

## **Caring for Adults with Mental Health problems**

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### **Taking a break from caring**

Most people benefit from regular attendance at some form of day or respite care and you as a carer may need a regular time out from caring.

It is important to know what is available so that you can plan your breaks in advance or know whom to contact in an emergency.

### **How to find out about and ask for these services**

These services may be offered by Social Care, the local Health Service, Borough Council or Voluntary organisations. They are usually available as part of a planned package of care and the Community Mental Health Team (see below), your relative's GP or Consultant will usually be the first point of contact for an assessment of your and their needs and to agree a plan that will suit you and the person you care for. Any charges for these services should be explained to you.

*(See Factsheet 1 "Your Rights as a Carer")*

### **Carers Support Worker (Mental Health)**

Advice and support to Carers of people with Mental Health problems

**Guildford** – Contact: Chris Todd, c/o Rethink Guildford, 101 Woodbridge Road,

Guildford GU1 4PY

Tel: **01483 451010**

**Waverley** – Contact: Pam Sedgewick, c/o Rethink 9 Queen Street,

Godalming GU7 1BA

Tel: **01483 415950**

### **Community Mental Health Team**

They are a multidisciplinary team, based at the Community Mental Health Centre, concerned with people's mental health, including those suffering from dementia. They work with families or individuals in health centres or at home. The team consists of Clinical Psychologists, Community Psychiatric Nurses, Consultant Psychiatrist (and other medical staff), Mental Health Social Workers and Occupational Therapists.

Contact: normally through referral from your Consultant, GP or Community Nurse.

Community Mental Health Centres can provide advice to carers as well as support for those with a mental health problem.

Contact:

**Guildford** – Farnham Road Hospital, Farnham Road, Guildford GU2 5LX  
Tel: **01483 443551**  
**Cranleigh** – Bloggs Way, Cranleigh GU6 8AW  
Tel: **01483 517200**  
**Farnham** – Farnham Hospital & Centre for Health – Hale Road, Farnham  
GU9 9QL  
Tel: **01483 782000**  
**Godalming** – 41 Binscombe Lane Farncombe GU7 3PP  
Tel: **01483 415155**  
**Haslemere** – Haslemere Hospital, Church Lane Haslemere GU27 2BJ  
Tel: **01483 783090**

## **Community Mental Health Team for Older People**

Supporting people age over 65 with organic or functional mental illness. Multi-disciplinary team. Referrals by professionals or self-referral

Contact:

**Guildford** – Tel: **01483 443655**  
**Waverley** – Tel: **01483 443547**

## **Day Services**

**Ridgewood Centre** – provision of a range of day supportive activities and therapies. Referral through health professional

Contact: Ridgewood Centre, Old Bisley Road, Frimley, Camberley  
GU16 5QE  
Tel: **01276 692919**

## **Four Seasons (EMI Unit) Guildford for older people with confusion**

Daily sessions for older people with confusion requiring specialised support. Referral directly or via Health or Social Care professional

Contact: Park Barn Centre, Guildford  
Tel: **01483 452606**

**Surrey and Borders Partnership Resource Centre** – day treatment and therapy. Professional referral

Contact: Farnham Road Hospital, Farnham Road, Guildford GU2 5L  
Tel: **01483 443535**

**Support Time Recovery Team – CMHT referral only**

Contact: Resource Centre, Ludlow Road, Guildford GU2 5NR  
Tel: **01483 443586**

## **Clubs/Drop-in Centres**

**Canterbury Drop-in Centre – open Mon – Thurs: 10 am – 4 pm, Fri: 10 am – 1 pm**

Contact: Caroline Heron, Canterbury Centre, Christchurch Rooms, Church House, Waterden Road, Guildford GU1 2AZ  
Tel: **01483 577020**

**The Cellar –** run by the Association of Pastoral Care of the mentally ill. Coffee bar providing friendly environment and additional support. Open Mon – Fri: 9 am – 4 pm, Sat: 10 am – 4 pm. Located at Crown Court, off High Street, Godalming

**Carers Support Groups –** Haslemere and Godalming – meet once a month  
Contact: Pam Sedgewick for more information – Tues/Weds/Thur  
Tel: **01483 415950**

**Guildford Action for Community Care –** drop in centre – based at Youth & Community Centre, Haydon Place, Guildford. Offers cheap meals, advice, support and courses in an informal setting. Promotes confidence and independence. Open Mon – Fri: 9.30 am – 4/5 pm  
Tel: **01483 533942**

Housing Support Scheme – Mon - Fri: 9 am - 5 pm –

Contact: Guildford Action for Community Care  
Tel: **01483 533943**

**Guildford Action for Families –**  
Tel: **01483 560003**

**Rethink –** resource centres offering support, activities, advocacy for sufferers and their carers. Organise clubs and support groups and offer a befriending scheme.

Contact: Chris Todd, Rethink 101 Woodbridge Road, **Guildford** GU1 4PY  
Tel: **01483 451010**

Contact: Pam Sedgewick, Rethink, 9 Queen Street, **Godalming** GU7 1BA  
Tel: **01483 415950**

## Acute Services

A range of acute, assessment and therapy services is provided at units in the area. Referral through Community Mental Health Team, GP or Consultant  
As part of the care programme agreed for the person you care for, they should give you advice on what to do if the person you care for has a psychiatric crisis, how to contact the **Crisis Response Team** who may arrange hospital admission or other support.

## Other Support Services

### Surrey Carers Information Point –

Contact: Wingfield Ward, The Ridgewood Centre, Old Bisley Road, Camberley  
GU16 5QE Tel: **01276 692919**

**Guildford CAB Mental Health Project** – free confidential information service for patients. Referral through health professional on the ward or day centre at Farnham Road Hospital, Guildford

## Voluntary Organisations

**Bipolar Fellowship** – support, advice and information for sufferers and carers  
Tel: **020 7793 2600**

**MIND (National Association for Mental Health)** – Granta House, 15-19 The Broadway, London E15 4BQ  
Tel: **020 8519 2122**

**Rethink** – Area Office – 101 Woodbridge Road, Guildford GU1 4PY  
Tel: **01483 451010**

**Saneline** – telephone helpline for carers and sufferers. Trained volunteers give support and advice on local services and groups. Only open 6 pm – 11 pm  
Tel: **0845 7678000**

**South West Surrey Association for Mental Health** – affiliated to MIND  
Contact: Gwen John Tel: **01252 312356**

## **Counselling Services**

**Youth Counselling Service** – a free and confidential counselling service for young people age 12 – 24. Available in GP surgeries, schools, and colleges

Contact: Flat 2, The Ridgewood Centre, Old Bisley Road, Frimley, Camberley GU16 5QE, for an appointment or to make a referral

Tel: **01276 676048**

**Emmaus Counselling Service** – listen and help people to find their own way forward. Professionally trained Christian Counsellors Tel: **01483 893993**

**Guildford Counselling Resource Centre** – offer counselling/therapy in private confidential setting. A fee is charged but they will try to help those on limited income

Contact: via Guildford Institute, Ward Street, Guildford GU1 4LH

Tel: **01483 562142**

**Age Concern Counselling Service** – offers older people in Surrey and their carers the chance to talk in confidence to an experienced counsellor

Contact: Rex House, William Road, Guildford Surrey GU1 4QZ

Tel: **01483 446628**

**SADAS** – Surrey Alcohol and Drug Advisory Service Tel: **01483 590150**

**ACORN** – Community Drug & Alcohol Services –

45 Farnham Road, Guildford

Frith Cottage, Church Road, Frimley, Surrey

Tel: **01483 450256**

Tel: **01276 62566**

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*Note: please photocopy if required. All information was believed to be correct at time of production. Inclusion does not imply recommendation.*

*Produced by Carers Support Guildford & Carers Support Waverley*

*For more information contact:*

*Carers Support (Guildford) Tel: 01483 458123, or*

*Carers Support (Waverley) Tel: 01252 718166*