

Carers' Support Morning for General Psychiatry Day Therapy Patients

What is the importance of a Carers' support meeting?

Mental distress does not only affect the person suffering with the problem. Feelings of guilt, despair and frustration may be experienced by the families and partners supporting the patient through this difficult time. Carers can be left feeling exhausted, unsure about how to help and struggling to cope.

What happens at the support morning?

There will be one session per month, each dealing with a different mental health issue. These will be led by a therapist who will offer practical information and education relevant to carers. There will also be an opportunity for carers to discuss their experiences of supporting a partner or family member with mental health issues and how it has affected their life.

Why do we encourage carers to attend?

There is evidence to show that inclusion of those closest to the patient in psycho-educational programmes may enhance the patients' recovery. It is also important for carers to have a strategy for self-care to avoid becoming depleted themselves.

What is the schedule for the Carers' morning?

Time	Activity	Description
10:00 to 11:00	Psycho-Education Talk	Information and education on a specific issue (see dates below) including questions and answers and advice on how to manage difficult feelings.
11:00 to 11.15	Coffee & Biscuits	
11:15 to 12:15	Discussion	An opportunity for carers to speak about how they have been affected.
12:15 to 12:30	Mindfulness	Demonstration of mindfulness techniques for managing stress.

What are the subjects and dates for the carers' morning?

Anxiety and depression	Saturday 20 ^h May
Panic attacks	Saturday 17 th June
Self-harm and suicidality	Saturday 23 rd September
Personality disorders	Saturday 14 th October
Violence and aggression	Saturday 11 th November

If you would like to book a place please send an email with your name, contact details and preferred attendance dates to the therapeutic co-ordinator at

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