

Carers assessment

We can offer you an assessment to talk about and help identify your needs, as well as the needs of the person you are caring for.

Mental Health Act at a glance

Below are common Mental Health Act sections that may apply to your friend/relative/neighbour.

Section 2 – This is for a period of assessment in hospital for up to 28 days. It can be applied for by an Approved Mental Health Professional (AMHP) and two doctors.

Section 3 – This is an admission for treatment which may last up to six months. The way this happens is similar to Section 2.

Other support

Carers Direct 0808 8020202
www.nhs.uk/carersdirect

Carers UK: 0808 8087777
www.carersuk.org.uk

Mind: 0345 660163 www.mind.org.uk

Rethink Mental Illness: 0845 4560455
www.rethink.org.uk

Sane: 0845 7678000 www.sane.org.uk

Rethink Mental Illness Trowbridge and South West Support Group 01380 840200

Carers Support Wiltshire: 0800181 4118
www.carersinwiltshire.co.uk

Contact us

Please talk to your care coordinator for further information.

For information on Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

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Avon and Wiltshire Mental
Health Partnership
NHS Trust

Support for carers at Ashdown Psychiatric Intensive Care Unit

Information for family,
partners or friends who
care for someone with a
mental illness

You matter, we care



This booklet can be made available in other languages or formats such as large print, audio or Easy read. Contact 01225 362900

Are you a Carer?

A carer is someone who, without payment, gives help and support to a family member, or friend, who could not manage without their help. This could be due to their age, disability, physical or mental illness, substance misuse or an eating disorder.

We call this person a carer because they do much more than usual for someone else.

They might be helping with everyday household jobs, cooking their meals, making appointments for them or helping with tablets or other treatments. Perhaps they help them carry out day to day things that most of us take for granted.

They may be giving them this care and support 24/7.

A carer may be a parent, child, partner, neighbour or friend.

What can you expect from mental health services?

Whilst your relative or friend is under the care of mental health services, they will have a written care plan which they will be involved in writing.

What Is Ashdown?

There are some people who need more intensive treatment and support.

Ashdown is a nine bed psychiatric intensive care unit (PICU) for male service users, normally aged 18-65.

The unit aims to meet those needs 24/7 and provide therapeutic and medical care for service users who have been admitted under a section of the Mental Health Act.

What do I need to know?

When can I visit?

- Monday-Friday 6pm-8pm
- Saturday-Sunday 2pm-4pm
6pm-8pm

Can I bring items in when I visit?

Yes. But there are some items that some people may not be allowed to have, such as lighters, CDs, glass objects and aerosols. Please contact the ward if you are unsure.

How can I find out about my friend/relative/neighbour's care?

Providing that the person you care for says it is OK for their information to be shared with you, feel free to talk to any staff and they will be glad to help.

How can we help you?

Taking care of yourself

Trying to support a relative or friend with a mental illness can be very stressful. It is important to get support for yourself if things become overwhelming.

Your GP is always a good starting point for help.

Monthly Carers' Group

Meeting other people in a similar situation to you can be helpful. It gives you and others an opportunity to share coping strategies, new ideas and solutions to problems.

Ashdown are planning to hold monthly carers meetings. This group will offer you information about the Mental Health Act, medication and local or national support groups, as well as providing emotional and practical support.

People's confidentiality will be respected and an individual's mental health will not be discussed within a group.