



Mental Health Carer Support Group

Do you provide support to someone who is living with mental health issues?

Caring for someone who has a mental health problem can be hard. We understand that it can be unpredictable and exhausting.

Come along to our free monthly Carer Support Group where you will meet people in similar situations and access support from an experienced Carer Support Worker from Carers of East Lothian.

2026 Autumn/ Winter Programme

**Sept
29th**

Supporting someone with an eating disorder

Discussion around podcast 'insights for carergivers' The Other Side of the Plate.

**Oct
27th**

Care Giver Guilt

During this session we will have a supported, reflective conversation around the topic of care giver guilt.

**Nov 17th
and 24th**

Crisis Handling Awareness Training

Two part training to support carers to feel more confident to help someone at risk of suicide. These sessions are run in collaboration with Changes, East Lothian. Carers should attend both sessions.

Venue: Port Seton Community Centre.

Day: Tuesday evenings (last Tuesday of the month - dates above).

Time: 5:20pm - 7:00pm.

Light refreshments will be provided.

Please contact Claire on claire@coel.org.uk if you are interested in attending the group.