

How to access the group:

This group runs fortnightly, online via Microsoft Teams.

The group is facilitated by members of the SUN team.

Please note this group is invite only.

Scan the QR code or email us at epunft.pd.cnsun@nhs.net for information on how to join, timings and more.



And select the option for mental health crisis



Patient Advice and Liaison Service

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:0800 085 7935) or you can email epunft.pals@nhs.net

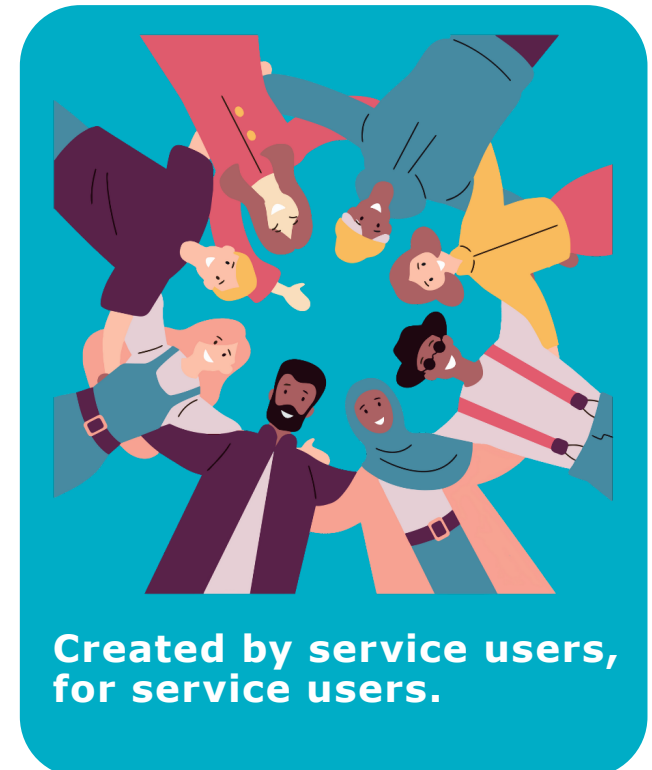
This leaflet can be produced in large print, CD, Braille and other languages on request.



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I Care Support Group

For carers of those with personality disorders and complex needs



Created by service users, for service users.

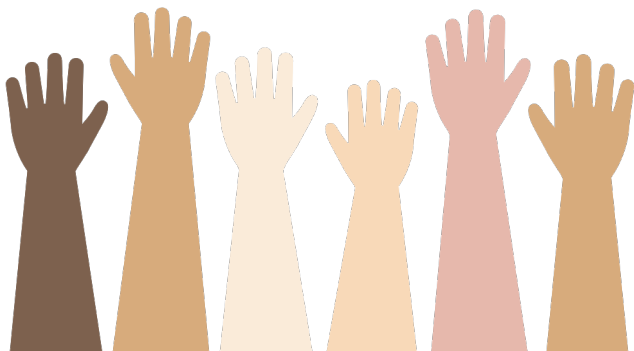
What is the 'I Care' Support Group?

Are you a carer or loved one of someone living with a personality disorder?

Do you live in Essex?

Would you like to join a group of other carers to share experiences, learn more about how others manage and learn about skills and strategies that can help?

Carer Support Groups are gatherings of individuals who share a common experience or circumstance. In the case of adult unpaid family carers, these groups bring together those who are caring for a family member to offer emotional support and practical advice.



Who is the group for?



The 'I Care' Support Group aims and core purpose is to bring together carers and loved ones and offer opportunities to make contact with others in a similar situation, gain support, learn new skills and share resources.

The group offers a supportive space and is open to anyone who is caring for a loved one who may have a formal diagnosis of a personality disorder and/or have complex emotional needs that may meet diagnostic criteria and who are registered with a GP in Essex.

Please note that both yourself as a carer/loved one, and your loved one need to be 18+ years old.

What do past and current members say about the Group?

“

Knowing I'm not alone in what I am experiencing and doing my best is good enough!

”

“

The Carer Support Group has enabled me to better understand the condition and support my son to move forward.

”

“

Looking after myself is just as important.

”

“

Listening to other carers express similar concerns, frustrations, strategies etc. has been very beneficial all round.

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