



# CAUSE CAMHS Carer Advocacy Support Service



Providing practical and emotional support for parents/carers of young people who are engaged with CAMHS in Beechcroft.



# How could CAUSE's service in Beechcroft help me as a parent/carer?

## One-to-one support with the CAUSE CAMHS Carer Advocate

Our CAMHS Carer Advocate is there to listen and offer you practical and emotional support. We are there to help you represent your interests and ensure effective communication between families and professionals in working together in the delivery of care. As a parent/carer, we want to support you to feel more confident, resilient and empowered.

We can help you to:

- Learn more about your loved one's condition and treatment through information
- Understand services, how they work and how you can engage effectively with professionals in your role as parent/carer
- Feel more assured, knowledgeable and skilled about caring for your loved one through access to a range of training, workshops and other learning opportunities
- Find out about other support services for you / your loved one
- Give you the tools to help you deal with crisis, look after yourself and know your rights as a carer
- Offer opportunities to link with other parents/carers
- Relay parents'/carers' views to help the development of CAMHS services

# How can I access the service?

You can connect with the CAUSE CAMHS Carer Advocate in a way which suits you best. We understand that you may have a range of demands on your time and that you may also be travelling a distance to come to the Beechcroft Unit. We can meet with you onsite at Beechcroft, at a community location or discuss issues with you over the phone.

## To get in touch with our CAMHS Carer Advocate:

Tel: **07718 578823** CAUSE office: **028 90 650 650**  
Email: **info@cause.org.uk** Web: **www.cause.org.uk**

**Our CAMHS Carer works part-time (Monday – Wednesday) and also includes evening work.**

# Opportunities to learn - CAUSE workshops and courses

Increasing your knowledge about mental health, services and learning how to deal with difficult situations are essential to keeping you well and supporting your loved one as best you can.

CAUSE offer a range of different workshops and training courses which address the specific needs of parents, families and friends of a loved one who has been engaged with mental health services. Our workshops and short courses are practical, informative and designed to help you feel more confident in your caring role.

For more information on courses /events /workshops you could find useful happening near you, contact our CAMHS Carer Advocate or check our website [www.cause.org.uk](http://www.cause.org.uk), CAUSE Carers Facebook or Twitter or call us on 028 90 650 650.

# CAUSE Helpline

In addition to our CAMHS Carer Advocate service, we also have a regional telephone support service. The CAUSE Helpline is available to carers who need support for themselves in caring for their loved one.

Our Helpline is open Monday – Friday (excluding public holidays) at these times:

**Monday, Wednesday & Friday: 10.00am - 4.00pm**

**Tuesday & Thursday: 12 noon - 8.00pm**

**CALL OUR HELPLINE ON 0845 60 30 29 1**

# What does CAUSE do?

Established in 1995, CAUSE is an independent, peer-led organisation that provides practical and emotional support to empower families, partners and friends caring for a loved one who has experienced serious mental illness. We are unique in our peer-led approach as the charity's advocacy team is staffed by present and former carers. More than anyone, we understand the types of practical and emotional issues families and friends can face.

## Our Vision

Our vision is a society that recognises, respects, values and actively supports the central role of families, partners and friends who care for loved ones who have experienced serious mental illness.

# Other ways to get involved with CAUSE

## Volunteering

If you want to be more actively involved in working with CAUSE to promote carers' views or give some of your time to help us help other carers, please check out our Volunteering web page at [www.cause.org.uk](http://www.cause.org.uk) or telephone 028 90 650 650

## Donating

To donate to us, check out a variety of ways you can give to CAUSE on our Fundraising web page on [www.cause.org.uk](http://www.cause.org.uk) or telephone 028 90 650 650.

## How to contact CAUSE

Building 2, Lesley Office Park, 393 Holywood Road, Belfast BT4 2LS.

Tel: **028 90 650 650**

Email: **[info@cause.org.uk](mailto:info@cause.org.uk)**

Web: **[www.cause.org.uk](http://www.cause.org.uk)**



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