

## Further information:

### Rethink Mental Illness

Rethink provides a range of services nationally for carers and those they care for. Its website provides a lot of information and advice on every aspect of being a carer. Its advice line on 0300 5000 927 is open Mondays to Fridays from 9.30am – 1.00pm.

[www.rethink.org](http://www.rethink.org)

### Carers Trust Cambridgeshire Peterborough Norfolk

The main generic local carer support agency

Phone: 01480 499090

Email: [hello@carerstrustcpn.org](mailto:hello@carerstrustcpn.org)

[www.carerstrustcpn.org](http://www.carerstrustcpn.org)

### Making Space

This service is based in St Neots and is contracted to provide support to mental health carers on behalf of Cambridgeshire County Council.

Call 01480 211006 in office hours.

### Urgent NHS Mental Health Care

In normal working hours contact your care co-ordinator if you have one.

Out of hours, phone 111 and press option 2

**June 2019**

**Leading the way to a better quality of life for everyone affected by severe mental illness.**

For further information  
Telephone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)



# Rethink Carer Support – Cambridgeshire & Peterborough

**For the families and friends of  
people with mental ill health**



Rethink Mental Illness is a partner in



Families and friends of people with mental ill health often need information, encouragement and the strength that comes from knowing you are not alone.

**We are run by carers for carers. We have a wealth of experience of supporting people with mental health problems and we know our way around the mental health system.**

Did you know that if you have someone in your family or a friend with a disability including mental ill health that relies on you for support, you have legal rights under the Care Act 2015?

Our role is to:

- Support you in a way that suits your circumstances so that you can carry on caring.
- Help you get the best for the person you care for from local agencies including Cambridgeshire and Peterborough NHS Foundation Trust.

We provide:

- Carer Support Groups in Cambridge and Peterborough with learning from each other and from guest speakers.
- Phone support on 07783 267013
- Email support at [CambridgeRethinkGroup@rethink.org](mailto:CambridgeRethinkGroup@rethink.org)
- One to one help such as informal advocacy.
- A newsletter three times per year.
- Information about other sources of assistance such as Making Space, Carers Trust and CPSL Mind.
- Information about your rights – whether under the Care Act, the Mental Health Act or confidentiality rules.
- A voice for carers – providing a reality check to planners and commissioners so that gaps in services can be addressed wherever possible.

**To find out more about support in Peterborough please contact Jennie Oliver on 07738 013163 or email [jennie.j.oliver@gmail.com](mailto:jennie.j.oliver@gmail.com)**

**We look forward to hearing from you!**