



# Are you a Carer?

The Community Team offer a range of services to provide help, support and information.



# Are you a Carer?

**A carer is someone who provides unpaid support to family or friends. This could include caring for someone who is elderly, ill, physically disabled, has a learning difficulty or has problems with their mental health or substance misuse issues.**

The Community Team offer a range of services to provide help, support and information to carers throughout the borough of Gateshead. The team can help with Mental Health Carer Support, Community Outreach, Benefits and accessing short breaks for carers.

## Mental Health Carer Support Service

Providing a dedicated service for Mental Health carers throughout the borough of Gateshead

“Are you caring for someone with a mental health problem?”

“Do you need information and support to help you manage your caring role?”

Practical and emotional support for carers who care for a family member or friend who is affected by mental ill health. The support is tailor made to meet the carer's needs. This will enable the carer to have a life of their own and to feel like a valued member of the community.

# Community Outreach

Provides a service to carers throughout the borough of Gateshead to help in a number of ways including advocacy, housing and liaising with other agencies/professionals, access to services and some benefit support.

## Benefits

Support to access a range of benefits which are available to Carers and those they care for. Benefits include PIP, Attendance Allowance, Carers Allowance and DLA. Our Benefits Advice Worker is trained up to Appeal Tribunal level.

## How we can help:

- 1:1 emotional help and support
- Group meetings
- Drop-ins
- Signposting to other areas of help
- How to access educational and social opportunities
- Benefits
- Housing

Funded by Newcastle Gateshead Clinical Commissioning Group and Gateshead Council



# How to access the services?

- Self-referral
- GP Referral
- Social Services
- Community Mental Health Team
- Mental Health In-Patient Team
- Voluntary Sector
- PALS
- Involvement Worker



Contact us now on 01207 549 780  
or visit [www.carerstrusttw.org.uk](http://www.carerstrusttw.org.uk)

## Improving the lives of carers

### **Carers Trust Tyne & Wear Crossroads Carer Services**

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