

Are you a mental health carer?

You are a mental health carer:

- If you look after a relative, partner, friend or neighbour who needs support because of mental ill health.
- If you are not receiving payment for the care that you provide (excluding carers' benefits).
- Regardless of your age. You may be under 18 years of age and caring for a parent or relative with mental health problems.
- Whether or not you live in the same house or area as the person for whom you care.
- Regardless of whether you provide full-time or part-time support to the person for whom you care.

Whether or not you are the only person looking after the person for whom you care, or one of a number of people, both professional and non-professional.

The information found in this pack is designed to assist you in accessing information that will help you in your supporting, caring role.

We have listened to feedback about how sometimes our duty to ensure patient confidentiality can be seen as a barrier to us sharing important information to help you in supporting someone who is also our patient.

We hope that the factsheet from the Royal College of Psychiatrists: 'Carers and confidentiality in mental health' will explain our legal duty to respect the confidentiality of our patients. We will ask patients about which information they are happy for us to disclose to you - please see the sample of the form we will ask patients to complete: 'Consent to share/not to share information'.