



Caring For Someone With A Mental Health Problem

Caring for Someone with a Mental Health Condition

Supporting someone who has a mental health condition can be hugely important in maintaining their wellbeing and promoting their recovery. However, it can also affect carers in many ways and can raise lots of questions.

Specialist guidance and information for carers, along with a range of other resources, is available from two national mental health organizations, Mind and Rethink:

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

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

Examples of the resources available include:

- Looking after yourself as a carer
- Detailed information on all the major mental health conditions
- Responding to unusual thoughts and behaviors
- Responding to suicidal thoughts
- The Mental Health Act and Mental Capacity Act
- Your rights as a Nearest Relative

There are a significant number of mental health services, organizations and groups in Sheffield. Current details for all these services can be found via the Sheffield Mental Health Guide:

<https://www.sheffieldmentalhealth.co.uk/>

Rethink in Sheffield also provide a **24-hour helpline** for anyone affected by mental health difficulties, including carers – 0808 801 0440

For details of the Carers Centre's monthly **mental health carers hub**, please click [here](#).

Carers who would like to talk to someone about caring for a person with a mental health condition can contact the **Carers Centre Advice Line** and speak with one of our Carer Advisors: **0114 272 8362**



There are also the following key **national mental health helplines**:

Samaritans – 116 123 (free to call, 24-hours a day)

Rethink helpline – provides information on topics such as medication, treatments, benefits, debt, and the Mental Health Act – 0300 5000 927 (open Monday to Friday, 10am to 2pm)

Mind Infoline – 0300 123 3393 – a national helpline offering information on types of mental health problem, where to get help, and medication and other treatments (open Monday to Friday, 9am to 6pm)

Mind Legal Advice Line – Provides legal information and general advice on mental health related law – 0300 466 6463 or legal@mind.org.uk

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