



Rethink Carer Support – Cambridgeshire and Peterborough

Information For Mental Health Carers

1. Introduction

In our group, we believe that the families and friends of people with mental health conditions need the best possible knowledge and skills if they are to provide care for their loved one as well as they can.

This knowledge and these skills can be accessed in various ways, including:

- Learning from our own experience
- Learning from the lived experience of other carers
- Learning from professionals

In terms of learning from professionals, our main sources are:

- on line advice lines
- other on line resources including websites, patient stories and good people to follow on social media
- courses, conferences and other events locally or nationally
- books

Knowledge may be about:

- Navigating the mental health system
- Knowing our legal rights
- Diagnosis and treatment of mental disorders
- Research and future treatments

We are aware that there is a vast amount of information available for carers to access when they wish – also that our learning needs may vary over time or as diagnoses change (or are added). Our list is just one part of that. It is not comprehensive, not regularly updated and not specifically endorsed by us.

2. Sources of Information.

2.1. Advice Lines.

Rethink Mental Illness

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service>



MIND

<https://www.mind.org.uk/information-support/>

BEAT

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/>

Young Minds

<https://www.youngminds.org.uk/parent/>

Alzheimers Society

<https://www.alzheimers.org.uk/about-us/contact-us>

Carers UK

<https://www.carersuk.org/help-and-advice/>

2.2. Websites

How Are You (HAY) websites are about local resources that are good for someone's mental health:

<https://haycambridge.co.uk/>

<https://hayeastcambs.co.uk/>

<https://haysouthcambs.co.uk/>

<https://haypeterborough.co.uk/>

<https://hayfenland.co.uk/>

Keep Your Head is another dedicated website for mental health resources across our area:

<https://www.keep-your-head.com/>

Making Space, like us, provide support for the carers of people with mental health conditions in our area:



<https://makingspace.co.uk/>

Caring Together is the main funded support service for all carers in our area:

<https://www.caringtogether.org/advice/>

Cambridgeshire and Peterborough NHS Trust is the NHS provider of mental health and other services in our area:

<https://www.cpft.nhs.uk/carers>

CPSL Mind is the leading mental health voluntary sector provider in our area:

<https://www.cpslmind.org.uk/>

Royal College of Psychiatrists is the national body for the training and registration of psychiatrists:

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/schizophrenia-for-parents>

British Psychological Society is the national body for clinical psychologists:

<https://www.bps.org.uk/>

Here is a relevant article from their journal The Psychologist

<https://www.bps.org.uk/psychologist/who-cares-carers>

The Maudsley is part of South London and Maudsley NHS Trust and is a centre of excellence:

<https://maudsleylearning.com/>

Carers Trust is a major national organization for unpaid carers:

<https://carers.org/help-for-carers/introduction>

NICE is a government body which describes what evidence-based treatment should look like by diagnosis:

<https://www.nice.org.uk/>

National Autistic Society

<https://www.autism.org.uk/advice-and-guidance>



2.3. Social media

Carers and animal metaphors

https://www.youtube.com/watch?v=JZWOHC0ICvo&t=367s&ab_channel=NewMaudsleyTraining

Maudsley Channel – other carer skills

<https://www.youtube.com/@newmaudsleytraining6468>

There are many influential individuals who blog or use Twitter/X or other social media to communicate their ideas on mental health. Some are excellent but others can be seriously misleading, so caution is required when seeking information on line.

2.4. Courses

<https://www.futurelearn.com/courses>

<https://www.futurelearn.com/courses/caring-psychosis-schizophrenia>

<https://www.open.ac.uk/courses/short-courses>

<https://theskillsnetwork.com/>

<https://onlineevents.co.uk/>

<https://www.rcpsych.ac.uk/docs/default-source/events/2024/open-events>

<https://freecoursesinengland.co.uk/mental-health-first-aid>

Note: Mental Health First Aid courses have several different providers. They vary in price and some are free.

<https://www.ocduk.org/>

Mainly for people up to 18 and their families. Some courses for parents are run.

OCD - Action

<https://ocdaction.org.uk/i-need-support/carers/>

2.5. Other Events

If you are a member of Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) you are invited to various events through the year. A psychiatrist may present a new service. This can be a very good way of finding out more about what happens behind the scenes in the Trust.



It is also worth remembering that CPFT's Board meetings are open to the public and the papers are shared on their website.

The CPFT website also has a good carers' page.

<https://www.cpft.nhs.uk/board-of-directors/>

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/events>

2.6. Books

"Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder" Paul T. Mason et al

"DBT Skills Training: Handouts and Worksheets" Marsha Linehan

"How To Help Someone With An Eating Disorder: A Practical Handbook" Pamela MacDonald

"Skills-based Caring For A Loved One With An Eating Disorder: The New Maudsley Method" Janet Treasure et al

"Good Girls: A Story And Study Of Anorexia" Hadley Freeman

"Neurotribes" Steve Silberman

"Family Work For Schizophrenia: A Practical Guide" Liz Kuipers et al

"Madness Explained: Psychosis and Human Nature" Richard Bentall

"Recovering Sanity" by Edward M. Podvoll

"The Reality of Schizophrenia" Gwen Howe

"Overcoming Paranoid and Suspicious Thoughts" Daniel Freeman et al

"Oxford Handbook of Psychiatry" David Semple and Smythe

Prescribing Guidelines in Psychiatry David Taylor

"Living Better" Alistair Campbell



“This Book Will Change Your Mind About Mental Health” Nathan Filer

“You Don’t Have To Be Mad To Work Here” Benji Waterhouse

3. Final Comments

In our group we have a good track record of organising workshops and guest speakers. Starting in 2024 we will organize an annual one day conference with an emphasis equally on learning from each other and from professional experts in their fields.

We are committed to all carers who we support having equal access to learning and training opportunities. So if anyone has an event or course which they would like to attend but cannot afford, please contact Jonathan Wells at jfgwells57@gmail.com on behalf of our committee and we will see if we can provide financial assistance.

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