

Are you  
looking after  
someone?

Carers Week™

## Adult Mental Health Services Carers Pledge 2020

Adult Mental Health recognises the importance of family, friends and carers and understand the impact mental health issues can have not only on the individual but on their loved ones. Not everyone recognises themselves as a formal carer and we want to be inclusive of all people supporting loved ones. Caring for others can have a significant impact on your own health and wellbeing therefore Adult Mental Health want to raise the profile of caring in 2020.

In 2020 we pledge to:

- Produce and share up to date information for carers about our services and other services they can access to support them
- Involve carers in the care and treatment of their loved ones.
- Involve carers in the review and development of our services
- Support carers through the impact of COVID-19
- Explore ways we can evaluate how well we have done with our plans above so we can keep learning and improving



For more information visit  
[carersweek.org](http://carersweek.org)

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