

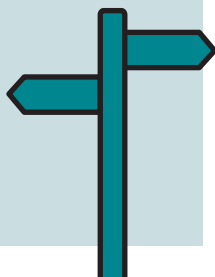
10 facts about mental health carers

To mark Carers' Week 2022



Fact 1

We design and deliver person-centred care, underpinned by evidence, which supports people to lead fuller, happier lives.



Fact 2

We are commissioned by Birmingham and Solihull CCGs to support child and adult carers from the age of four upwards.

Fact 3

We provide a Carers' Gateway Line which is operated by experts by experience from 8am to 8pm.

Fact 4

We deliver bespoke one to one support sessions for up to (but not limited to) 12 sessions.



Fact 5

We work closely with schools and Birmingham and Solihull Councils to ensure young carers are recognised and supported.

Fact 6

We increase the knowledge of 'Hidden Carers' within the local Birmingham and Solihull communities.

Fact 7

We have a young carers and other peer support groups.



Fact 8

Our monthly carer information pack is distributed to over 4500 people per month.

Fact 9

We have created successful partnerships with Forward Carers, Spurgeons, Forensic Units, schools and community mental health trusts. This creates a more carer friendly experience across Birmingham and Solihull.

Fact 10

4976 clients have reported an improvement in their wellbeing as a direct result of the support/peer group interventions of our service, saving the NHS over £38 million.



To find out more, email BirminghamMentalHealthCarers@homegroup.org.uk