

# Gateshead Crossroads Caring for Carers

**Do you care for someone who suffers from mental distress?**

**Would you like *your* views and experiences to make a difference to services for carers and the people they care for?**

Through our Mental Health Involvement Worker we can provide support, information and training for carers who want to make their voices heard by people who plan and deliver local Mental Health Services.

## **Involvement can be:**

- Having an informal discussion with other carers
- Attending meetings with key workers in the National Health Service
- Campaigning
- Exploring other ways of influencing change

If you want to find out more about becoming involved in improving how Mental Health Services work with carers then **contact:**

**Joe Lewis**  **01207 549 780**

**Gateshead Crossroads Caring for Carers also provides practical services and support to carers in Gateshead. For more information on how we can help contact us in the following ways:**



**By Post:** St. Joseph's Old School, Smailes Lane, Highfield, Rowlands Gill, Tyne and Wear, NE39 2DB



**Telephone:** 01207 549 780



**Minicom:** 01207 549 098



**Fax:** 01207 549 794



**E-mail:**  
[enquiries@gatesheadcrossroads.org.uk](mailto:enquiries@gatesheadcrossroads.org.uk)



**Website:**  
[www.gatesheadcrossroads.org.uk](http://www.gatesheadcrossroads.org.uk)

Gateshead Crossroads works within an Equal Opportunities Policy

**If you require this information in other formats, please contact us.**