Useful contacts

Glasgow Association for Mental Health (GAMH) provides individual and group support to mental health carers. This includes carers from BME communities and other excluded groups.

Head Office
Tel: 0141 552 5592
for details of your local service centre.

Support in Mind (Scotland)
provides group and individual support and counselling to mental health carers.
Charlie Reid Centre,
19 Elmbank Street,
Glasgow G2 4PB
Tel: 0141 248 9248

Carers Information and Support Line
Tel: 0141 353 6504
Can give contact details for general Carers Centres in your area.

Mental Welfare Commission for Scotland
Tel: 0131 313 8777
Service user and carer freephone: 0800 389 6809
Email: enquiries@mwcscot.org.uk

Mental Health Network (Greater Glasgow)
Tel: 0141 550 8417
Email: info@mhngg.org.uk

Bi-Polar Scotland
Tel: 0141 560 2050
Email: info@bipolarscotland.org.uk
www.bipolarscotland.org.uk

Further information

if you would like any further information about any aspects of the Mental Health Carer Development work in Glasgow please contact:

Rosemary Nicolson
Carers Development Worker – Mental Health
St. Andrews by the Green
33 Turnbull Street
Glasgow G1 5PR

Tel: 0141 552 5592
Fax: 0141 552 6625
Email: r.nicolson@gamh.org.uk

Leaflet developed 2011
This leaflet can be made available in alternative formats, including Braille, and other languages on request. Please contact our registered office as detailed above.

GAMH (Glasgow Association for Mental Health) is a company limited by guarantee registered in Scotland No.162089. GAMH is a charity registered in Scotland No.SC011684

Artwork included has been produced by carers in the "I'm here too" booklet of carers stories.

Working in partnership

gamh
Glasgow Association for Mental Health

NHS
Greater Glasgow and Clyde

Glasgow
CITY COUNCIL

support in mind scotland
action for people affected by mental illness

Mental health carers development work in Glasgow

Information for staff and carers

GLASGOW CARERS FORUM
MENTAL HEALTH

The role of the carers development worker mental health

The role of the Development Worker is to seek opportunities to raise awareness of the needs and issues affecting mental health carers. Work is carried out at a local, regional and national level to promote recovery focused practice and to develop carer services.

The Development Worker takes a key role organising events and activities, working in partnership and encouraging participation with carers, staff and other organisations.

A multi disciplinary steering group, including carers, oversees the work. This encourages participation, partnership working and information sharing.

How can the development worker help staff from health / social work / voluntary sector?

The role of the Development Worker involves networking with and informing staff, within acute and community services, about the importance of recognising carers as partners. This ensures that the valuable role of carers is acknowledged and respected.

The worker ensures that information is available for staff about support services for carers and how to access them.

The post is funded by Glasgow City Council. All aspects of the carers development work seeks to ensure equality of opportunity, accessibility and inclusion.

How can the development worker help you as a carer?

The Development Worker supports carers to be involved in activities which have an impact on both mental health services and wider carers' services.

This can be through supporting carers to become members of Glasgow Carers Forum – Mental Health or informing carers of support groups and carer services.

Carers can be involved in a variety of ways to influence Glasgow wide and national developments. Their voice can be heard through different local and national structures.

Carers have been able to tell their individual stories by being involved in the production of a DVD and booklets. This contributes to awareness raising and training opportunities for carers and staff.

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