

Are you caring for a young person with a mental health issue?

'Hope for Carers' is a self-help group offering mutual support and encouragement to parents and carers who look after young people with mental health issues such as self harming, eating disorders, autism, personality disorders, etc.

The enormous pressure and stress of caring for a young person with a mental illness is often overlooked as all the focus of the professionals tends to be, quite understandably, on the young person affected.

'Hope for Carers' is entirely focused on the wellbeing of the parents and carers as they navigate the very difficult path of supporting and caring for their loved one. Each parent's situation is unique to them but there are often similar stresses, anxieties and emotions experienced even if the circumstances are different. The purpose of 'Hope for Carers' is as follows:

- Give hope to parents that things can improve in the future
- An opportunity to (confidentially) share experiences with other parents in similar situations
- Learn practical ways of handling the enormous stresses and anxieties - which can otherwise lead to both physical and emotional illness of the parent / carer

Hope For Carers meets once a month on the last Tuesday of the month* at 11-1pm

31 October

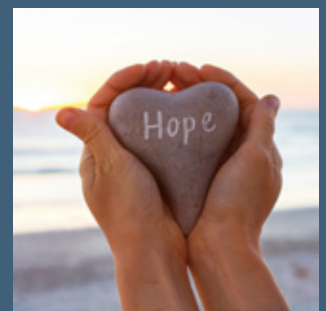
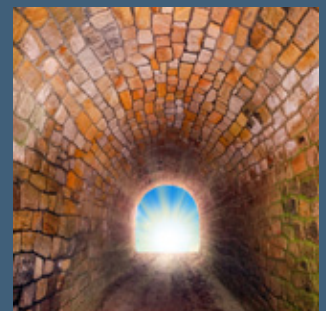
28 November

30 January

27 February

27 March

*except December



'Hope for Carers' meets monthly at:

'The Safe', 18 Winchester Street, Basingstoke, RG21 7DY.

Email: enquiries@the-safe.org.uk Phone: 07973 738861



The Safe

A place to be family