



Resources for Carers, Young Carers and Staff:

10. Understanding Mental Health Conditions & Medication

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1. Online Information to Support Carers

There are **two main local information sources** available online in Sheffield; the **Sheffield Mental Health Guide** and the **Sheffield Directory**. There is also a local children and young people's mental health website.

Sheffield Mental Health Guide:

This guide provides a list of mental health conditions linking to factsheets with information on symptoms, treatment, self-help, and useful contacts. Each factsheet also links through to the Sheffield Mental Health Guide's directory of services giving a list of organisations and services relevant to the specific mental health condition you want to know about. The Guide is managed by Sheffield Mind and can be found here; www.sheffieldmentalhealth.co.uk.

Sheffield Directory:

The directory gives information on support groups, club activities and different events happening in the city. The Sheffield Directory is managed by Sheffield City Council and provides information on Adults, Children and Families and Special Educational Needs services. It can be found here; www.sheffielddirectory.org.uk.

EPIC Friends:

If you are a young carer and would like information on mental health with regard to yourself or a friend, Sheffield Child and Adolescent Mental Health Services (CAMHS) developed a website called Epic Friends. This can be accessed here; www.epicfriends.co.uk.

There are also a number of national organisations that produce fact sheets and information on a range of conditions and self-help strategies including Mind, the National Institute for Health and Care Excellence (NICE), the Royal College of Psychiatry and YoungMinds.

2. Mind Resources

Visit www.mind.org.uk/information-support/a-z-mental-health or www.mind.org.uk/information-support/types-of-mental-health-problems.

For carers:

- 'Carers, Friends and Family – Coping and Support'; giving helpful advice about how you can look after yourself if you are supporting someone experiencing a mental health problem.

Mental Health Resources:

- 'How to' series; on coping with loneliness; sleep problems; student life; suicidal feelings; parenting with a mental health problem; anger; stress; self-esteem' supporting someone who feels suicidal.
- 'Guides on'; advocacy; food and mood; Mental Health Act 1983.
- 'Understanding'; anxiety and panic attacks; bipolar disorder; borderline personality disorder (BPD); dissociation and dissociative disorder; eating problems; mental health problems; obsessive-compulsive disorder (OCD), paranoia; personality disorders; phobias; postnatal and antenatal depression; post-traumatic stress disorder (PTSD); psychosis.
- 'Legal rights'; agreeing to treatment; leaving hospital; courts and mental health.
- 'Drugs and treatments'; anti-depressants; anti-psychotics; cognitive behavioural therapy (CBT), medication – stopping of coming off; electroconvulsive therapy (ECT), lithium and other mood stabilisers; sleeping pills and minor tranquilisers.

3. National Institute for Health and Care Excellence

The National Institute of Health and Care Excellence's (NICE) role is to improve outcomes for people using the NHS and other public health and social care services. They do this by producing evidence-based guidance and advice for health and social care practitioners. They have a range of guidance on different mental health conditions and this can be found at www.nice.org.uk/guidance.

NICE has guides on:

- Alcohol-use disorders
- Anxiety
- Attention deficit hyperactivity disorder
- Autistic Spectrum Disorder
- Bipolar disorder
- Delirium
- Dementia

- Depression
- Drug misuse
- Eating disorders
- Mental health and behavioural conditions: General and other
- Personality disorders
- Psychosis and schizophrenia
- Self-harm

4. Royal College of Psychiatry

The Royal College of Psychiatry have produced user-friendly and evidence-based information about mental health problems and treatments which can be found at www.rcpsych.ac.uk/mental-health/problems-disorders.

Problems and disorders:

- ADHD
- Alcohol
- Anxiety, panic and phobias
- Before, during and after pregnancy
- Bereavement
- Bipolar disorder
- Cannabis
- Coping after a traumatic event
- Debt and mental health
- Delirium
- Dementia
- Depression
- Eating disorders
- Feeling stressed, overwhelmed or on the edge
- Hoarding
- Medically unexplained symptoms
- Obsessive-compulsive disorder
- Personality disorder
- Physical illness
- Post-traumatic stress disorder
- Problem gambling
- Schizophrenia and schizoaffective disorder
- Seasonal affective disorder
- Self-harm
- Shyness and social phobia
- Sleeping well and tiredness

Support, care and treatment:

- Alzheimer's
- Anti-psychotic medication
- Being sectioned
- Benzodiazepines
- Bipolar medications
- Cognitive Behavioural Therapy (CBT)
- Complementary and alternative medicines
- Depot medication
- Deprivation of Liberty Safeguards (DOLs)
- Electroconvulsive Therapy (ECT)
- Electronic health records
- Guide to mental health tribunals
- Liaison psychiatry services
- Mental health capacity and the law
- Mental health services and teams in the community
- Mental health tribunals
- Pregnancy – before, during and after
- Psychotherapies
- Spirituality and mental health
- Talking to your GP
- What to expect from your psychiatrist

5. YoungMinds Resources

YoungMinds offers information to young people and children, parents and professionals about mental health and emotional wellbeing in children and young people which can be found at www.youngminds.org.uk.

For children and young people:

- Need to talk
- Who's who
- Taking control of your treatment
- Questions you should ask
- Your guide to CAMHS
- Your guide to inpatient care
- Looking after yourself
- Feelings and symptoms
- Conditions

For parents:

- YoungMinds parents helpline – 0808 802 5544
- Parents lounge
- Parents survival guide
- Parents' guide to support A-Z

6. Northumberland Self-Help Leaflets

Northumberland, Tyne and Wear NHS Foundation Trust have produced a variety of self-help leaflets. The leaflets cover a range of topics and can be found at www.ntw.nhs.uk/selfhelp:

- Abuse
- Alcohol and you
- Anxiety
- Bereavement
- Controlling anger
- Depression and low mood
- Domestic violence
- Eating disorders
- Food for thought
- Health anxiety
- Hearing voices and disturbing beliefs
- Obsessions and compulsions
- Panic
- Post-traumatic stress
- Postnatal depression
- Self-harm
- Social anxiety
- Sleeping problems
- Stress
- Prisoner anxiety
- Prisoner depression and low mood
- Prisoner post-traumatic stress
- Depression and low mood: A guide for partners

7. Medication

Sheffield Health and Social Care Foundation Trust's Pharmacy department recommend the following resource for information about medications; www.choiceandmedication.org/sheffieldhsc/.

This website provides leaflets in a few languages, in large print and in accessible formats. There is also other useful medical information on the website.

8. Useful Resources

Information and leaflets are available to download from www.shsc.nhs.uk/service-users-and-carers/carers-and-young-carers. The following resources are available for carers, young carers and staff:

1. Advocacy
2. Carers' and Young Carers' Charter
3. Carers' and Young Carers' Assessments
4. Carers' and Young Carers' Checklist
5. Community Teams
6. Confidentiality and Information Sharing
7. Hospital Admissions and the Mental Health Act
8. How to Get Involved
9. Mental Health Crisis
10. Understanding Mental Health Conditions and Medication
11. Useful Contacts Leaflet
12. Information Pack

These resources were designed in partnership with carers and young carers. SHSC worked collaboratively with Sheffield Carers Centre, Sheffield Young Carers and Chilypep and we would like to acknowledge their hard work, advice and support. These resources were updated in 2019 to ensure accuracy of information. With thanks to Jana Sandford for the artwork throughout.

For further information, contact:

- Sheffield Carers Centre on 0114 272 8363 or www.sheffieldcarers.org.uk
- Sheffield Young Carers on 0114 258 4595 or www.sheffieldyoungcarers.org.uk
- Carers Trust on 0300 772 9600 or www.carers.org

Or alternatively, contact your local SHSC team to get more information.



This document was accurate as of January 2020.