



[Caring for Someone with a Mental Health Condition](#)

Are you an unwaged carer living in Manchester and caring for someone with a mental health condition? Here is a summary of specialist support you can access.

[Support for Carers](#)

[Carers Manchester Contact Point](#) is a helpline for unwaged carers in the Manchester City Council area. Call us and speak to an adviser about support available in your local area.

- ✓ **Call 0161 543 8000**
(Monday – Friday 10am – 4pm (6pm on Wednesdays))
- ✓ **Email contactpoint@carersmanchester.org.uk**
- ✓ **Visit <https://www.carersmanchester.org.uk>**



[Connect Support](#) supports carers and families of anyone with severe mental health problems (especially psychosis). They offer 1-2-1 support via phone calls and home visits, monthly group meetings, training sessions and family interventions.

- ✓ **Call 0161 945 5044**
- ✓ **Email info@connectsupport.org.uk**
- ✓ **Visit <https://www.connectsupport.org>**

[Moodswings](#) supports people in their recovery from mood disorders and the emotional distress they cause. They offer 1-2-1 sessions and workshops for those affected by mood problems and their families and carers. They also run the Thumbs Up Community Café.

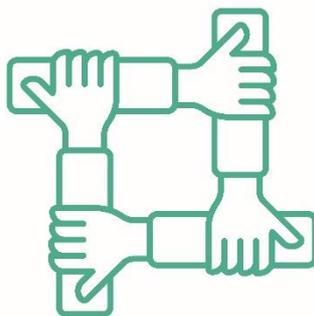
- ✓ **Call 0161 832 3736**
- ✓ **Email info@moodswings.org.uk**
- ✓ **Visit <https://www.moodswings.org.uk>**

[Greater Manchester Mental Health NHS Foundation \(GMMH\)](#) offers in-patient and community mental health care throughout Greater Manchester. Their free helpline is open 24/7 for anyone who feels their mental health is beginning to suffer.

On their website, you can find:

- [The Recovery Academy](#), which provides free educational courses and resources for people with mental health and substance misuse problems, and their families and carers. The resources focus on supporting people with their recovery and promoting good health and wellbeing
- Information about [Community Mental Health Services](#) including who can access them and how to make a referral
- Advice on [visiting a GMMH service or someone in hospital](#), including how to get there, parking, and what to expect during your visit
- Useful [resources for carers](#), including a carers handbook, information about confidentiality, community treatment orders and lasting power of attorney

- ✓ **Call 0800 953 0285 (24/7 helpline) / 0161 271 0260 (referrals)**
- ✓ **Visit <https://www.gmmh.nhs.uk>**



Online Resources

Rethink Mental Illness' Carers' Hub provides information for carers looking after someone with a mental health condition, including guides on information sharing, visiting someone in hospital, responding to unusual behaviour and breaks for carers. Their Advice and Information Service offers practical help with issues like living with mental illness, medication and care.

- ✓ **Call 0808 801 0525**
(Monday – Friday 9:30am – 4pm)
- ✓ **Visit <https://www.rethink.org/advice-and-information/carers-hub/>**

Mind has a [guide to supporting someone with a mental health condition and looking after yourself as a carer](#). They also have two advice lines: one for information; and one for advice on mental health-related law.

- ✓ **Call 0300 123 3393 (Infoline) / 0300 466 6463 (Legal Line)**
(Monday – Friday 9am – 6pm)
- ✓ **Email info@mind.org.uk (Infoline) / legal@mind.org.uk (Legal line)**
- ✓ **Visit <https://www.mind.org.uk>**



Carers UK provides information and factsheets on Carer's Assessments and carers' rights and benefits. They have an [online forum for carers](#), and [specific advice](#) for those caring for someone with mental ill health.

- ✓ **Call 0808 808 777**
(Monday – Friday 9am – 6pm)
- ✓ **Email advice@carersuk.org**
- ✓ **Visit <https://www.carersuk.org>**



Support for Parents

Young Minds' Parents Helpline is for anyone concerned about their child's mental health (up to the age of 25).

✓ **Call 0808 802 5544**
(Monday – Friday 9:30am – 4pm)

✓ **Visit <https://youngminds.org.uk/find-help/for-parents/parents-helpline>**

Manchester CAMHS offers information and advice for parents and carers worried about their child's mental health including how and where to seek support.

✓ **Visit <https://mft.nhs.uk/rmch/services/camhs/parents/>**

Emergency Contacts

- If you are concerned about an immediate risk of harm – either to yourself or someone else – phone 999
- If you need urgent advice but it is not an emergency, call 101 for the police or 111 for the NHS
- If you need urgent physical healthcare or an urgent mental health assessment, visit your local Accident & Emergency department

Rethink Mental Illness has produced a guide to getting help in a crisis, which you can download from their website.

✓ **Visit <https://www.rethink.org/advice-and-information/carers-hub/getting-help-in-a-crisis/>**



If you would like to discuss your options for support or you have a general query about your caring role, you can call the Carers Manchester Contact Point on 0161 543 8000 (Monday - Friday 10am - 4pm, Wednesdays 10am - 6pm; except bank holidays) or email contactpoint@carersmanchester.org.uk.