



Support for **mental health carers** in Wales

If you are the carer of a person with a mental illness this leaflet will provide you with the information you need to find out where you can get support and advice.

Hafal is Wales' principal charity run by people with serious mental illness and their carers. Hafal provides a variety of services for carers of people with a mental illness across Wales. All Hafal's services stem from our unique **Recovery Programme** which empowers clients to make a step-by-step recovery plan, to look at all aspects of their life and set goals, and to take control of their lives. Carers are of course key supporters of the people they care for as they work towards recovery.

Hafal provides a range of services and support specifically for carers. These include:

- **family support**: working closely with carers and family members to provide the best support for clients
- **advocacy**: supporting carers by representing their interests
- **breaks for carers**: engaging a person being cared for in an activity so that carers can take a break
- **accessible information and advice**: providing carers with the latest news and information relevant to them
- **mutual support**: enabling carers to support each other through **carers' groups**
- **giving carers a voice**: especially in the planning of local services
- **awareness raising**: highlighting carers' rights, such as the right to have a needs assessment under the Care Programme Approach.

All-Wales Mental Health Carers Forum

In 2004 Hafal set up the groundbreaking **All-Wales Mental Health Carers Forum** especially to address the needs of the carers of people with mental illness. The Forum now provides a much needed voice for carers on a national level, focusing on concerns such as:

- **the provision of breaks for carers services**
- **raising the profile of mental health carers**
- **the commissioning of mental health services**
- **the Carers' Strategy and its grant scheme.**

The Forum is also open to individuals and groups not affiliated to Hafal. For more information about the activities of the Forum, or to become involved, contact the All-Wales Mental Health Carers Forum Convener **Jackie James** c/o: Hafal, Suite C2, William Knox House, Llandarcy, Neath SA10 6EL (Tel:01792 816 600; Email: Carers@hafal.org).

For more information on carers' services in your area, see details of local services overleaf.

Your local carer services

Hafal Blaenau Gwent

- Advice and support for Carers
- Breaks for Carers
- Carers Support Group
- Resource Centre

Tel: 01495 214 715

Email: blaenaugwent@hafal.org

Hafal Bridgend

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Out-of hours Helpline
- Carers Link meetings
- Carers Computer Classes
- Advocacy
- Breaks for Carers

Tel: 01656 729 191

Email: bridgend@hafal.org

Hafal Caerphilly

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Breaks for Carers
- Carers Support Group

Tel: 01443 879 725

Email: hyderus@hafal.org

Hafal Cardiff

- Advice and support for Carers
- Carers Advocacy Service
- Carers Support Group
- Seibiant Service
- Carers Garden Service

Tel: 029 2056 5959

Email: cardiff@hafal.org

Hafal Carmarthenshire

- Advice and support for Carers
- Ammanford Carers Support Group
- Carmarthen Carers Support Group
- Llanelli Carers Support Group

Tel: 01267 223 365

Email: carmarthenshire@hafal.org

Hafal Ceredigion

- Advice and support for Carers
- Breaks for Carers

Tel: 01970 624 756

Email: ceredigion@hafal.org

Hafal Conwy

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Support Group
- Carers Assessments Service
- Training for Carers

Tel: 01407 761 503

Email: aberconwy@hafal.org

Hafal Denbighshire

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Support Group
- Breaks for Carers
- Training for Carers

Tel: 01745 443 050

Email: denbighshire@hafal.org

Hafal Flintshire

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Training for Carers
- Carers Support Group
- Breaks for Carers

Tel: 01352 731 293

Email:

flintshirefamilysupport@hafal.org

Hafal Gwynedd

- Advice and support for Carers
- Courses for Carers
- Carer/Family Support and Advocacy Service
- Advice/information service for Carers
- Carers Support Group meetings

Tel: 01766 512 756

Email: gwyneddarosfa@hafal.org

Hafal Merthyr Tydfil

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Support Group
- Breaks for Carers

Tel: 01685 373 322

Email: merthyr@hafal.org

Hafal Monmouthshire

- Advice and support for Carers
- Breaks for Carers

Tel: 01633 842 266

Mobile: 07779 018 079

Hafal Neath & Port Talbot

- Advice and support for Carers
- Breaks for Carers

Tel: 01639 899 122

Email: nptseibiant@hafal.org

Hafal Newport

- Advice and support for Carers
- Breaks for Carers
- Carers Support Group
- Resource Centre

Tel: 01633 842 266

Email: newport@hafal.org

Hafal Pembrokeshire

- Carer/Family Support
- Advice and support for Carers
- Carers Assessments
- Training for Carers
- Breaks for Carers

Tel: 01834 844 177

Email: tri@hafal.org

Hafal Powys

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Breaks for Carers

Tel: 01686 626 749

Email: powys@hafal.org

Hafal Rhondda Cynon Taf

- Advice and support for Carers
- Breaks for Carers

Tel: 01685 884 918

Email: rcttower@hafal.org

Hafal Swansea

- Advice and support for Carers
- Breaks for Carers
- Carers Support Group

Tel: 01792 466 990

Email: swansea@hafal.org

Hafal Torfaen

- Advice and support for Carers
- Carer/Family Support and Advocacy Service

Tel: 01633 842 266

Email: torfaen@hafal.org

Hafal Vale of Glamorgan

- Advice and support for Carers
- Carer/Family Support
- Carer Support Groups

Tel: 01446 733 331

Email: valeofglamorgan@hafal.org

Hafal Wrexham

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Monthly Carers Support Group
- Breaks for Carers

Tel: 01978 310 936

Email:

wrexhamfamilysupport@hafal.org

Hafal Ynys Mon

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Assessments
- Breaks for Carers
- Carers Support Group

Tel: 01407 761 611

Email: ynysmon@hafal.org



Contact Jackie James of the All Wales Mental Health Forum at:
Hafal
 Suite C2, William Knox House
 Britannic Way
 Llandarcy
 Neath SA10 6EL
Tel: 01792 816 600
Email: hafal@hafal.org



For general information, contact:
Hafal Head Office
 Suite C2, William Knox House
 Britannic Way
 Llandarcy
 Neath SA10 6EL
Tel: 01792 816 600
Email: hafal@hafal.org

Other useful contacts:

- **Crossroads** (www.crossroads.org.uk) aims to promote, offer, support and deliver high quality services for carers and people with care needs. They can be contacted by calling: **0845 450 0350**.
- **Carers Wales** works for a better deal for all carers in Wales. Contact them on: **029 2081 1370**