

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Carers and Mental Health: during COVID-19

Carers week runs from 8th-14th June. The annual campaign helps to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed supports. The focus of this year's week is Making Caring Visible to ensure that carers get the information and support they need from services and the wider public.

NHS Greater Glasgow and Clyde: website provides information for carers and where your local centres are. <https://www.nhsggc.org.uk/your-health/health-services/carers/information-for-carers/local-support/local-services/>

Carers' Charter: to help carers understand their rights under the Carers (Scotland) Act 2016 <https://www.gov.scot/publications/carers-charter/>

Young Carers

Young Scot: provides a wealth of information including up to date COVID-19 information for young carers <https://young.scot/campaigns/national/young-carers>

Children and Young People's Commissioner Scotland: working for the human rights for children and young people living in Scotland. <https://cypcs.org.uk/rights/>

Adults

Carers Scotland: part for Carers' UK which provides information and advice and links to carers' centres across Greater Glasgow and Clyde. Section on website for professionals <https://www.carersuk.org/scotland>

Healthy Minds Pocket Guide: provides information mental health support/services in each of the 6 Health and Social Care Partnership areas along with tips for looking after your mental health. Download from our website <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/mental-health-guide/>

Please note that we are hoping in the next few weeks, hard copies of these will be available to order from our NHS stores, we will let you know when they become available

Heads Up: provides information on mental health conditions such as anxiety and depression and includes advice and tips on ways on how people can cope with living with the condition. <http://headsup.scot/>

Useful telephone supports

Childline: free helpline **0800 1111** available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online. <https://www.childline.org.uk/info-advice/>

Carers UK Telephone Helpline: available on 0808 808 7777 from Monday to Friday, 9am – 6pm or you can contact by email (advice@carersuk.org)

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed.

Samaritans: 116 123. A free and confidential support service to anyone, any age.