

## Getting Assessed

*Do you need help on a regular basis?*

By contacting social services or the social work department of your local council they can advise you on a range of support that maybe available to you as a carer.

To determine what help is needed and how much it might cost, social services will carry out an assessment of the person you care for, called a *community care assessment* and sometimes they might do an assessment of your needs, called a *carer's assessment*.

## Carers Allowance

To find out whether you are entitled to Carers Allowance please use the following web link below;

[www.gov.uk/carers-allowance/eligibility](http://www.gov.uk/carers-allowance/eligibility)

**For more information about our services in Wales, please contact:**

Bipolar UK

4th Floor, Clarence House,  
Clarence Place, Newport,  
NP19 7AA

T: 01633 244 244

E: [walesinfo@bipolaruk.org.uk](mailto:walesinfo@bipolaruk.org.uk)

W: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

## Useful Contacts

**Your Benefits are Changing** (Wales only)

[www.yourbenefitsarechanging.co.uk](http://www.yourbenefitsarechanging.co.uk)  
0300 303 1073 or text 'change' 80018

**Turn 2 Us**

[www.turn2us.org.uk/0808 802 2000](http://www.turn2us.org.uk/0808%20802%202000)

**Citizen Advice**

[www.adviceguide.org.uk/08444 772020](http://www.adviceguide.org.uk/08444%20772020)

## Helplines

**Samaritans** 0845 909090

**C.A.L.L.** (Wales only) 0800 132 737

**Young Minds** (Parent Helpline) 0300 123 3393

**SANEline** 0845 767 8000

## Informative Websites

**Bipolar UK**

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

**Carers UK**

[www.carers.org](http://www.carers.org)

**Rethink**

[www.rethink.org](http://www.rethink.org)

**Hafal** (Wales only)

[www.mentalhealthwales.org](http://www.mentalhealthwales.org)

**Carers Trust**

[www.carers.org](http://www.carers.org)

**Carewell**

[www.carewelluk.org](http://www.carewelluk.org)

**Registered Charity No. 293340**



## Carers Services

**Bipolar UK**

supporting people affected by bipolar

 @BipolarUK  [www.facebook.com/bipolaruk](http://www.facebook.com/bipolaruk)

## What can Bipolar UK offer me? *Access support and advice through Bipolar UK's services.*

**Support Groups** - Groups are free to attend and are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, family members, friends and carers. Groups meet on a monthly basis and are friendly, confidential and informal. To find out about the Bipolar UK Groups nearest to you please look at our website [www.bipolar.uk.org.uk](http://www.bipolar.uk.org.uk) or call our offices on 01633 244244 (Newport) 01270 230260 (Crewe).

**Link Mentoring** - Offers support and information for people with bipolar, as well as family members, friends and carers.

Mentoring takes place over the phone at pre-arranged times and is provided by volunteers who have a diagnosis of bipolar or who have first hand experience of living with someone with bipolar.

To access this service please contact the London or Newport office.

**Information, Support, Advice** - We give practical information, support and advice throughout our website and in our free downloadable leaflets. Our website includes podcasts and personal experiences core to our appreciation and understanding of bipolar.

**eCommunity** - Join our supportive online discussion groups. The eCommunity is hosted and moderated by Bipolar UK providing a safe and secure environment for individuals to discuss the challenges they face.

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### Who is a Carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

**Up to 1.5 million people in the UK care for someone with a mental health problem.**

### Your Rights as a Carer:

- You have a right to have your needs considered
- You are important and need to have a say
- You must be treated fairly

- You have a right to take unpaid time off work for dependents (the person(s) you care for) in an emergency.
- You have a right to an assessment
- It is your right that all NHS staff treat you with respect

### Impact of Caring

Supporting a family member or friend when they need care can be incredibly stressful and exhausting and it is easy to forget about your own health and wellbeing. Therefore accessing the support services yourself can help relieve the impact that this may have on your own mental health and wellbeing.

### Here are a few tips on keeping healthy;

- **Sleep** - is important to everyone, but especially if you are a carer, a good night sleep will set you up for the day ahead.
- **Stress** - learning to recognise what makes you stressed and how you deal with it will help you manage your stress levels and begin to feel more in control of your daily tasks.
- **Eating Healthy** - try to ensure you have a good nutritional diet. Getting the nutrients you need will improve your overall wellbeing.
- **Exercise** - a little everyday can lower stress levels and keep you healthier .