment you need to contact the local authority of the person you support
- It's common for people to not consider themselves to be a carer
- If you give someone lots of support, such as emotional support, you are a carer

How do I get support from my peers?

- ❖ You can get peer support through carer support services or carers groups
- ❖ You can search for local groups in your area by using a search engine such as Google
- ❖ Or you can call our advice service on 0300 5000 927. They will search for you

You can find more information about:

- Carers assessment
- Supporting someone with a mental illness

at www.rethink.org.

Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.