



# How can Parents Carewell support you?

The Carewell Partnerships are Edinburgh-wide initiatives which support carers. This leaflet explains the support available for parent carers of young people aged 11-25 who are experiencing mental health issues. We can support you in the following areas:

- Help improve your wellbeing.
- Support you with ways you can help your child.
- Navigate complex systems such as social work assessments and welfare benefits.
- Help you find out more about your rights as a carer.
- Provide you with a safe space to share your experiences and hear from other carers in similar situations.

If you'd like to find out more, email Megan, VOCAL's Parent Carer Support Practitioner [mcopley@vocal.org.uk](mailto:mcopley@vocal.org.uk)

- **VOCAL**

VOCAL supports and empowers unpaid carers in Edinburgh and Midlothian through individual support, information, training and access to services.

- Learning and development – events for parent carers
- New support group for parent carers
- 1-2-1 casework support including financial maximisation
- Counselling
- Surgeries e.g. Legal, Power of Attorney, Emergency Planning
- Family Support Addictions

**0131 622 6666 | [vocal.org.uk](http://vocal.org.uk)**

- **Health in Mind**

Health in Mind promotes positive mental health and wellbeing in Scotland. They provide a wide range of services and courses to support and enable people to make a positive difference in their lives.

- Listening space through groups
- Health and wellbeing workshops for carer
- Youth mental health workshops for parents

**0131 225 8508 | [health-in-mind.org.uk](http://health-in-mind.org.uk)**

- **Edinburgh Development Group**

The Edinburgh Development Group uses person centred planning, group work, community building and training, working in close partnership with people with learning disabilities and their families.

- Support for parent carers of adults with learning disabilities
- Emergency and future planning, including Life Books
- Crafty Carers Brunch Group

**0131 476 0522 | [edg-sco.org](http://edg-sco.org)**

- **Database**

iThrive is an online space for mental health and wellbeing information in Edinburgh.

**[ithriveedinburgh.org.uk](http://ithriveedinburgh.org.uk)**

- **The Action Group**

The Action Group is about 'No barriers – for all of life.' They offer support and advice to over 1,700 children, young people and adults across East Central Scotland.

- BAME group-specific support including: children and adult transitions, digital inclusion and financial support
- Benefits advice and information
- Housing support service
- Learning and development

**0131 475 2315 | [actiongroup.org.uk](http://actiongroup.org.uk)**

- **Family Advice and Information Resource (FAIR)**

FAIR is an information and advice service for people with learning disabilities and their carers in Edinburgh.

- Welfare rights and financial capacity advice and information

**0131 662 1962 | [fairadvice.org.uk](http://fairadvice.org.uk)**

- **Milan Senior Welfare Organisation**

Milan develops and delivers provisions for older people from Indian, Pakistani, Bangladeshi and Mauritian communities living in the Lothians.

- South Asian-specific support
- Information and advice
- Recreational activities
- Support groups

**0131 475 2307 | [milanswo.co.uk](http://milanswo.co.uk)**

- **Eric Liddell Centre**

The Eric Liddell Centre is a charity and community hub working to change perceptions of living with dementia, disabilities and mental health issues.

- Befriending
- Advice and Information
- 1-2-1 casework support
- Recreational activities
- Outings
- Courses and talks

**0131 447 4520 | [ericliddell.org](http://ericliddell.org)**

# Helplines for all ages

- **Mind**

**0300 123 3393**

Mind provide advice and support to empower anyone experiencing a mental health problem.

- **Breathing Space**

**0800 83 85 87**

Breathing Space is a free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

- **Edinburgh Crisis Centre**

**0808 801 0414**

The Crisis Centre is open 24 hours a day, 365 days of the year, and provides community based, emotional and practical support at times of crisis. It is a service for people who are aged 16 and over who are using or have used mental health services and are resident in the City of Edinburgh when they are facing a crisis.

- **Samaritans**

**116 123**

Samaritans offers listening and support to people and communities in times of need.

- **Parentline**

**08000 28 22 33**

Parentline offers advice and support for families in need of additional support.



We're part of the  
**Parents Carewell  
Partnership**

