



## **Supporting yourself while caring for someone**

Learn how to manage your own wellbeing while caring for someone else. Get information and tips on looking after your mental health and finding support.

If you require this information in Word document format for compatibility with screen readers, please email: [publications@mind.org.uk](mailto:publications@mind.org.uk).

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**Note:** throughout this resource, we use the words 'they' and 'them' to refer to the person you are supporting.

On this page we introduce what it means to be a carer, as well as:

- [Caring and the benefits system](#)
- [What you might do when caring for someone else](#)
- [Caring for someone with a mental health problem](#)

## What is caring for someone else?

Supporting someone else is sometimes called caring. You are a carer if you provide unpaid support and care for someone who has an illness, disability, mental health problem or addiction.

Even if you spend a lot of time supporting someone else, you might not consider yourself as a carer. You might feel like you do not count as a carer because:

- you think it's your responsibility to care for your relative or friend
- you are providing support other than physical and practical support
- you think the role of carer is defined by social services, and carers provided by them.

Being someone's carer may only describe part of your relationship with them. You could be their parent, partner, sibling, child, grandchild, friend or other relative. This relationship can be just as, or more, important to you. You may also have other caring roles, for example taking care of your children.

**"As I was adjusting to caring for my cousin, I was also caring for my elderly parents, both of whom had serious health problems."**

Caring can bring many positives and rewards. However, supporting others can be mentally and physically exhausting. The time you spend caring can vary too. Some people look after someone for a short time, others find themselves caring for someone

in the long term.

## **Caring and the benefits system**

The benefits system in England and Wales can seem complex. However, understanding if you can access benefits could help you as a carer.

The Carer's Allowance is a specific welfare benefit for carers, in addition to any benefits you usually claim. The benefits system defines you as a carer if you meet certain criteria, listed here on [Carers UK](#).

Even if you don't meet this criteria, you may have needs for additional support. And your local council authority may still consider you to be a carer. See our legal page on [carers' social care rights](#) for more information.

Since the Covid-19 pandemic, there have been changes to benefits, assessments and support. [Carers UK's A-Z of changes](#) offers more information on this.

## **What you might do when caring for someone else**

Caring can mean a range of things. It may depend on whether you're caring for someone with a physical or mental health problem. It might also depend on whether it's a short-term or lifelong condition.

Being patient and giving support can feel like part of the normal give and take of any relationship. But sometimes you might find that you spend a lot more time and effort helping someone else.

You may provide a range of support such as:

- giving emotional support
- helping someone cope with or seek help for a mental health problem

- cooking and cleaning
- providing personal care like washing and going to the toilet
- budgeting and looking after finances
- supporting them to live alongside other people in your household
- helping others understand the needs of the person you are caring for
- giving medicine or providing medical care
- checking they are safe
- going to appointments with them and [advocating](#) on their behalf – this means helping them express their views and wishes.

Sometimes the person you care for may find it difficult to accept they need support from you. They may push you away or say things that upset you. This can make things feel extra hard.

For more information, see our page on [helping someone else seek help](#).

## **Caring for someone with a mental health problem**

If you look after someone with a mental health problem, you might be unsure whether what you do 'counts' as caring, or it's just part of day-to-day life. While some people think of caring as only physical tasks, giving emotional support is a big part of it.

For more information, see our page on [supporting someone with a mental health problem](#).

**"I always thought a carer was someone who carried out the physical activities necessary. It hadn't occurred to me that while I helped him with the day-to-day things he found overwhelming, I also was mentally his carer too."**

## Your mental health as a carer

It can help to understand common challenges that many unpaid carers encounter, as this might make you feel less alone. We explain some feelings you might experience while caring for someone, and how these can impact your mental health.

On this page:

- [Positive experiences of caring for someone](#)
- [Difficult feelings and your mental health](#)

### Positive experiences of caring for someone

It can be a very positive and rewarding experience to know you are helping someone else.

Some carers feel they've learnt more about their own strengths, or have helped others understand their condition, problem or disability. You might feel a sense of satisfaction from making a real difference to the life of the person you care for.

Through your experience of supporting someone else, you may feel:

- more confident in dealing with other people
- more understanding of others with problems
- closer to friends and family.

**"It isn't easy. There are times when it is desperate, exhausting and miserable. But overall I think we're stronger, more honest and more resilient as a couple."**

## Difficult feelings and your mental health

Supporting someone else can affect your mental health and make it harder to stay well. Although you may truly want to care for them, you may also find it difficult and upsetting.

If you're struggling with your own mental health and caring for a young person, see our information on [parenting with a mental health problem](#).

When caring for someone else, you might experience challenges and difficult feelings such as:

- **Stress and worry.** If you spend a lot of time thinking about their health and what will happen in the future, it may feel hard for you to switch off. Over a long time, worry and stress can cause mental health problems. It can also make existing problems worse. For more information, see our pages on [stress](#).
- **Anxiety.** Many carers say that they feel a constant anxiety about the person they care for. If your feelings of anxiety are strong or last for a very long time, they can become overwhelming. They may impact your ability to live your life as fully as you want to. For more information, see our pages on [anxiety](#).

**"I got no support and I didn't really know that there was anywhere or anyone I could turn to. It had a huge impact on my mental health. I developed obsessive-compulsive disorder (OCD), anxiety and depression."**

- **Isolation and loneliness.** You might have less time to socialise or pursue hobbies and interests. If you've given up work, you may not see the people you used to and you might not feel as close to the person you look after. It can feel hard to ask for help or to let people know you are a carer and why. Your life can sometimes feel very different and it can seem like others don't understand. Over time, you might start to feel lonely. Social isolation can lead to mental health problems like depression. For more information, see our pages on [loneliness](#).

- **Less time for yourself.** You probably have less time to look after yourself, for example to be physically active, eat healthy food and relax. You may feel as though your health doesn't take priority, or you don't have time to get the help you need. For ideas you can try with limited free time, see our pages on [relaxation techniques](#).

**"The hardest thing for me is I can never forget I am a carer. Even if I get some 'me time', first I have to organise alternative care and if I can't get it, I have to cancel what I wanted to do."**

- **Money worries.** You may have to pay for extra care, medical or travel costs. This can put a strain on your finances, especially if you're not getting enough [financial support or benefits](#). You may have to cut down on work, or juggle work and caring, which can be difficult. For more information, see our pages on [money and mental health](#).
- **Lack of sleep.** If you support someone who needs help at night – or you're very worried and stressed – you may not get as much sleep as you need. Not getting enough sleep can impact your mental health. For more information, see our pages on [sleep and mental health](#).
- **Guilt, frustration and anger.** You may feel frustrated if you've given up parts of your own life, or feel you have no choice about the situation. You might end up directing this anger at family or the person you care for, which could make you feel guilty. For more information, see our pages on [anger](#).

**"The biggest thing for me is making time for myself, it is very easy to feel guilty about making time, and very difficult to do on a practical level."**

- **Low self-esteem.** Looking after someone else can have a big impact on your self-esteem. You might feel that you should focus all your time on them. You might lose confidence in yourself and your abilities to do anything except supporting someone else. If you have given up work, you may feel that you have lost an important part of yourself. For more information, see our pages on [self-esteem](#).

- **Depression.** You may find that the challenges you face when looking after someone else can make you feel low or depressed. You might develop unhelpful coping strategies to deal with difficult feelings. For example [using drugs or alcohol](#), or [eating more or less](#) than you need to. If you feel very frustrated or hopeless, you may have thoughts of [harming yourself](#) or [ending your life](#). For more information, see our pages on [depression](#).

If you feel unable to keep yourself safe, it's a mental health emergency.

[Get emergency advice](#)

### **Coping as a carer - Bryony's story**

In this podcast, Bryony talks about what it's like caring for her mother while living with bipolar.

[Listen to the podcast](#)

Read the [transcript of the podcast](#), or find out more about [Mind podcasts](#).



## Caring for someone with a mental health problem

You might be caring for someone with a physical health problem, a mental health problem, or both. For mental health problems, you may face slightly different or additional challenges.

This page lists some of these, along with advice and suggestions that have helped other people.

If you need practical information on organisations that can support you, see our page on [support for carers](#).

We have further information and support for people who [care for a young person with mental health problems](#).

You might have difficult thoughts like:

- [You don't really see yourself as a carer](#)
- [You don't think you help much](#)
- [You don't understand what they are going through](#)

You might have concerns, such as feeling:

- [Worried you're doing the wrong thing](#)
- [Worried about their safety](#)
- [Worried about what other people think](#)

You might experience challenges like:

- [Your relationship is changing](#)
- [They won't get help](#)
- [They push you away or say upsetting things](#)

- [It's hard to get them the help they need](#)

**"Caring for someone with a mental health condition is hard. The invisibility of the illness can make it feel like you're not a 'real' carer. Trust me: you are. And you're making a huge difference to someone's life."**

## **You don't really see yourself as a carer**

If you don't do many physical caring tasks, you may not really see yourself as a carer. But there are lots of other ways you might support someone. For example, you might:

- provide emotional support
- help them to manage day-to-day tasks
- support them in challenging times
- advocate for them (see our pages about [advocacy](#))
- encourage and support them to seek help
- make phone calls for them
- encourage them to feel confident in making decisions
- be there for them during treatment.

You may find that other people, such as family and friends, don't see you as a carer either. It may help to show them this information.

## **Caring for my husband with bipolar**

"I wanted to let others know that caring is lonely and exhausting but that help is there."

[Read Kate's story](#)

## **You don't think you help much**

You may feel frustrated that you can't make someone feel better, or as if you're not 'enough' to make them happy. But like physical health conditions, mental health problems can affect anyone. No one can prevent someone else from having a mental health problem.

You're probably helping a lot more than you think. If possible, try talking to them about how you help already. Try to build up a clear idea about what you can do. Accept parts that you can't do alone or things that you cannot change. Understanding what's possible and being aware of your limits might make you feel less helpless.

## **You don't understand what they are going through**

If you haven't experienced a mental health problem, it can be difficult to understand what it's like. Ask them to try and explain – but remember it isn't always easy to describe. You could both look at our [mental health information](#), [blogs](#) and [short videos](#). These resources might help them find something that puts it into the right words.

Learning about a mental health problem and hearing from other people might be useful for you. It can help you understand what the person is experiencing and how you can help.

## **How I came to understand my girlfriend's depression**

"I had no idea that it could be a recurring illness – a lifetime struggle."

[Read George's story](#)

## **Worried you're doing the wrong thing**

It's hard to know how much care to give or what to do for the best. You may worry that they're becoming too dependent on you. Or you might feel that things you do aren't helpful in the long term.

Some people won't feel willing or able to tell you when their mood has changed and what they need. This can make it really hard for you. It's understandable if you sometimes get things wrong. Over time, you might be able to interpret their feelings and needs from their expressions and behaviour.

They might not always be able to explain what would help in the moment. Some people find it helpful to set up little systems for communicating. For example you could talk

about colours as different needs:

- Blue – I love you but I need to be alone.
- Amber – I can't talk but I do need company.
- Red – I'm feeling angry and irritable but it's not because of you.
- Black – I'm feeling vulnerable today.

When someone is unwell, it can sometimes be easier to say 'I'm feeling amber' than to find the words. Different things work for different people – try to find something that suits you both.

Our resources on mental health problems each contain a section for [friends and family](#), which you might find useful. You might also find it helpful to seek out [online mental health support](#). Online support comes from people who have mental health problems, or support others. You could join Mind's community [Side by Side](#).

## **Worried about their safety**

You might feel worried that they may harm themselves or others. We have detailed information on [helping someone who is self-harming](#) and [what you can do in an emergency](#).

It can be very emotionally draining to be worried about the safety of someone you love. It's important to make sure you support yourself too. Our pages on [self-care](#) and [support for carers](#) list some ideas you can try.

## **Worried about what other people think**

You might be worried about how other people will treat them – or how they will treat you as a carer.

[Stigma](#) and misunderstanding can be upsetting. Especially coming from friends or family, colleagues or healthcare professionals. It can make mental health problems feel difficult

to talk about. But it's important to remember you are not alone.

If you're worried about what others think, you could try the following:

- **Talk about your experience by sharing your story.** This can help improve people's understanding and change their attitudes. Find out more about [writing a blog for Mind](#).
- **Take action by campaigning with Mind.** For details of different ways you can get involved with helping us challenge stigma, see [our campaigns](#).
- **Show people Mind's information.** This can help them understand more about mental health. You can show them the website or save information as a [PDF to print out](#). Some of our information is [available in print format](#).

**"I just want other carers out there to know they are not alone. Take all the support you can, read the articles on Mind and understand what you, your family and your loved one are dealing with."**

## **Your relationship is changing**

Mental health problems can affect moods, emotions and behaviours. You may feel as if their personality is changing and they're not the person they used to be. This can affect your relationship. Your relationship might feel unbalanced, or like you only do 'caring' things together.

It can help to try and see the mental health problem as something separate from you both. Try to think of it as an external challenge to deal with together. Have a look at our section on the [positive side of caring for someone](#).

## **Managing mental health in a relationship**

"We've set ourselves up as a team, dealing with it together."

[Read Clare's story](#)

## They won't get help

They may need support but can't or won't reach out for help. Or they may refuse to accept any help you offer. It's understandable for you to feel frustrated, distressed and powerless if so.

Sometimes you might be able to recognise signs they are becoming unwell. You could try and prepare for this by making a list of signs together while they are well. This can make things easier to talk about when you do notice things changing. You may need to decide together how they want you to help if they become unwell again.

It's important to acknowledge that there are always limits to the support you can offer. Our page on [helping someone seek help](#) explains more about what you can and cannot do.

## Can you make someone get help with their mental health?

Lucy from Mind answers one of the hardest questions we get on our helpline – can you make someone get help?

[Watch the video](#)

### **Caring and confidentiality**

You may feel as if you have the right to know more about their treatment. Not knowing may make you feel excluded or unable to help. The Rethink charity offers useful advice on [confidentiality and information sharing](#).

You might also need to consider who is responsible for future arrangements. For details, see our legal information on [care planning after leaving hospital](#) and [rights of the nearest relative](#).

## They push you away or say upsetting things

You might find that they say or do upsetting things sometimes, such as when they're unwell. People tend to take difficult feelings out on those closest to them. They may:

- push you away but get upset if you leave
- find it harder to be patient or get angry more easily
- feel convinced that you are somehow a threat to them, an experience of [paranoia](#).

It's understandable that you might feel upset and hurt. Try to:

- remember that they are dealing with difficult moods, emotions or experiences
- take some time out if you are finding things too difficult
- talk to friends, family or [other carers for support](#).

**Your mental health is important too.** You need to decide how much support you can offer and when to put your own needs first.

### Coping as a carer

Watch Chloe, Ally and Kate talk about what it's like to care for someone with a mental health problem and how they look after themselves.

[Watch the video](#)

## It's hard to get them the help they need

The mental health system is complicated. It can sometimes be difficult to access the services we need. You may find yourself having to fight for the right support for them.

Our information on [supporting someone else to seek help](#) may be useful. You may also find it helpful to have a look at our information on [advocacy](#).

**"While I helped him with the day-to-day things he found overwhelming, I also was mentally his carer too. I was combating his negativity every day,**

**trying to cajole him into keeping going."**

## **Looking after a young person with a mental health problem**

Looking after a young person with a mental health problem can create additional strains and worries. You may:

- blame yourself for the way they are feeling
- feel helpless and frustrated that you can't help them feel better
- bear the brunt of their emotions and anger.

It's common to think that as a parent you should be able to cope. But you don't need to do this on your own and help is available. Talk to people around you and ask for their help. If you don't have family, friends or a community you can turn to for support, there are other options:

- Carers UK offer a tool to find out what [help is available in your area](#).
- We have a hub of [information for young people aged 11-18](#), and [information for parents](#), which may help you to support your young person.
- YoungMinds has information for [parents who are worried about their child](#), and a [Parents Helpline](#) you can contact for free, confidential advice.



## How to look after yourself as a carer

When you spend a lot of your time focusing on someone else, you may feel as if you have no time for yourself. But looking after your own wellbeing is important for you and for them.

We have listed some self-care ideas that others have said they find helpful. Even trying one small thing might help you feel more able to cope.

On this page:

- [Share how you feel](#)
- [Try to be realistic](#)
- [Find ways to stay organised](#)
- [Support their independence](#)
- [Find positives in your relationship](#)
- [Take a break and make time for yourself](#)
- [Look after your physical health](#)

For general tips about managing your mental health, see our page on [how to improve your wellbeing](#).

### **What to do if you cannot cope**

Sometimes the pressure of caring for someone else can build up until it feels like you can no longer cope. This is completely understandable, but may be a sign that you need to try and look after yourself. If you are feeling desperate and in crisis, you won't be able to keep supporting someone else.

Try and take a small break. If that's impossible, have a moment to yourself and take some long deep breaths. Knowing that things will get easier in the future can help you feel a little calmer.

If you need help or advice for yourself now:

- You can talk to the [Samaritans](#) 24 hours a day on [116 123](#). To speak in Welsh, call [0808 164 0123](#). They are there to listen and to help you find a way through.
- Call the Carers UK helpline from Monday to Friday, 9am – 6pm on [0808 808 7777](#). And use the [Carers UK local support search](#) – a tool for finding support in the area you live.
- Have a look at our info on [organisations who can help you](#) and think about who you could contact for support. It might help to make a note of your next steps so you feel more in control.

## Share how you feel

It's important to have someone to talk to, especially if you're struggling to cope. You could:

- share your feelings with someone you trust, such as a family member, friend or neighbour
- join a [support group for carers](#)
- contact the [Carers UK helpline](#)
- talk to others on the [Carers UK forum](#)
- talk to someone through [online mental health tools](#).

Not all of these options may feel right for you. Or you might feel like you have nobody to share your feelings with. If you are feeling isolated or alone, our pages on [coping with loneliness](#) offer more information.

**"Try to find someone you can be honest with about your feelings, without judgement."**

## **Try to be realistic**

If you take too much on, you may feel as if you never achieve anything. Try to get a clear idea about what you can do. By accepting the things that you can't change or do alone, you may feel more able to cope. You could try identifying and writing down:

- a list of all the support needs of the person you are caring for
- what you can do and what you'll need help with
- how you'll know when you need a break.

**"Respite is possible – and necessary. You can't give your all as a carer – you just can't. You have to save a bit of yourself just for you."**

## **Find ways to stay organised**

Staying organised can help you feel more in control. You could keep a schedule or planner of your daily routine. Make sure that you keep all important information and medication in one place. But don't be hard on yourself if you get muddled or things get lost. You've got a lot to think about.

If you feel comfortable using technology and have access to a smartphone, you can stay organised digitally. Find out more about carer-specific technology, apps and online services on [Carers UK](#).

It may also help to tell someone else where the information is and what to do if you become unwell. This could be a friend, family member or paid worker.

## **Support their independence**

It's important to help them have some control over their care. You may find this means taking a step back or supporting decisions that are not what you would do. But it may also mean that you can find a balance in your relationship, and perhaps a little more time for yourself.

Work with them to find out:

- how they can help themselves
- what support they need from you
- whether there are times that they can cope on their own.

**"After I passed my driving test, I encouraged Mum to take lessons. I knew Mum had driven a car before she became so ill and liked it. It was the best thing she ever did, it gave her some independence."**

## **Find positives in your relationship**

Looking after someone can change your relationship with them. Sometimes you may feel close and connected. But at other times you may feel angry and irritated. It can help to talk openly and honestly to find ways of coping together.

You could try to:

- consider yourself as their friend, partner or family member first and foremost
- talk together about how to strengthen positive parts of your relationship
- find common interests or hobbies to do together as well as day-to-day responsibilities.

## **Take a break and make time for yourself**

Try and take a break, especially if you're worried about your own mental health. You may not be able to take a break whenever you need one, but it's important to have some time that's yours.

You may need an hour or two to clear your head, or a day to help you feel more rested. You could go out, have a nap or turn your phone off for an agreed period of time. Try to make time for things you enjoy.

**"I love running and being able to get out for half an hour each evening allowed me to clear my head and relax."**

If possible, try and plan regular breaks into your routine. This can allow you to:

- make plans in advance
- give you something to look forward to
- make sure the person you look after knows what to expect.

The Carers Trust has more information about how you can get help to [take a break](#). Sometimes you may need a longer break, especially if you're worried that you're becoming unwell. See our pages on [holidays and respite care](#) for more information.

### **Caring for the carers**

"At my lowest, an hour crocheting or playing around with my paints has grounded me and brought me relaxation and calm."

[Read Maggie's story](#)

### **Look after your physical health**

It's important to try and make time to look after your physical health as best you can.

- Try and eat as healthily as you can and do some kind of regular physical activity. See our pages on [food and mood](#) and [physical activity](#) for ideas you can fit into a busy daily routine.
- Try to get enough sleep, as a lack of sleep can make it harder to cope with everyday challenges. It can also make stress and depression worse. For more information, see our pages on [sleep and mental health](#).
- Use relaxation techniques, as these can help your mind and body feel more rested. You need just a few minutes a day to do most of these exercises. For more information, see our pages on [relaxation](#).

**"I have come up with my own saying, which is 'you have to make your own normal'. Your life changes so much as a carer and you have to make a new**

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**life for yourself. You do not want to feel excluded from life, so you make your own normal."**

## Where to find support for carers

Seeking help is often the first step towards getting well and staying well. But sometimes it can be hard to know how to start or where you can turn to.

It's common to feel unsure, and to wonder whether you should try to handle things on your own. However, there are organisations who could help make things easier and offer you extra support.

On this page:

- [Support for your own mental health](#)
- [Practical help for carers](#)
- [Local and peer support for carers](#)
- [Support for young carers](#)

## Support for your own mental health

- **Your GP.** It's always ok to seek help, even if you are not experiencing a specific mental health problem. For more information, see our page about [talking to your GP](#). It explains how your GP can help and what might happen in an appointment.
- **Talking treatments.** Treatments such as counselling give you time to explore your worries and difficult feelings with a professional. You can talk about how looking after someone else affects you, without having to feel guilty for expressing your frustrations or difficulties. For more information, see our page on [talking treatments](#).
- **Mental health helplines and listening services.** Helplines are staffed by trained people ready to listen. They won't judge you, and could help you make sense of what you're feeling. We have a list of contacts and more information on our page about [helplines](#).

**"I looked after my friend who was suicidal for weeks, not knowing what to do to help. When I was finally at the end of my tether, I called Samaritans. I didn't realise they were able to help me too. After a relatively short**

**phone call I was pointed in the right direction to get help for my friend and also for me."**

For information about getting help for specific mental health problems, see our [mental health A-Z](#).

## **Practical help for carers**

- **Social care support.** Social services may be able to provide support for you and the person you look after. The kind of support you are offered will depend on their needs and your own. This will be decided through a carer's assessment. For more information, see our legal page on [adult carers' social care rights](#). Find more details about the [carer's assessment from Carers UK](#), for both adult and [young carers](#).
- **Financial support.** You may be able to get some money to help you, such as the [carer's allowance](#) and/or Universal Credit. The person that you care for may also be entitled to some benefits. Applying for benefits and financial support can be complicated. The charity [Turn2us](#) offer advice and a benefits calculator to check what you might be eligible for. Another useful service which can help you understand benefits is [Citizens Advice](#).
- **Respite care.** You may be entitled to support to help you have a break. A carer's assessment should include information about respite care. Some charities also help provide [respite care holidays](#).

**"I cared for my husband for many years with no support. I wish I'd known there was help and how to access it sooner. I would also have looked after my own wellbeing as a priority and maintained my friendships and family relationships."**

- **Technology.** Some technologies and apps help make it easier to look after someone else. Carers UK has information on [technologies for carers](#) and how they could help you, such as [Jointly](#) – an app to make caring easier to organise and manage. They also offer a [Digital Resource for Carers](#).



- **Support at work.** If you are finding it hard to balance caring with paid employment, you have a right to ask your employer about flexible working arrangements. But to make this request you need to have worked for the same employer for at least 26 weeks. Your flexible working request could involve going part time, changing your work pattern or job sharing. You are also entitled to reasonable time off work to deal with emergencies. Carers UK has more information about [your rights at work](#).

**"My work was incredibly supportive when I told them. I'm fortunate in that much of my job is flexible. Although I didn't need to use them, there are employment rights for carers."**

## **Local and peer support for carers**

- **Online forums and communities.** Meeting people who have shared similar experiences can help. You can chat to people on [Mind's Side by Side](#) and the [Carers UK forum](#).
- **Peer support groups for carers.** Some charities run face-to-face or online video support groups. Rethink have a tool for carers of people with mental health problems to [search support groups in your area](#).
- **Local support services.** On the Carers UK website, you can use their [local service finder](#) to search with your postcode. Most areas are covered by Carers Trust Network Partners. If you support someone in your family, you might also be able to get support through the [Family Lives local services](#).

For more general information, see our pages about [peer support](#).

For details of support from charities and public services, see our page of [useful contacts for looking after yourself as a carer](#).

**"I just want other carers out there to know they are not alone. Take all the support you can, read the articles on Mind and understand what you, your**

**family and your loved one are dealing with."**

## **Support for young carers**

Lots of young people care for someone else in their family. It can be a tiring and difficult job, especially when you have to fit it in around school or work.

There is support available to help make things a bit easier for you:

- The [NHS help for young carers guide](#) offers information and advice.
- The Children's Society offers information, advice and a [local service finder for young carers](#). They also have [information on your rights](#).
- If you need to talk to someone, you can phone [The Mix](#) on [0808 808 4994](tel:0808 808 4994) or use their [live chat](#).
- You might also find it useful to visit our mental health [information hub for children and young people](#).
- See our list of [useful contacts for children and young people](#).

## Useful contacts for carers

On this page:

- [General support](#)
- [For all carers](#)
- [For young carers](#)

### Mind's services

- [Mind's helplines](#) provide information and support by phone and email.
- [Local Minds](#) offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.
- [Side by Side](#) is our supportive online community for anyone experiencing a mental health problem.

## Organisations for general support

### Citizens Advice

[0800 144 8848](tel:08001448848) (England Adviceline)

[0800 702 2020](tel:08007022020) (Wales Adviceline)

[0800 144 8884](tel:08001448884) (Relay UK, textphone)

[citizensadvice.org.uk](https://citizensadvice.org.uk)

Free, confidential information and advice on your rights, including money, housing, legal and other problems.

### Money Advice Service

[0800 138 7777](tel:08001387777)

[moneyadviceservice.org.uk](https://moneyadviceservice.org.uk)

Provides free and impartial money advice.

### Rethink Mental Illness

[0300 5000 927](tel:03005000927)

[rethink.org](https://rethink.org)

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Provides support and information for anyone affected by mental health problems, including local support groups.

## **Samaritans**

[116 123](tel:116123) (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

Chris, Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA

[samaritans.org](http://samaritans.org)

Samaritans are open 24/7 for anyone who needs to talk. You can [visit some Samaritans branches in person](#). Samaritans also have a Welsh Language Line on [0808 164 0123](tel:08081640123) (7pm–11pm every day).

## **Time to Change**

[time-to-change.org.uk](http://time-to-change.org.uk) (England)

[timetochangewales.org.uk](http://timetochangewales.org.uk) (Wales)

National campaign to end stigma and discrimination against people with mental health problems in England and Wales. The campaign for England ended in 2021, but its resources are still available online.

## **Turn2Us**

[turn2us.org.uk](http://turn2us.org.uk)

Helps people in financial difficulty to access benefits, grants and support services.

## **Support for all carers**

### **Carers Trust**

[carers.org](http://carers.org)

Information and support for people caring for someone else.

## **Carers UK**

[0808 808 7777](tel:08088087777)

[029 2081 1370](tel:02920811370) (Carers Wales)

[advice@carersuk.org](mailto:advice@carersuk.org)

[carersuk.org](http://carersuk.org)

Advice and support for anyone who provides care.

## **NHS – Social care and support guide**

[0300 123 1053](tel:03001231053) (Carers Direct helpline)

[nhs.uk/conditions/social-care-and-support-guide](https://nhs.uk/conditions/social-care-and-support-guide)

Information for people who have care and support needs, and their carers. Includes practical tips, plus guidance about benefits and services. Offers a helpline and [email help form](#) for carers.

## **Support for young carers**

### **Boloh**

[0800 151 2605](tel:08001512605)

[helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)

A helpline and webchat for Black, Asian and Minority Ethnic children, young people, parents or carers affected by the pandemic. Offers emotional support and practical advice.

### **The Children's Society**

[childrenssociety.org.uk](https://childrenssociety.org.uk)

Information and resources for children and young people experiencing abuse, poverty, mental health issues and criminal exploitation. Also supports young carers, refugees and migrants.

### **The Mix**

[0808 808 4994](tel:08088084994)

[85258](tel:85258) (crisis messenger service, text THEMIX)

[themix.org.uk](https://themix.org.uk)

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Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

## **YoungMinds**

[0808 802 5544](tel:08088025544) (Parents Helpline)

[85258](tel:85258) (Crisis Messenger for young people – text the letters YM)

[youngminds.org.uk](https://www.youngminds.org.uk)

Committed to improving the mental health of babies, children and young people, including support for parents and carers.

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To be revised in 2024.

References are available on request.