

CAUSE provides peer-led practical and emotional support to the carers and families of people with mental illness.

Please arrange an appointment for me with a CAUSE Carer Advocate

CAUSE

CAUSE

Registered Charity NI 29469

CAUSE Head Office:
Glendinning House
6 Murray Street
Belfast
BT1 6DN
Tel: 028 9023 8284
Fax: 028 9024 3838
Email: info@cause.org.uk



An independent organisation supported by the DHSSPS & local Health and Social Care Trusts

Registered Charity NI 29469

Who is a Carer?

A carer is a person who is concerned, involved and assists with the well being of a relative or friend living with or recovering from a mental illness.

Why are Carers Important?

The role of a carer is an extremely important one, both for the person cared for and the providers of the mental health services.

Carers' roles vary depending on individual circumstances.

However, examples of the support they may provide include:

- Practical, material and financial help for the person with the illness;
- Assisting with early intervention when signs of relapse are evident;
- Support in providing treatment and creating a careplan;
- Providing support on a regular basis;
- Helping with the taking of medication;
- Advocating for the cared for person when they are too ill to represent themselves.

Carer Advocate

Many carers will require information and support to help them in their caring role, and also to recognise and take care of their own needs.

CAUSE Carer Advocates are empathetic individuals and experienced carers employed to assist other carers in the following ways:

- To offer a listening ear and enable carers to talk in confidence about their concerns and any issues that arise for them.
- To provide information about services and support groups that will help carers with their needs and concerns.
- To assist carers in identifying programmes that can empower them and help them deal with their situation.
- To support carers in their relationship with the cared for person.
- To encourage their involvement with professionals in treatment and careplans.
- To inform carers of their rights.

Please let us know how we can help you by completing your details below and posting it to us at the *CAUSE* address overleaf.

Mr/Mrs/Miss/Ms

Address

.....

Postcode:

Tel:

Email:

Please send me information on

Helpline

Support Groups

Educational Workshops

Mental Illness

Please put me on your mailing list