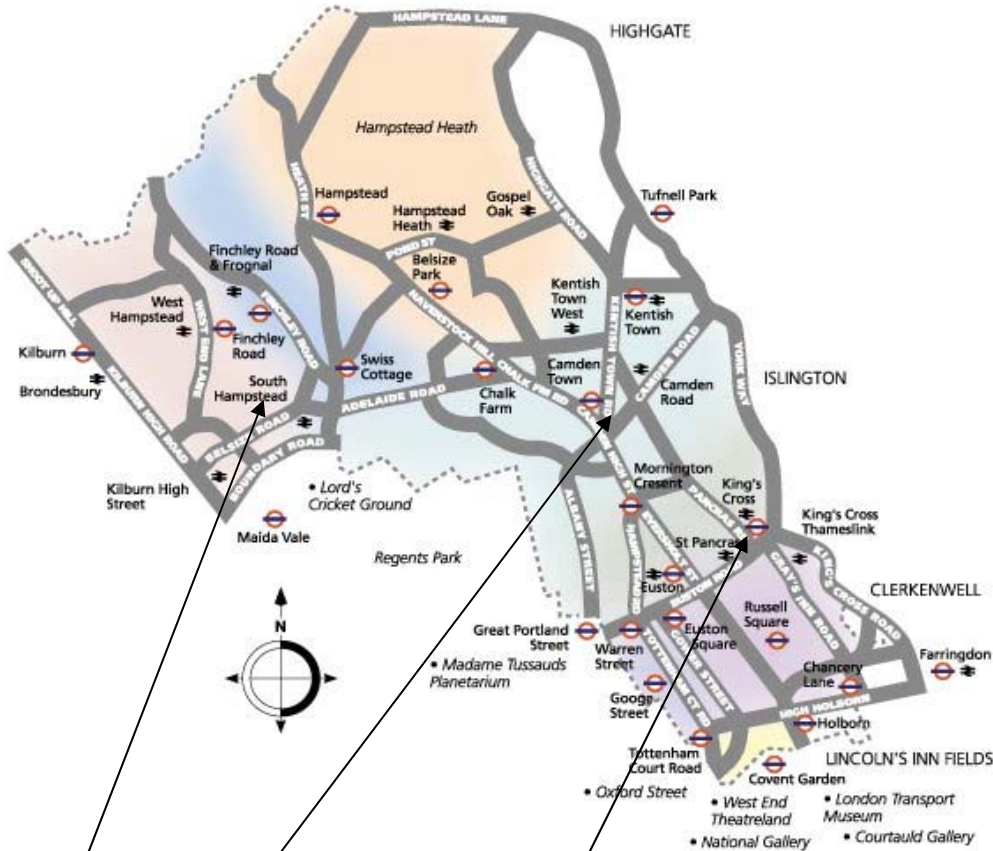




Mind in Camden

The Camden Mental Health Day Services Consortium



Crossfields
Bus: 31,13,113, 82, C11. 187
Overground: South Hampstead
Tube:Swiss Cottage, Finchley Road

Holy Cross
Bus:10,17,30,45,46,63,73,91,205,214,253,274,C2
Overground & Tube: Kings Cross St Pancras

Barnes House
Bus: 31, 24, 27, 29, 46, 88, 134, 168, 214, 253, 274, C2
Overground: Camden Road, Tube: Camden Town

Do you need support to communicate in English?

We speak several languages other than English. However, please check in advance to see if you will need an interpreter to access the service.

Mind in Camden

Barnes House, 9-15 Camden Road, London NW1 9LQ
t: 020 7911 0822 f: 020 7485 0842
e@ admin@mindincamden.org.uk
w: www.mindincamden.org.uk

Registered company number: 1911178 Charity number: 292180

MIND IN CAMDEN'S Carers Space

For people who look after or support

A spouse

Partner

Child

Parent

Friend

Relative

Or neighbour

Who experience mental health issues



For a group or individual support

PLEASE ENQUIRE: 020 7241 8973

A weekly space for Carers

Mind in Camden offers the possibility of participation in a support space dedicated to carers. This space is confidential.



Carers Space is a place to talk, to share information, to know others are alongside you. We offer a quiet, supportive place for you to come along on Monday evening.

Who is the service for?

The Carers Space is for people to live in the Camden borough and are the main carers for someone who is experiencing mental health problems.

How does the Carers Space work?

We provide a facilitator with counselling training who is there every Monday evening from 6.30-8.00pm.

On arrival you may find you have a session just for you, or you may be with several other carers who are in the same position who share your problem. You need feel no shame or stigma about it.

Because the facilitator and other carers can empathise with what you are going through you can be welcomed with understanding from the start.

Do I have to pay?

No. Mind in Camden Carers Space is free.

Where are we?

The Carers Space is open once a week, for 90 minutes, every Monday evening from 6.30pm till 8.00pm.

We meet at: **Mind in Camden
Barnes House,
9-15 Camden Road
Camden Town
London NW1 9LQ**

We are located 1 minute away from Camden Town Tube Station.

How can I join the Carers Space?

There is no need to book a space. Come along for one or many evenings. If you require more details, then call us directly on **020 7241 8973**.

General Carers Group

Camden Carers Centre also run a General Carers support group at Mind in Camden. The group meets 10.30-12.00 fortnightly at Barnes House. For further information please contact us on 020 7241 8973.



We are here when you are carrying the burden alone.