

### What Carers have said about us...

"Meeting other families through Mind Jersey has helped alleviate feelings of isolation"

"Have used Mind Jersey Carer Service since 2010 and will continue with this great service"

"It has been helpful attending the monthly meetings as a carer because it's an opportunity to compare ways of coping and responding to our loved ones."

"At the heart of our own family problems, the support worker was there helping us to understand what was happening, and to appreciate the illness."

### What professionals have said about us...

"I feel Mind offer a fantastic service to family and carers of people experiencing mental health issues. They are responsive to people's needs and are able to be contacted with ease."  
(Consultant Psychiatrist)

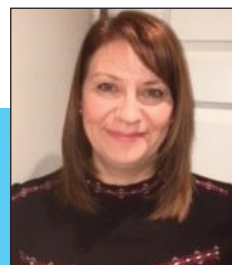
"It is with great pleasure that I can confirm what an excellent service Mind, Carer and Family Support Service provide to the Jersey population. Carers report to me that the team are easily accessible, they feel listened to and they feel their views are respected."  
(Ward Manager)

### Contact us



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See our website for further details

## Carer and Family Support Service



## Understanding and supporting the needs of carers

**Tel 07797 717767 or 07797 924756**  
**[www.mindjersey.org](http://www.mindjersey.org)**

## Carer and Family Support Service

Are you...

- ... concerned about someone's mental health?
- ... worried, stressed or confused?
- ... lacking in knowledge & information?
- ... losing your independence?
- ... feeling that no-one is listening to you?
- ... being left out of decisions?
- ... concerned about the future?
- ... frustrated?
- ... isolated and alone?

We are here to help

Caring for someone with a mental health issue can be challenging and overwhelming. It can also be a stressful time and it may affect your own mental health and wellbeing. However, we are here to help and with the right support and practical guidance, you can feel more prepared, able and supported in your role as a carer.

We can...

- tailor the service around your needs
- support you both practically & emotionally
- listen to your concerns
- provide one to one support
- offer counselling
- enable you to have positive outcomes
- provide you with coping strategies
- introduce you to our Carer Group
- ensure your voice is heard
- offer training

### Accessing Our Services

You can access our services if you are over 18 and you are providing support or care for someone who is experiencing a mental health issue.

Anyone can refer to our services whether it be a Mental Health professional, GP or friend. We also accept self-referrals and our service is free of charge, although donations are welcome.

If you would like a confidential chat to find out more, please do give us a call.

## The 3 C's to remember

**You didn't cause it!**

No matter what your thoughts are telling you, mental health problems are the result of many different factors combined.

**You can't cure it!**

As much as it hurts to see someone we care about in distress, it is important to accept that you cannot take the illness away.

**You can't control it!**

It is tempting to prevent a loved one from making choices that may have consequences but sometimes you have to let them do this for recovery to take place. Communicating your concerns to mental health professionals is helpful.



**You don't have to go through this alone.**