

Are you
looking after
someone?

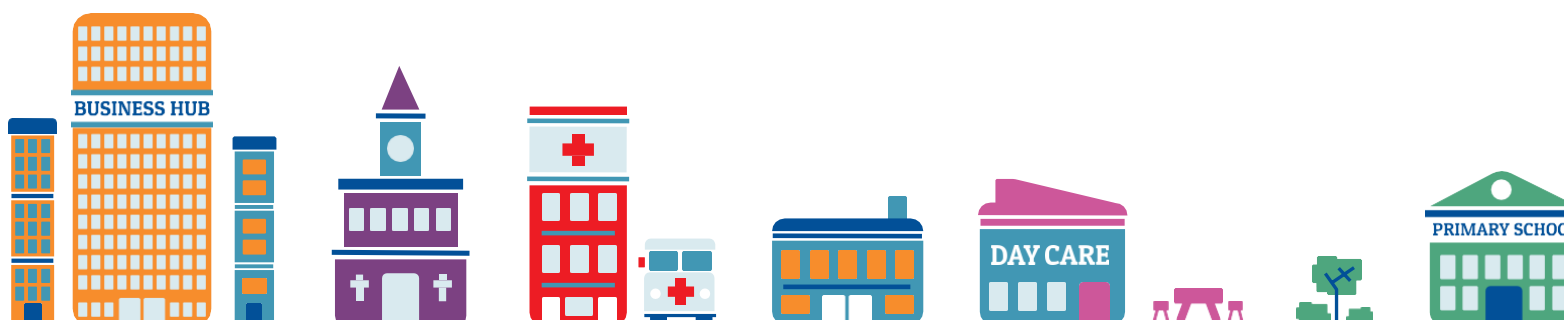


8–14 June 2020

CAMHS Parent / Carers Week Pledge 2020

Child and Adolescent Mental Health Service (CAMHS) at Nottinghamshire Healthcare NHS Trust recognise that parents/ carers and siblings of those who use CAMHS often don't recognise themselves as carers. Some Young people may also be carers to others. By supporting others, we can often neglect our own wellbeing. Carers are supporting every day and are not always easy to spot but Nottinghamshire Healthcare CAMHS are working hard to support carers, making caring more visible. In 2020 we pledge to

- * Develop, produce and circulate up to date information for carers, friends and family from services and the wider public.
- * Help Parents / Carers / Young Carers recognise the need to look after their own wellbeing.
- * Ensure we gather feedback from Parents and Carers on how we have supported them as well as their loved one.



For more information visit
carersweek.org

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