

Factsheet MH7 – Mental Health Carers Involvement Project - A Stronger Voice For Carers

Carers in Hertfordshire wants to encourage carers of people with mental illness to become more involved in the planning and delivery of mental health services. In order to improve these services it is vitally important that the experiences and views of carers are listened to and acted upon.

Why? The involvement of carers is very much needed:

- **To give carers a real say in what services are working well and how they are delivered**
- **To ensure planners and managers hear about services which are not effective or supportive**
- **To ensure services respect people's dignity, independence and promote recovery**
- **To ensure carers get the help and advice they need when they need it**
- **To influence the development of new and better services**

Who are we?

The Mental Health Carers Involvement Project Team is commissioned by Hertfordshire's Integrated Health and Care Commissioning Team and has been in operation since autumn 2007.

The team has two part-time Mental Health Involvement Workers working with the Involvement Manager.

Join our Mental Health Carers Involvement Network:

- Receive newsletters, e-bulletins and information about service planning and developments
- Make your voice heard by responding to consultations, joining working parties and attending one-off workshops or focus groups
- Gain any training and support you may need to help you represent your views and those of other carers to the health and social care authorities who commission and manage our mental health services in Hertfordshire
- Meet and talk to other carers who have had similar experiences to your own
- Attend our Mental Health Carers Involvement Forum which meets regularly to share information and plan responses to all new developments in the mental health services.

making carers count

*The information contained on this sheet is correct at the time of issue.
Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them*

For those carers who are unable to commit to attending occasional meetings, we still need your views on what is working well in the services you have experienced and your comments on developments and changes.

Our Mental Health Involvement Workers will be pleased to receive your views and thoughts in ways that suit you best.

If you can contribute in any way

Just contact our receptionist at our main office at Hertford on **01992 586969** to register your interest and we will be in touch.

Alternatively, you can email us on contact@carersinherts.org.uk

Or via our website: www.carersinherts.org.uk.

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