

# MENTAL HEALTH TOOLKIT



**Carers  
Support**  
West Sussex



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Caring for someone with mental ill-health can be emotionally and physically demanding. Sometimes called 'crowded isolation' because a carer can feel so alone with the person they are caring for and yet so busy organising services and coping with everyday living needs

Everyone's journey is different which is why we offer individual support and information to help you in your caring role. Once you are registered with Carers Support West Sussex we are able to help with a host of support, ranging from emotional to financial assistance tailored to your needs, as well as to refer you to partner organisations.

This toolkit will help you navigate the services and support and guide you in how to best continue to care for someone with mental ill-health in West Sussex.



### **Support for mental health carers**

We offer a wrap-around service to carers, including emotional support, one to one discussion around your needs, signposting and referrals to relevant services as well as access to our monthly online mental health carer groups, skills training, carer events and help with accessing funding and grants.

Our dedicated web page offers details of our services:

[www.carerssupport.org.uk/mental-health/](http://www.carerssupport.org.uk/mental-health/)

Our quarterly mental health carers newsletter will keep you up to date with all that is happening locally. Just email us at [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk) or call 0300 028 8888 if you'd like to be added to the mailing list.



### **Carer Wellbeing Fund**

As a carer registered with us, you may be eligible to apply for a non means tested grant for up to £300 per year from our Carer Health and Wellbeing Fund. The money from the fund can be used flexibly on purposes which would enhance a carer's health and/or wellbeing; for instance, gym or swimming sessions, breaks away, massage and de-stressing therapies. Call us to request an application form on 0300 028 8888 or email [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

### **Carer Equipment Service**

The Carer Equipment Service is available to you as a registered carer to access equipment and assistive technology. The primary aim is to help maintain and enhance independence and give peace of mind in your caring role. We will assess the individual needs unique to you and the person you care for. It is our position to be there for you in every way possible, helping improve independence, safety and wellbeing. Details of our equipment can be found at <https://www.carerssupport.org.uk/equipment-list/#mobility-aids>.

The team are also able to provide a bespoke service to research creative equipment solutions to meet unique requirements.



### Contingency Planning

As carers we like to think that we will always be there when needed but sometimes this is not possible. This could be for many reasons, including becoming unwell, a domestic or family emergency or changes to your usual work routine, such as a need to travel away from home/work base.

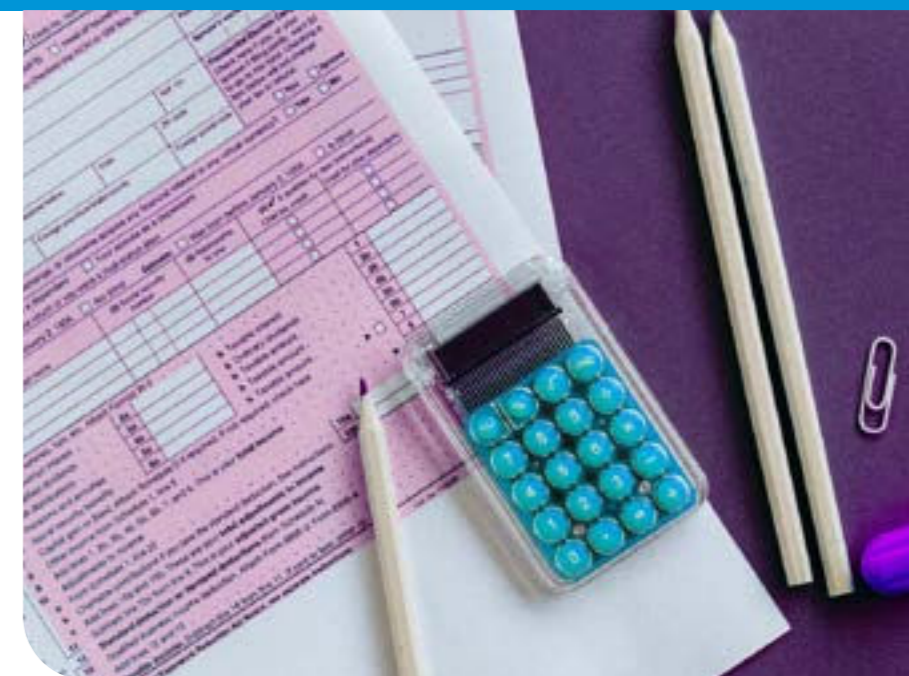
A Contingency Plan is there so that the person you are caring for is supported at the earliest opportunity and you have peace of mind that there is something in place.

Download our contingency planning form at [www.carerssupport.org.uk/contingency-planning](http://www.carerssupport.org.uk/contingency-planning)



### Benefits advice

A recent Carers UK survey revealed that 68% of carers regularly use their own income or savings to pay for care or equipment for the person they care for. It may improve your financial situation if you have an understanding of the benefits you are entitled to. We offer a one to one benefits service. Find out more and book an appointment with our adviser at [www.carerssupport.org.uk/carer-benefits-advice-service](http://www.carerssupport.org.uk/carer-benefits-advice-service)



### Digital champions

If you feel you are missing out on all you should because you do not have access or are not confident about using the internet you can ask for support from one of our digital champions, who will gently support you to get access and confidence for shopping, online meetings and other services you would like to use. Call us on 0300 028 8888 and ask to be referred to a champion.

## Emergency/discount card

The well-being of someone who depends on you can be a source of worry, especially if you were to experience an accident or sudden illness. The Carer Emergency Contact Card (CECC) should give you some peace of mind. The CECC enables Carers to create a Carer contingency plan in advance, ensuring that the person they care for will receive the necessary support and assistance during an emergency or accident.

- Carers have access to 24-hour telephone response service
- Opportunity for stronger contingency planning in case of emergency
- Identifies you as a carer
- Offers peace of mind as a carer
- Discounts and special offers across the county

If you require more information or would like to apply please call us on 0300 028 8888 or email [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)



The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.



It covers decisions about day-to-day things like what to wear or what to buy for the weekly shop, or serious life-changing decisions like whether to move into a care home or have major surgery. Find out how capacity is assessed at [www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/](http://www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/)

## More

Triangle of Care focuses on keeping carers included, informed and supported when they are caring for an individual with mental health difficulties.

Visit [www.sussexpartnership.nhs.uk/triangleofcare](http://www.sussexpartnership.nhs.uk/triangleofcare)



## POWER OF ATTORNEY

A power of attorney is a legal document that allows someone to make decisions for you, or act on your behalf, if you're no longer able to or if you no longer want to make your own decisions.

The Mental Capacity Act allows you to appoint someone called an attorney under a lasting power of attorney. This attorney does not have to be a lawyer or someone with specialist knowledge. So you could name someone like your partner, a family member, a friend or a professional. See more at [www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/lasting-power-of-attorney-lpa/](http://www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/lasting-power-of-attorney-lpa/)

See top tips on Power of Attorney from local solicitor Ian Macara on our YouTube channel at [www.youtube.com/watch?v=4iB0odAOHsl&](http://www.youtube.com/watch?v=4iB0odAOHsl&)

## PREVENTION ASSESSMENT TEAM (PAT)

PAT (Prevention Assessment Teams) are multi-agency, multidisciplinary teams delivering a preventive service across West Sussex. The team includes health advisors (qualified health professionals); social care workers and support workers from the voluntary sector who can advise over the telephone or come and see you in your own home. The service is for adults and older people who might not be eligible for other statutory services and who have unmet physical, psychological, social, functional and/or environmental needs.

PAT South

Tel: 01273 268900

Email: [aaw.pat@westsussex.gov.uk](mailto:aaw.pat@westsussex.gov.uk)

PAT West

Tel: 01243 642370

Email: [pat.west@westsussex.gov.uk](mailto:pat.west@westsussex.gov.uk)

PAT North

Tel: 01403 229510

Email: [pat.north@westsussex.gov.uk](mailto:pat.north@westsussex.gov.uk)





The Carers Health Team are a team of health professionals who aim to promote the health and wellbeing of carers. They are a free service provided by Sussex Community NHS Trust providing support for carers over the age of 18 registered

with a West Sussex GP. They work directly with carers and will develop individual strategies for each carer with an aim to reduce the strain of coping with their caring role. They may, if it is necessary, also look at the health needs of the person who is being cared for.

They work closely with other NHS specialist services, social & caring services and voluntary & community services and will link carers with these services when appropriate.

They can provide information and advice on specific health conditions, as well as practical advice on the caring environment (safe lifting and handling, healthy eating, risk minimisation).

Call 01243 623521, email [SC-TR.carerwellbeing@nhs.net](mailto:SC-TR.carerwellbeing@nhs.net) or visit [www.sussexcommunity.nhs.uk/services/carers-health-team/108921](http://www.sussexcommunity.nhs.uk/services/carers-health-team/108921)

### **Pathfinder West Sussex**

If you are looking for advice, information and services to support your mental health and wellbeing or supporting someone else contact Pathfinder West Sussex [www.pathfinderwestsussex.org.uk/](http://www.pathfinderwestsussex.org.uk/)

### **Sussex Mental Healthline**

The Sussex Mental Healthline 0800 0309 500 is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

The service is available to anyone concerned about their own mental health or that of a relative or friend and this includes carers and healthcare professionals. You do not need an appointment.

### **West Sussex Mind**

If you are you caring for someone with a mental health problem or concerned about a family member you can contact West Sussex Mind.

Visit [www.westsussexmind.org/help\\_and\\_support/getting-help/i-want-to-help-someone-else](http://www.westsussexmind.org/help_and_support/getting-help/i-want-to-help-someone-else)

**TuVida** provide help and support to carers and the people they care for across West Sussex. Services include day centres and groups, carer respite, and short break weekends for people with dementia and their family or friend carers.

[www.tuvida.org/westsussex](http://www.tuvida.org/westsussex)

Find local care via the **West Sussex Care Guide** at <http://www2.westsussex.gov.uk/socialcareandhealth/adults/careguide2023v1/flipbook/index.html?page=1>

**Care Seekers** will help you find the right package of care for you either at home or in residential accommodation – a useful guide for self funders. Visit [www.careseekers.co.uk/careseekers\\_care\\_search.shtml](http://www.careseekers.co.uk/careseekers_care_search.shtml)

**Carepoint** – if you are eligible for a package of care from your local authority this may contain respite options. This will be agreed with you as part of a needs assessment.



### **BAME mental health carers**

People from a Black, Asian, or Minority Ethnic (BAME) background may face specific issues relating to their mental health. Find out more about being a BAME mental health carer and support available  
Visit

[www.rethink.org/advice-and-information/living-with-mental-illness/information-on-wellbeing-physical-health-bame-lgbtplus-and-studying-and-mental-health/black-asian-and-minority-ethnic-mental-health/](http://www.rethink.org/advice-and-information/living-with-mental-illness/information-on-wellbeing-physical-health-bame-lgbtplus-and-studying-and-mental-health/black-asian-and-minority-ethnic-mental-health/)

### **Mental Health Foundation**

[www.mentalhealth.org.uk/explore-mental-health/a-z-topics/black-asian-and-minority-ethnic-bame-communities](http://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/black-asian-and-minority-ethnic-bame-communities)

### **Black Minds Matter**

Its mission is to connect Black individuals and families with free mental health services – by professional Black therapists to support their mental health.

Visit [www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)





**Rethink Mental Illness's Sahayak Asianline** offers a culturally sensitive listening and information service for the Asian community in West Sussex. The service is for anyone affected by mental health issues - whether they are service users, carers or friends. 0808 800 2073

**Tapestry** is a multi-cultural group for Black, Asian and mixed parentage families and individuals who live in Worthing and surrounding areas [www.facebook.com/TapestryWorthing](http://www.facebook.com/TapestryWorthing)

### **LGBT+ Mental Health**

Mental Health is challenging for everyone, and everyone's situation will affect what living with mental health diagnosis is like for them. However, being LGBT and having or caring for someone with mental ill- health can present extra difficulties. It's important to know that you aren't alone. Support and advice is available, there are services and care settings



designed to support you, and the law protects your rights to equal treatment and privacy. By knowing your rights, finding the right support, and planning for your future, it is possible to live and care well for someone with mental ill-health.

Find out more at:

- [mindout.org.uk/](http://mindout.org.uk/)
- [www.sussexrainbowcounselling.com/links-1](http://www.sussexrainbowcounselling.com/links-1)
- [www.openingdoors.lgbt/](http://www.openingdoors.lgbt/)

### **Gender Identity**

THE CLARE PROJECT is a self-supporting group based in Brighton and Hove open to anyone wishing to explore issues around gender identity. Visit <https://clareproject.org.uk/>

### **Friends, Families and Travellers**

FFT works on behalf of all Gypsies and Travellers regardless of ethnicity, culture or background. In Sussex, services include outreach and health and wellbeing teams. Call: 01273 234777, visit [www.gypsy-traveller.org](http://www.gypsy-traveller.org) or email [fft@gypsy-traveller.org](mailto:fft@gypsy-traveller.org)

See our website for details of our twice monthly online mental health carer groups and sign up for our newsletter to receive details of other face to face events: [www.carerssupport.org.uk/mental-health/](http://www.carerssupport.org.uk/mental-health/)

## Virtual Working Together Groups (WTG) – bi-weekly

Working Together Groups are open forums where people with experience of using services meet to share views and generate ideas to resolve issues and seek collaborative opportunities with staff to create service improvements.

If you (or anyone) wants more information around 'Participation' or the Working Together Groups, the best person to contact is Paul Thompson (paul.thompson@sussexpartnership.nhs.uk) who can answer any questions you have.

## Pathfinder

Pathfinder is a West Sussex service operating in ten areas. Each area has a single point of access phone number and email address to make it easy for you to be able to find all the information you need in one place. Any individual or professional living or working in West Sussex can make contact to get advice, information and sign-posting to available support.



Visit the Pathfinder website at [www.pathfinderwestsussex.org.uk/](http://www.pathfinderwestsussex.org.uk/) for further information, tips for wellbeing and information and resources.

Adur (covering Southwick and Shoreham)  
01273 871575  
[pathfinder.adur@westsussexmind.org](mailto:pathfinder.adur@westsussexmind.org)

Bognor Regis  
01243 863034  
[pathfinder.bognor@capitalproject.org](mailto:pathfinder.bognor@capitalproject.org)



## OTHER PROVIDERS

Chanctonbury (covering Steyning, Storrington and the surrounding area of Chanctonbury)

07495 077298

[pathfinder.chanctonbury@westsussexmind.org](mailto:pathfinder.chanctonbury@westsussexmind.org)

Chichester

01243 780420

[pathfinder.chichester@richmondfellowship.org.uk](mailto:pathfinder.chichester@richmondfellowship.org.uk)

Crawley

01293 534782

[pathfinder.crawley@sussexoakleaf.org.uk](mailto:pathfinder.crawley@sussexoakleaf.org.uk)

Horsham

01403 241866

[pathfinder.horsham@richmondfellowship.org.uk](mailto:pathfinder.horsham@richmondfellowship.org.uk)



## OTHER PROVIDERS



Midhurst

07474 871899

[pathfinder.midhurst@westsussexmind.org](mailto:pathfinder.midhurst@westsussexmind.org)

Mid Sussex (covering Haywards Heath, East Grinstead and Burgess Hill)

01444 416391

[pathfinder.mid-sussex@sussexoakleaf.org.uk](mailto:pathfinder.mid-sussex@sussexoakleaf.org.uk)

Littlehampton

01903 721893

[pathfinder.littlehampton@westsussexmind.org](mailto:pathfinder.littlehampton@westsussexmind.org)

Worthing

01903 268107

[pathfinder.worthing@westsussexmind.org](mailto:pathfinder.worthing@westsussexmind.org)



### West Sussex Mind

Call our help line

Monday – Friday 10am -4pm 0300 303 5652

Email: [helppoint@westsussexmind.org.uk](mailto:helppoint@westsussexmind.org.uk)

### Other Resources

There are numerous online resources to join and new skills like learning a new language, joining an online choir, learning a new skill and doing puzzles and challenges.

Visit [www.westsussexmind.org/help\\_and\\_support/information-and-advice/mental-health-apps-and-resources](http://www.westsussexmind.org/help_and_support/information-and-advice/mental-health-apps-and-resources) to learn more.

### Carers Trust

Carers Trust is a major charity for, with and about carers. It works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. <https://carers.org/>

### Carers UK

Carers UK provide information and guidance to unpaid carers. This covers a range of subjects including your rights as a carer in the workplace and how to complain effectively and challenge decisions.

Tel: 0808 808 7777 from Monday to Friday, 9am – 6pm or email ([advice@carersuk.org](mailto:advice@carersuk.org))

### Carers Support West Sussex

The Orchard, 1-2 Gleneagles Court, Brighton Rd, Crawley RH10 6AD

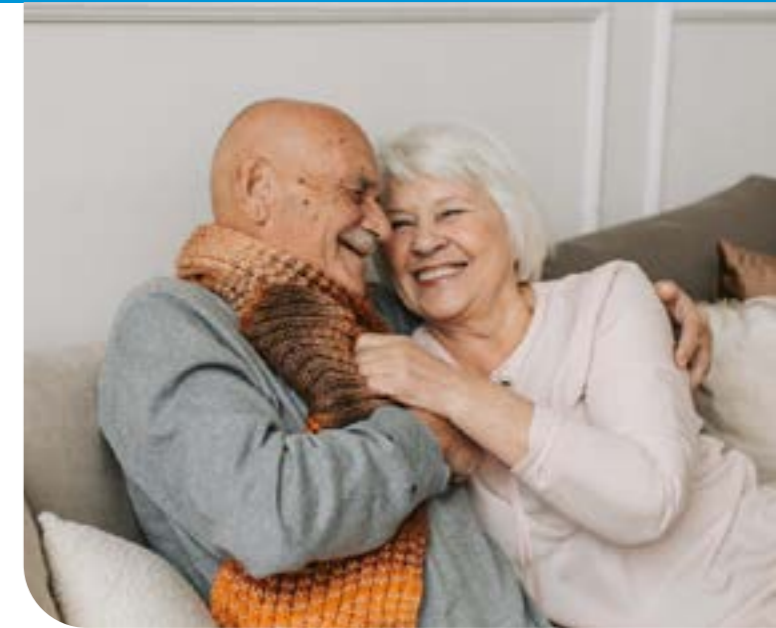
0300 028 8888

[info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

[carerssupport.org.uk](http://carerssupport.org.uk)

### Mental Health Helpline (Run by Sussex Partnership)

0800 0309 500



## **Mental Health Foundation**

Colechurch House, 1 London Bridge Walk, London SE1 2SX  
020 7803 1100  
mentalhealth.org.uk

## **Mind (National)**

15 -19 Broadway, Stratford, London E15 4BQ  
020 8519 2122  
contact@mind.org.uk  
mind.org.uk

## **West Sussex Mind**

The Gateway, 8 - 10 Durrington Lane, Worthing, BN13 2QG  
01903 277000  
info@coastalwestsussexmind.org  
www.westsussexmind.org  
If you need urgent help please call Help Point  
Monday to Friday, 10am until 4pm on 0300 303 5652  
or email helppoint@westsussexmind.org

## **Samaritans**

116 123  
jo@samaritans.org  
www.samaritans.org

## **Sane**

St. Mark's Studios, 14 Chillingworth Rd, Islington, London,  
N7 8QJ  
0845 767 8000  
info@sane.org.uk  
www.sane.org.uk

## **Sussex Partnership NHS Foundation Trust**

Swandean, Arundel Rd, Worthing BN13 3EP  
01903 843000  
sussexpartnership.nhs.uk



