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## Kingston Mental Health Carers' Forum (KMHCF)

### Organisation details

#### Description of activity

Being run by those with lived-experience, we fully understand that being a Carer can be a demanding and isolating experience, and that obtaining information and support can be complicated and confusing, especially as services are always evolving.

We will help you identify the assistance that you need, for information, support and training. We have a monthly Peer Support Carers' Group.

We also give Carers the means to express their collective views and opinions directly to Health and Social Care Professionals who engage us as active members of relevant committees and strategy groups where we work constantly to develop a clear understanding of the needs of Carers within our community by campaigning on their behalf.

We partner with other third-sector organisations.

Our regular newsletters will keep you informed on a wide range of topics, and our activities on your behalf.

KMHCF is a registered charity, membership is free, and you participate as much or as little as you feel able. Your membership and any input you want to give would be greatly valued, and could make a real difference to local services.

Membership is strictly confidential.

### Contact details

#### Telephone

07983 063578

#### Email address

[info@kmhcf.org.uk](mailto:info@kmhcf.org.uk)

#### Website

<https://kmhcf.org.uk/>

### Availability details

#### Description of eligibility or referral criteria and pathways (if applicable)

You may be a Carer, Family or Friend of someone with a Mental Health problem, or just someone who is supportive of our work. You are eligible to become a member of KMHCF, if you are over 18 years of age.