

MK Carer's Support Service

Supporting unpaid carers of people with mental health conditions, addiction, or dual diagnosis.

Mind BLMK, part of MK carers network, offer a safe, non judgmental space with understanding of the unique needs and difficulties that can be experienced when caring for someone with mental health difficulties or addiction.

Who is eligible for the service?

Any unpaid carer of an adult family member, friend or neighbour who resides within Milton Keynes. We support those aged 18+ but can help those under 18 to get appropriate support.

How to access support

Referrals can be made by completing the referral form on our website.

We accept self referral or those from a third party such as GP's, with consent of the individual being referred.

Once the referral is received the Carers Navigator will attempt initial contact within 3 working days.

After initial contact the Carers Navigator will:

- Share information about the service
- Have an initial chat to ensure this is the right service to meet needs
- Book in a more in- depth session to develop a support plan and identify areas of support
- Offer further 1-2-1 appointments to implement support plan
- Ensure a sustainable exit with carers feeling empowered for the future.

What support is on offer?

Individual support bespoke to each person's unique needs

1-2-1 support
Face to face | telephone | online

A space to explore concerns, needs and aspirations

Information and advice to help identify options and make informed decisions

Knowledge and resources to help support the cared for person

Exploring self care techniques and building resilience

Connection with other relevant services and specialist support

Developing a toolkit of support



To find out more:
w: www.mind-blmk.org.uk
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t: 0300 330 0648



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