

New Support Group for Plymouth Mental Health Carers

This new group is led by a Mental Health Nurse and a Carers Support Coordinator. It will run on the 3rd Thursday of every month from 10am – 12.30pm at the Mannamead Wellbeing Hub, 156 Mannamead Road, Plymouth PL35QL

Each session will include information on subjects such as understanding mental health conditions and how they are diagnosed, Mental Health Act, hospital admission, care in the community (CPA/CTO), Police Powers/ POS, Tribunal, nearest relative, advocates and 117 aftercare.

There will also be a peer to peer session with recurrent and ongoing themes throughout such as mindfulness, healthy coping strategies and medication management. All of which will focus on how carers can look after themselves to encourage resilience and knowledge to maintain the support they provide to their loved ones.

If you are a carer for someone who has mental health support needs and would like further information about attending the group, please contact Mandy Street on 01752 235050

or email

caringforcarers@improvinglivesplymouth.org.uk



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