



RENFREWSHIRE CARERS CENTRE
A Lifeline for Carers in Renfrewshire

Mental Health Information Booklet for Carers



In collaboration with:

RAMH 
recovery across mental health

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Introduction from the Manager of Renfrewshire Carers Centre and the CEO of RAMH

Welcome to the Renfrewshire Carers Centre Mental Health booklet.

Caring for someone with a mental health issue can be a demanding, intense and at times stressful journey but it can also be fulfilling and rewarding. Carers talk about feelings of fear, guilt and helplessness. It will be a journey with many ups and downs and being well prepared and understanding what support is available can assist in your caring journey.

Seeking help can be difficult, however there are many resources available to make life easier including a peer support group to share your experiences, learn from one another and laugh together. It is also vitally important that you look after your own wellbeing. Our information pack offers guidance on the various types of support you can access. Please get in touch if we can assist you in any way.



Diane Goodman
Manager
Renfrewshire Carers Centre

We at RAMH – Recovery Across Mental Health, were delighted to work with the Carers Centre to bring this invaluable resource together. As you may know, Renfrewshire Carers Centre is a one stop shop for unpaid Carers, set up by Carers for Carers. RAMH is a Renfrewshire based service that provides wealth of supports to improve people's mental well-being and resilience.

One in every four people in Scotland are affected by poor mental health. Not only does this have a profound impact on the person themselves, it also impacts on the people closest to them. It seems only fitting, therefore, that RAMH and the Carers Centre should be working together to bring you this informative booklet.

We know the stigma that surrounds having poor mental health often prevents people seeking help when they need it most. Anything designed to improve early access to information and resources can only be a good thing.



Peter Jung
CEO
RAMH – Recovery Across Mental Health

Help in a Crisis

A mental health crisis is when someone feels overwhelmed or stressed to the point, they become unable to cope, and may pose a danger to themselves or others, needing urgent help.

RAMH FIRST Crisis

FIRST Crisis is RAMH's out of hours crisis service which provides short-term support to anyone in Renfrewshire aged 16 or over who is experiencing a crisis in their mental health.

The service is available 7 days a week, 365 days a year, Monday-Friday 9am-8pm and Saturday-Sunday 9am-5pm.

Tel: freephone 0800 221 8929 (or standard rate 0141 848 9090)

Website: www.ramh.org

Email: enquiries@ramh.org

Breathing Space

Breathing Space is a free, confidential phone line and web-based service for people in Scotland who are experiencing low mood, anxiety, or depression. The Breathing Space phone line is staffed by a team of trained specialist advisors who come from a range of mental health, counselling, and social work backgrounds. Breathing Space advisors listen and offer advice and can signpost callers to agencies in their local area that can help with more specific problems.

Tel: 0800 83 85 87

Website: www.breathingspace.scot

Email: info@breathingspacescotland.co.uk

Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Volunteers offer support by responding to phone calls, emails, and letters. Alternatively, people can drop in to a branch to have a face-to-face meeting.

Tel: 116 123 (Free from any phone)

Email: jo@samaritans.org

Website: www.samaritans.org

NHS 24

If you are feeling ill now, please contact your GP. If you are ill when your doctor's surgery is closed, and you feel it cannot wait until it re-opens, call NHS24 on 111. Calls are charged at local rate. Their website provides comprehensive up-to-date health information and self-care advice for people in Scotland.

Tel: 111

Website: www.nhs24.scot

SHOUT

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

Text: SHOUT to 85258

Website: www.giveusashout.org

Your Rights as a Carer

The Carers Act includes important rights which aim to increase support for both Adult and Young Carers to enable you to continue to care, if you wish to do so, in better health and to have a life alongside caring.

The key rights in the act include:

- Adult Carers have the right to an Adult Carer Support Plan.
- Young Carers have the right to a Young Carer Statement.
- Carers have the right to support to meet any 'eligible needs'.
- Carers have the right to be involved in Carer services.
- Carers have the right to be involved in hospital discharges of the person they care for.
- The Carers' Charter summaries the key provisions within the Act:
<https://www.gov.scot/publications/carers-charter/>

Adult Carer Support Plan and Young Carer Statement

If you care for someone, you can have an assessment to see what might help make your life easier. This is called an Adult Carers Support Plan (ACSP) if you are aged 18 or over and a Young Carer Statement (YCS) for people under 18. An ACSP/YCS might recommend things like:

Training and Support available

At the Renfrewshire Carers Centre, we offer training relevant to your caring role or to your own health, wellbeing, and development. We can also put you in touch with local support groups so you have people to talk to. An ACSP/YCS is free, and Carers have a right to one.

Find out more about Renfrewshire Carers Centre's Adult Carers Support Plans and Young Carers Statements and how to get one:

<https://renfrewshirecarers.org.uk/adult-carers-support-plans/>

Local Services

Adult Community Mental Health Team

This service is provided by health and social care workers offering treatment, care, information, advice and support for you and your Carer. Our team has a range of professionals with a variety of expertise and includes a psychiatrist, psychologists and cognitive behavioural therapists, community psychiatric nurses, occupational therapists, social workers, community development workers, support workers and administrative staff.

Referrals to our service will come from your GP or another health or social care professional. We usually receive referrals from your GP or another health or social care professional. Once we've received your referral, our team will carefully assess your health needs and decide where and how we can best support you. This could mean that we move your care back to your GP, with a recommendation for the primary care approach that would best support your recovery.

Alternatively, you may stay with our service for assessment and/or brief interventions to help you on your road to recovery.

You may also stay with our service for longer-term support and care, which will be regularly reviewed by the multidisciplinary team.

<https://www.renfrewshire.hsc.scot/article/5184/Adult-Community-Mental-Health-Team>

Doing Well Renfrewshire Primary Care Mental Health Team (PCMHT)

This team deliver shorter interventions using a cognitive behavioural therapy (CBT) model of treatment. The team is made up of a range of professionals including psychiatrists, a psychologist, primary care liaison workers and administrative staff.

First contact is usually a telephone assessment or one-to-one appointment, followed by six to eight 45-minute sessions using self-help materials, information, education and self-awareness to help understand difficulties and, in turn, to develop ways to cope.

Referrals to the service come from GPs or other health professionals, social care professional, or by self-referral.

<https://www.renfrewshire.hsc.scot/article/5072/Primary-Care-Mental-Health-Team>

Child & Adolescent Mental Health Service (CAMHS)

Renfrewshire Child and Adolescent Mental Health Services (CAMHS) is provided by a multidisciplinary team. This means that the team is made up of different professionals who have different training.

CAMHS professionals work with children, young people and families to support those struggling with moderate to severe mental health difficulties. CAMHS is part of a wider system to help and support children and young people's mental health. The system includes the child or young person's family, school, other health services and wider community.

If you need to talk to someone at CAMHS, you can ask for help through a referral. This can come from your school, doctor, someone who helps families (like a social worker), or another health expert. It's important to tell the person referring you everything you can so they know how to help you. If you're 12 or older, it's also important for you to agree to be referred to CAMHS.

Website: <https://www.renfrewshire.hscp.scot/CAMHS>

RAMH - Recovery Across Mental Health

RAMH is a charity based in Paisley which promotes recovery from mental ill health, and empowers people to build independent, fulfilled lives.

We offer a range of free, confidential services which provide:

- Immediate support in crisis situations for residents aged 16 and over in Renfrewshire
- Individualised care and practical support to people in their own homes
- One to one counselling sessions with a qualified counsellor
- Employability support to help individuals gain or maintain employment and/or volunteering opportunities
- A range of social, creative, therapeutic, educational and physical activity groups and courses
- Support to family, friends, Carers and the wider community through information and education

Website: <https://ramh.org/>



Carer Self Care Guide

Carers story by Emma

- Emma is a Carer who has been supported by the Renfrewshire Carers Centre

I've learnt through the many years of caring that it's not selfish and vital that I take care of myself both emotionally and physically so that I don't feel overwhelmed or reach crisis point. After all, you can't pour from an empty cup.

I want to remind Carers that the support you provide to loved ones, friends and families is so valued and it's vital you take care of yourself and take a break. I thought I would share my top 5 tips for self-care to give you some inspiration and to see how you can fit it in alongside your caring role:

- **Do something you love:** That could be art, cooking/baking, gardening, writing/poetry, or listening to music.
- **Exercise:** You could walk, do tai chi, yoga, or cycle.
- **Meditate every day and practice mindfulness:** Anxiety and depression happen when we live in the past or the future.
- **Pamper yourself:** This could be as simple as having a nice bath/shower and putting on moisturiser afterwards, giving yourself a hand/foot massage or practicing a facial skin care routine.
- **Connect with other people:** Join in an online activity with other Carers. This could be drumming, Carers training, a support group, choir or an exercise group.

Local Support for Carers

Renfrewshire Carers Centre

Mental Health Carers Support Group – This group is for Carers who are looking after loved ones with a mental health diagnosis. The aim is to bring them together in a safe, respectful space where they can talk and support each other through the challenges they face.

As well as receiving peer support at this group – advice and information for Carers is given out at every meeting. On occasion, speakers are invited to deliver information sessions and there also opportunities to enjoy wellbeing themed workshops during the Group.

Website: <https://renfrewshirecarers.org.uk/whats-on/>

Emotional Support - Staff can provide a listening ear for Carers who are struggling emotionally; feeling isolated or need support with their caring role. Carers can contact the Centre and arrange to speak to an Adult Support Worker. If you prefer, we would be happy to meet with you at the Renfrewshire Carers Centre, by appointment only.

Website: <https://renfrewshirecarers.org.uk/emotional-support/>

Counselling Service - Our Counsellor and Volunteer Counsellors facilitate our in-house counselling service. This service offers Carers the chance to discuss issues about their caring role and advice on how to work through their difficulties and issues with a professional who can offer advice.

Website: <https://renfrewshirecarers.org.uk/counselling-service/>

Training - Our training offers opportunities for Carers to learn the tools for looking after their own health and wellbeing.

Website: <https://renfrewshirecarers.org.uk/training/>

A break from caring - If you're feeling exhausted from caring, taking a break – in whatever form – can be a great way to boost your health and recharge your batteries. The Centre advises Carers on what breaks are available and can support them to access a break.

Website: <https://renfrewshirecarers.org.uk/carers-breaks/>

We Are With You

We Are With You's Community Link Workers are friendly, non-judgemental people who will listen to you and offer you support, with whatever challenges you are facing. You'll find them in every GP practice in Renfrewshire.

Website: <https://www.wearewithyou.org.uk/local-hubs/renfrewshire-community-links>

Well in Renfrewshire

Well in Renfrewshire aims to increase the availability and knowledge of community-based and community-led wellbeing opportunities in Renfrewshire.

Website: <https://www.renfrewshire.hscp.scot/WiRe>

Mental Health Legislation

Laws can seem complicated, but they are made to protect people who use services and their families. They provide safeguards to make sure everyone's human rights are considered. Below are some of the laws used in Scotland that might affect you if you are caring for someone with mental health problems.

Mental Health (Care and Treatment) (Scotland) Act 2003

This is the main law that applies to people who have a mental illness, learning disability, autism, dementia and other related conditions. It outlines what should happen if a person does not realise they need help and need to have treatment against their will. It outlines what a person's rights are and how they are protected. It also highlights that under the principles of the act, family and care views should always be sought in these situations.

The act also informs about Named Persons and Advance statements.

More about these issues can be found at: www.mwcscot.org.uk

Mental Health Officer

A mental health officer is a social worker who has special training and experience in working with people who have a mental illness, learning disability, dementia or related condition.

If someone becomes ill and loses the ability to make their own decisions, they can be given compulsory care and treatment. This only happens if it is necessary and if there is a risk to them or others.

A mental health officer:

- tells someone about their rights.
- writes reports and care plans.
- agrees that someone needs to be examined by a doctor.
- asks for someone to have a compulsory treatment order if they need this. This means someone has treatment even if they do not want it.

Website: <https://www.mwcscot.org.uk/law-and-rights/mental-health-act>

Compulsory Treatment Order (CTO)

There are powers set out in the Mental Health Act which describe what happens when care and treatment cannot be provided to someone on a voluntary basis.

The Act says:

- when someone can be given treatment against your will
- when someone can be taken into hospital against your will
- what someone's rights are
- what safeguards there are to make sure rights are protected

The person's mental health officer (MHO) will make an application for a CTO to the Mental Health Tribunal. The application must include two medical reports, an MHO report and a proposed care plan. The person and their named person should be informed if an application for a CTO is to be made.

Website: <https://www.gov.scot/publications/new-mental-health-act-guide-compulsory-treatment-orders/pages/0/>

Mental Health Tribunal

The Tribunal is an independent organisation set up to make decisions on the compulsory care and treatment of people with mental disorders in Scotland. The main role of the Tribunal is to consider and determine applications for compulsory treatment orders (CTOs) under the 2003 Act. It also considers appeals against compulsory measures such as short-term detention certificates and CTOs. The Tribunal also reviews every CTO once it has been in place for two years and every two years after that.

Website: <https://www.mwcscot.org.uk/law-and-rights/mental-health-act>

Adults with Incapacity (Scotland) Act 2000

This law protects the rights of adults who either do not have or have lost capacity and cannot make decisions for themselves. It applies to people who have a learning disability, dementia, mental illness or a related condition. It outlines procedures around Power of Attorney and Welfare Guardianship the principles of this act include the need to consult with family and Carers when decisions are taken under the Act.

More information can be obtained from the Mental Welfare Commission for Scotland on www.mwcscot.org.uk and from the Office of the Public Guardian (for Power of Attorney).

Website: opg@scotscourts.gov.uk

Adult Support and Protection (Scotland) Act 2007

The Adult Support and Protection Act 2007 gives greater protection to adults at risk of harm or neglect. The act defines adults at risk as those aged 16 years and over who it places a duty on local councils to inquire and investigate cases where harm is known or suspected.

You can find out more information on adult support and protection on Renfrewshire Health and Social Care Partnership's website.

Website: <https://www.renfrewshire.hscp.scot/article/4953/Adult-Support-and-Protection>

Named Person

If you need treatment under the Mental Health Act, you can choose someone to look out for you. This person is called a named person. Anyone aged 16 or over can choose a named person. Your named person can make important decisions about your care if you are not able to decide yourself. Because of this you should choose someone who knows you well and who you can trust.

More information:

<https://www.gov.scot/publications/new-mental-health-act-easy-read-guide-2/pages/3/>

Carers and Confidentiality

The Mental Welfare Commission has produced a guide to help Carers and families understand consent, confidentiality, and sharing of information, where the person they care for has a mental illness, dementia, learning disability, autism, personality disorder, or other related condition.

View the guide here: https://www.mwcscot.org.uk/sites/default/files/2024-04/CarersConsentAndConfidentiality_2024.pdf

Welfare Guardianship

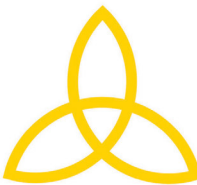
If an adult is unable to make a safe decision about his or her own welfare, a court can appoint someone else to make decisions for them. This person is known as a welfare guardian. Guardians can be partners, Carers, relatives or social workers. Guardians can make decisions that can have a big impact on a person's life, for example, about where they live and how they should be cared for.

More information on Welfare Guardianship: https://www.mwcscot.org.uk/sites/default/files/2019-06/guardianship_2014_update.pdf



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In collaboration with:

RAMH 
recovery across mental health

Renfrewshire Carers Centre
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Renfrewshire Carers Centre is a Scottish Registered Charity
Charity Number: SC023986

