

## Need urgent support?

Samaritans 116 123  
Breathing Space 0800 83 85 87  
NHS24 111

## We are Penumbra Mental Health,

a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in, and reach their goals, whatever they may be.

Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we're there.

Penumbra is a charity (SC010387) and a company limited by guarantee (SC091542) registered in Scotland. Head Office, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

## Dundee Carers Support Service



## Are you a carer?

When you care for someone, it's really important to look after your own wellbeing too. That's why our team are here to offer mental health and wellbeing support for people aged 16 and over living in Dundee.

If you care for someone aged 16 and over who is living with mental health challenges and you're looking for ways to look after your own wellbeing, we can offer you support. Just contact the team.

## What is the service?

We can offer you practical and emotional support to improve and maintain good mental wellbeing. Support is offered over a fixed period of time. This can happen on a one-to-one basis and through group workshops. We can also connect you to helpful activities and resources within your community.

Many of our team members have their own lived experience of living with mental health challenges, and so they come with an understanding of how you might be feeling.

## Accessing support

If you're aged 16 and over you can access our support by contacting us directly. This is called self-referral.



**Being a carer has its challenges but it's good to have that time and support for me**



We also accept referrals on your behalf like for example from the NHS, social work and other voluntary organisations.

All you need to do is complete a referral form. You can call or email us to ask about a form or for more information.

**We support people on their journey to better mental health, by working with each person to find their own way forward.**

## Where will support happen?

The support we offer is flexible. It can take place in and around your local community, and over the phone.

Scan for the online referral form



[penumbra.org.uk](https://penumbra.org.uk)



 PenumbraDundee

[Dundee.Carers@penumbra.org.uk](mailto:Dundee.Carers@penumbra.org.uk)