**Support and advice for Unpaid Carers**

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| **Name** | **Information** | **Contact details** |
| Somerset Carers (CCS) | Free support and information for unpaid carers in Somerset.  Register as an unpaid carer.  Carers Hub of information, advice, and activities.  Carers groups online and in person.  Support for anyone supporting someone living with a mental health condition. | <https://somersetcarers.org/>  Call the Advice Line:[**0800 31 68 600**](tel:+448003168600) **or 01823 331222**  Email: [carers@somersetrcc.org.uk](mailto:carers@somersetrcc.org.uk)  Carers Hub: <https://somersetcarers.org/carers-hub/>  Carers Groups: <https://somersetcarers.org/carers-groups/>    Open Mental Health Carers Project: For further information contact Katherine West at carers@somersetrcc.org.uk |
| Rethink | Carers Hub providing information and support for anyone supporting someone living with a mental health condition. | <https://www.rethink.org/advice-and-information/carers-hub/> |
| Second Step | Mental health charity in the Southwest offering housing, support and hope to thousands of people with mental health and other problems.  Housing solutions are for adults who are homeless, or at risk of homelessness and also have a mix of mental health needs, drug  and alcohol problems, debt or have been involved in the criminal justice system. | Tel: [0117 909 6630](tel:0117%20909%206630) Email: [admin@second-step.co.uk](mailto:admin@second-step.co.uk)  Website: [www.second-step.co.uk](http://www.second-step.co.uk/) |
| Mind | Information and advice about seeking help for someone with a mental health problem. | <https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/helping-someone-else-seek-help/#WhatEmotionalSupportCanIOffer> |
| Mind Youth Safe Space | Available every evening at Taunton and Yeovil Mind Offices | <https://www.mindinsomerset.org.uk/our-services/young-people/youth-safe-space/#:~:text=Children%20and%20Young%20Peoples%20Safe,health%20and%20are%20experiencing%20distress>. |
| Mind in Somerset Recovery and Wellbeing Workers | Recovery and Wellbeing Workers, enable people with emotional, mental health and well-being needs to aspire towards and achieve their own goals. | <https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/recovery-and-wellbeing-workers/>  Contact through Mindline or complete a self-referral form. |
| NHS Somerset Talking Therapies | We are a free NHS service, offering emotional and psychological support to anyone over the age of 16 and registered with a Somerset GP. We offer many different short term, time-limited treatments for anxiety and depression, including stress, insomnia, panic or phobias. We also support those going through an adjustment period - whether that be due to a long-term health condition, becoming a new parent, or adapting to supporting a family member or friend.  These treatments are available both individually and in groups, by telephone and video for your greater convenience, and some capacity for in-person support too.  You can refer to our service by speaking with your GP, or self-referring via our website.  *Please note, Talking Therapies is not an emergency service. If you feel you need more urgent support with keeping yourself or others safe, please speak to your GP or contact emergency services.* | To self-refer, please visit: <https://www.somersetft.nhs.uk/somerset-talking-therapies/online-referral-form/>  To contact our admin team, please call 0300 323 00 33 or email [SPTTReferrals@somersetft.nhs.uk](mailto:SPTTReferrals@somersetft.nhs.uk)  Website: <https://www.somersetft.nhs.uk/somerset-talking-therapies/> |
| Somerset and Wessex Eating Disorders Association (SWEDA) | SWEDA offers a range of services throughout Somerset. Support for family members. | <https://swedauk.org/>  <https://swedauk.org/resources/i-am-supporting-someone-with-an-eating-disorder>  HELPLINE 01749 343344 |
| Diversity Voice | A charity offering support and advice in different languages. Refugee welcome hubs. | 0300 075 0105  [communities@diversityvoice.org.uk](mailto:communities@diversityvoice.org.uk) |
| 2BU Youth support for LGBTQ+ young people. | Support for parents and carers. | <https://www.2bu-somerset.co.uk/parents> |
| Young Somerset | Support for parents and carers. | <https://www.youngsomerset.org.uk/parents-and-carers> |
| Somerset Parent Carer Forum | Connecting and empowering carers of children and young people with additional needs from birth to 25 years. | [www.somersetparentcarerforum.org.uk](http://www.somersetparentcarerforum.org.uk)  Tel 01458 259384  07543 680365  [admin@somersetparentcarerforum.org.uk](mailto:admin@somersetparentcarerforum.org.uk) |
| Health Watch Somerset | Healthwatch Somerset is your voice within health and social care. We believe those who make decisions about health and social care can best improve services if they listen to people's experiences and feedback. We want everyone in Somerset to be included in the conversation, so we strive to hear from as wide a range of people as possible from our diverse communities. We share your views, anonymously, with those providing health and care services to help create positive change.  We understand that factors such as culture, location, wealth, education, environment, and discrimination can lead to worse health outcomes, and we support the consensus that this must change. At Healthwatch, we stand ready to help by doing more to amplify the voices of communities that go unheard and reduce the barriers they face.  We’re completely independent and impartial and anything you say is confidential. We can also help you find reliable and trustworthy information and advice. | Call us on 0800 999 1286  <https://www.healthwatchsomerset.co.uk/>  <https://www.healthwatchsomerset.co.uk/share-your-views> |
| Citizens Advice Somerset | Free, confidential and impartial advice on many issues including housing, debt and money, employment and welfare benefits. | <https://citizensadvicesomerset.org.uk/>  You can call Somerset Adviceline on **0808 27 87842**. **Monday & Friday** **10am – 4pm.**We are now also running longer hours on **Tuesdays, Wednesdays and Thursdays** **until 8pm**  Are you deaf or hard of hearing?  Clients who are deaf or hard of hearing can call the Relay UK Text service using prefix 18001 and then dialling 0808 27 87842. |
| Support for Veterans and their Families | Directory of services and support for veterans and their families. | <https://www.gov.uk/government/collections/find-support-for-veterans-and-their-families>  The Veterans’ Gateway helpline can provide information and referral support by telephone. Phone: 08‍08 80‍2 12‍12 |
| Royal Navy Family and People Support | Support for families of naval service personnel. | <https://forum.royalnavy.mod.uk/>  0800 145 6088 Yeovilton 01935 5444/5446 |
| Dementia Wellbeing Service | The Somerset Dementia Wellbeing Service is a collaboration between dementia services who are working together to improve diagnosis, enhance support and provide a consistent service for people with dementia and their carers in Somerset. | <https://somersetdementia.org/>  Somerset Dementia Connect Phoneline  01458 251541 |
| Age UK | They provide support to those living with dementia in Somerset and North Somerset as well as their families and carers. | <https://www.ageuk.org.uk/somerset/>  Call age UK Somerset 01823 345610 |
| Young Dementia Network | An online community of people living with young onset dementia, their family and friends. | <https://www.youngdementianetwork.org>  Email [youngdementianetwork@dementiauk.org](mailto:youngdementianetwork@dementiauk.org) |
| Alzheimers Society | They offer information and practical guidance to help you understand dementia, cope with day-today challenges and prepare for the future. | <https://www.alzheimers.org.uk/support-services/Somerset%20Local%20Services/Dementia%20Support%20Somerset/regional>  Call 01458 251541 Office opening times Monday-Friday 0900 - 1700 |
| Farmerados | Through volunteers, the aim to set up pop-up farmhouse kitchens across Somerset and beyond, where farmers can drop in for tea, cake and conversations with peers. The aim is to get farmers talking and opening up about their struggles and worries to find comfort and support from the local agricultural community. | <https://farmerados.org/>  <https://farmerados.org/contact/> |
| Health Connections | Health Connectors work for the GP practices in the Mendip area. They have a directory of local information, groups and services in the community that can help you to improve your health and well being. | 01373 468368  [**https://healthconnectionsmendip.org/mendip-directory/**](https://healthconnectionsmendip.org/mendip-directory/) |
| Alcoholics Anonymous | Alcoholics Anonymous has around 50 face to face meetings a week and around 30 online meetings.  Al-Anon is for anyone affected by someone else’s drinking. | <https://www.somersetaa.org/>  <https://al-anonuk.org.uk/>  <https://al-anonuk.org.uk/getting-help/find-a-meeting/?search=2&county=Somerset>  Confidential helpline 0800 0086 811 10am to 10pm 365 days a year |