

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

CAUSE



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

Registered Charity NI 29469

The Relative Reach Programme offers:

Carer Advocates

CAUSE Carer Advocates are experienced carers available for one-to-one meetings in a local office or other convenient location. Carer Advocates are also happy to discuss issues over the phone.

Local Support Groups

Monthly support groups meet at a range of local locations. The Groups provide carers and families with an opportunity to get information about the illness and seek assistance in sourcing help and support for their family member. The groups also allow carers to meet others with similar experiences.

Educational Courses

CAUSE educational courses help carers and families deal with the difficulties they face. Each course has small numbers and is delivered in an informal style.

Helpline

The *CAUSE* helpline is available to carers from 9.00am to 9.00pm 365 days per year. All Helpline staff have personal experience of mental illness in a relative or close friend.

For further information on any of these services
please contact:

CAUSE Head Office
Glendinning House
6 Murray Street, Belfast, BT1 6DN
Tel No: 028 9023 8284
Helpline: 0845 60 30 29 |
Email: info@cause.org.uk
www.cause.org.uk

All *CAUSE* services are free of charge to carers and families. Confidentiality is guaranteed.

