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Will you share your experience of living with someone with a mental health problem?

Anisha Siromoney works for the Institute of Psychiatry and would like to hear from young people about what it's like living with someone with a mental health problem. She is collecting this information for a research project that will help her develop a package of support for young people in this situation. That package will be tested in another, future piece of research.

If you are willing to take part, you can either join a group to talk about your experiences, or be interviewed face to face. The sort of things that will be discussed include your understanding of your relative's illness, what difficulties there have been and how you coped with them, the good things about being a carer, how helping to look after someone when you were young affected you, advice you would give to other people in a similar position, and how you think young carers could be supported.

Anisha, who was a young carer herself, would like to hear from people aged 16 to 25 who help look after someone with a mental illness, or who have done so in the past.

To find out more:

email her at anisha.siromoney@kcl.ac.uk
or call her on 020 7848 0125.

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