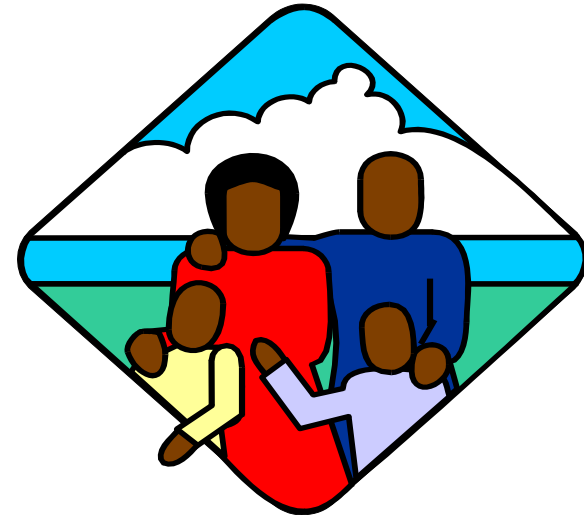




Carer's Support Group

STIRLING MENTAL HEALTH RESOURCE CENTRE
Drip Road
Stirling
FK8 1RW
Tel: 01786 446913

There is no formal referral process for attending the Carers Support Group. Anyone who is caring for someone with a mental health problem is welcome to come along.



What's the group about?

The carers support group is aimed at all relatives and carers of people suffering with mental health problems.

The aim of the group is to provide carers with the opportunity to discuss their concerns and difficulties with others who have similar problems and thereby gain support and information in an informal setting.

The group is facilitated by two members of staff from the Resource Centre and one from the Community Mental Health Team. Periodically there will be specialist support from other health care professionals, e.g. pharmacist and medical staff and also from non-statutory services, to discuss specific topics.

The group takes place in **Kildean Day Hospital** on the **First Thursday of the Month** between **6pm and 7.30pm**.

*** There is no group in January ***

In addition to the monthly support group there will be educational groups available covering a variety of topics. These groups will run weekly for approximately six weeks each session lasting two hours.

Topics covered in these sessions will be:

Stress Management

Depression

Schizophrenia

Bi-Polar Affective Disorder

The programme for the group will be dependant on the needs of those attending. If sessions on other mental health topics are required then they can be added.