

What do I do next?

Contact your Carer Support Worker, or contact Signposts as below.

Contact us



Call Signposts for Carers on
(01803) 666620
9am - 4.30pm, Mon - Fri



Email signposts@nhs.net



Meet your Carer Support Worker
within your GP practice



Drop in to one of our Carers Centres,
see website for details



Visit us online

www.tsdft.uk/carers



www.facebook.com/TorbayCarers

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This document can be made
available in other formats.
Contact (01803) 208455

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Torbay and South Devon
NHS Foundation Trust

Emotional Support Scheme

Advice and information
from Torbay Carers Service



If you feel it will be helpful for you to talk through emotional concerns relating to your caring role, this scheme may be the answer.

Working with you, for you

Working with you, for you

What is the Emotional Support Scheme for Carers?

Carers are those family members or friends who support someone with a disability, health condition, drug, alcohol sometimes find it difficult to cope with thoughts and feelings relating to their caring role, and their health may begin to suffer. Talking through their emotional concerns confidentially with a qualified counsellor can help them to see things clearly, and manage their caring role more easily.

This scheme enables Carers to link with a counsellor of their own choice from a list of participating counsellors, and meet at a time and in a place convenient to them.

Will I be eligible to join the Scheme?

You need to be over 17 years old **and** have had a Carer's Assessment or Health and Wellbeing Check to determine your eligibility.

How does the Scheme work?

If you are eligible for emotional support, the worker will discuss your needs and decide whether the Emotional Support Voucher Scheme will offer the support you need. If so, you will be given an allocation of vouchers, and a list of participating counsellors. Each voucher will 'pay for' one session with a counsellor.

How will I find a Counsellor?

You will be linked to the Scheme co-ordinator, who will answer your questions, and generally help you consider your options of counsellor before you make your choice.

Will I have to pay anything?

No - the service will be free of charge. Should you need help with transport or a sitter to enable you to keep your counselling appointments, these needs will be discussed as part of your Carer's Assessment or Health and Wellbeing Check.

Will I be able to have unlimited counselling?

No. The Scheme will provide up to 6 sessions with a counsellor.

Why is the Emotional Support Scheme so good?

- If you are eligible, it will give you quick access to a counsellor when you need one.
- It will be free of charge.
- You will be able to choose your own counsellor from the list.
- The Scheme co-ordinator can support you in considering your options and linking with your chosen counsellor.
- All the counsellors are 'Carer-aware' and experienced in issues which Carers face.