

## Representing Carers' Views: Influencing Services and Policy

CAUSE actively works with a wide range of statutory and community/voluntary sector groups to raise awareness of carers' needs and issues. We encourage carers to get involved to influence, improve and develop mental health services in their communities.

For more information on policy or to receive our quarterly newsletter, check out our News & Policy web page at [www.cause.org.uk](http://www.cause.org.uk) or telephone **028 90 650 650**

## Other Ways to Get Involved with CAUSE to Support Carers...

If you want to be more actively involved in working with CAUSE to promote carers' views or give some of your time to help us help other carers, please check out our **Volunteering** web page at [www.cause.org.uk](http://www.cause.org.uk) or telephone **028 90 650 650**

To **donate** to us, check out variety of ways you can give to CAUSE on our **Fundraising** web page on [www.cause.org.uk](http://www.cause.org.uk) or telephone **028 90 650 650**

# Supporting a loved one who has experienced serious mental illness?



## Helpline Telephone Support

Do you need guidance, help with a crisis or someone to talk to but don't know where to turn? The CAUSE Helpline is available to carers who need support for themselves in caring for their loved one. Our Helpline is open Monday – Friday (excluding public holidays) at the following times:

**Monday, Wednesday & Friday: 10.00am - 4.00pm**  
**Tuesday & Thursday: 12 noon - 8.00pm**

**CALL OUR HELPLINE ON 0845 60 30 29 1**

## How to contact CAUSE

Telephone: **028 90 650 650**  
Email: **info@cause.org.uk**  
Website: **www.cause.org.uk**

 [www.facebook.com/CAUSEcarers](http://www.facebook.com/CAUSEcarers)  [@CAUSEcarers](https://twitter.com/CAUSEcarers)

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 **cause** can support you...  
families, partners, friends  
caring for mental health

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## CAUSE - a unique service in Northern Ireland

Established in 1995, CAUSE is a peer-led organisation, run by carers for carers. Our team of trained Carer Advocates, who provide our frontline services, have direct personal experience of caring for a loved one with a serious mental illness. We have all had our own carer's journey. More than anyone, we understand the types of practical and emotional issues families, partners and friends can face.

### One-to-one support from Carer Advocates

Carer Advocates are there to provide you with help tailored to what you need to cope in your care-giving role. A Carer Advocate can meet with you face-to-face at a location convenient for you or discuss issues with you over the phone.

Carer Advocates are here to listen to and offer you practical and emotional support to help you:

- Learn more about your loved one's mental illness and treatments
- Understand services and how to engage effectively with professionals
- Discover more about other support services for you / your loved one
- Deal with crisis, look after yourself and know your rights as a carer

CAUSE provides a specialist support and advocacy service in Belfast for carers of a loved one with personality disorder. We also provide a dedicated service linked to Shannon Clinic.

With help from our professional Carer Advocates, we ultimately want you to feel more confident, resilient and empowered.

To connect with your local Carer Advocate please check our website [www.cause.org.uk](http://www.cause.org.uk) or call us on **028 90 650 650**.



### CAUSE Support Groups

It can be difficult to talk about your concerns with other people who may not understand or appreciate what you can encounter in supporting a loved one with mental illness. We facilitate a network of monthly support groups for families, partners and friends across NI.

CAUSE support groups provide you with the opportunity to meet with other people who have similar experiences to you in a safe space. Many carers value the support, learning and social interaction they get from meeting other carers in our groups.

To find out where your nearest CAUSE support group is, check our website [www.cause.org.uk](http://www.cause.org.uk) or call us on **028 90 650 650**.

### Training and Information Workshops

Increasing your knowledge about mental illness, services and learning how to deal with difficult situations are essential to keeping you well and supporting your loved one as best you can.

CAUSE offer a range of different workshops and training courses which address the specific needs of relatives, partners and friends caring for a loved one who has experienced mental illness.

For more information on courses / events / workshops run by CAUSE and others in different areas of NI, check our News & Policy web page at [www.cause.org.uk](http://www.cause.org.uk) or telephone CAUSE on **028 90 650 650**.

