

**DO YOU PROVIDE CARE OR
SUPPORT FOR SOMEONE WHO
SUFFERS FROM A MENTAL
HEALTH DIFFICULTY**



If so, do join us at
Kingston Mental Health Carers' Forum
a community of unpaid carers
with loved ones who are struggling

Would you like to:

- Access **one-to-one advice and sign posting** on what to expect from mental health services?
- Come to a monthly **Carers' Support Group** to share your experiences in a safe, friendly, confidential setting? Group meetings also regularly enjoy guest speaker presentations.
- Have a say in the **future shape of service provision** that meets your needs as a carer and those of your loved one?
- **Receive updates on new or proposed service provision and initiatives** coming on stream that will support you and your loved one?

If so, why not sign up as a member of

Kingston Mental Health Carers' Forum?

Membership is *free* and you can choose how much to get involved.

Our close links with service providers and other organisations can also help you to access information and support.

Issues affecting mental wellbeing can happen to anyone at any stage of life. Through our own 'lived experiences', we understand that caring for someone struggling with their mental health can be challenging and sometimes isolating. The Forum enables you to become part of a supportive caring community.

We have been active since 2001 in supporting carers in this way.

As a registered charity, we liaise with but are completely independent of any other organisation.

Come and join us!

For a membership application, or simply to get in touch for information or advice please contact:

Kingston Mental Health Carers' Forum
c/o 55 Selwood Road, Hook, Chessington
KT9 1PT

Tel: 07983 063578 (24-hour voicemail)

Website: <https://kmhcf.org.uk/>

Email: info@kmhcf.org.uk

Registered Charity: 1112499