

Advice for family & friend carers during the Coronavirus outbreak

At this time it is very important that carers have access to information and support. This document contains some basic advice, and also some guidance on staying well.

See the Coronavirus information on our public website:

www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health

KEEP UP TO DATE WITH INFORMATION PROVIDED BY NHS AND GOVERNMENT

Please ensure you...

Let your GP know that you are a carer (if they do not know already).

Contact your GP and local pharmacy to ensure prescriptions and medication can still be collected or delivered, if the person you care for needs medication.

Put a contingency plan in place.

How to help yourself

It is important for your wellbeing that you maintain contact with your support networks, whether that is through social network sites, email, text or call and share how you are feeling.

Try to put in place a contingency plan with friends, family or trusted neighbours, should you become unwell yourself.

For more information on preparing a contingency plan and practical advice, please visit the Carers UK website:

www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies

www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19

Mental health wellbeing and nutrition links

Nutritional advice

www.nutrition.org.uk/healthyliving/helpingyoueatwell.htm
www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition

Mental health and wellbeing

www.mind.org.uk/information-support/
www.nhs.uk/oneyou/every-mind-matters/
youngminds.org.uk/find-help/looking-after-yourself/

Support for you

Your local Sussex based carer organisation can also provide support.

Carers Support West Sussex: call 0300 028 8888 or email info@carerssupport.org.uk

Carers Centre Brighton & Hove: call 01273 746 222 or email info@thecarerscentre.org

Care for the Carers East Sussex call 01323 738 390 or email info@cftc.org.uk

If you don't live in one of the areas listed above please visit the Carers Trust website <https://carers.org> to find local carer services in your area.

Please also visit our carers page:

<https://www.sussexpartnership.nhs.uk/triangleofcare>

