



**College of Psychiatrists
of Ireland**

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**Press Statement
10th June 2014**

College of Psychiatrists of Ireland to Participate in Pop-up Cafes during Carers Week 2014 to provide help on carers' mental health

More than 50% of people caring for someone had a significant mental health issue due mostly to their caring role according to a 2009 extensive survey undertaken jointly by the College of Psychiatrists and the Carer's Association of Ireland. Of those who stated they had a mental health issue, depression and anxiety were the most prominent as those identified by their doctor.

In order to start addressing the mental health issues carers face the College has teamed up again with the Carers Association of Ireland and is participating in pop-up cafes* being run by the Carers' Association and launched this week for Carers Week. This activity is part of the College theme of 'Caring for Carers' for 2014 and 2015, which will encompass various activities and events coordinated by a steering group made up of College members and external organisations.

"From that survey, which is one of the largest ever carried out in Europe, we know over half of those family carers surveyed had been diagnosed with a significant mental health problem, the most frequent being anxiety disorder. More than 50% of the carers were physically and mentally "drained" by their role with 71% spending more than 50 hours per week caring" said Dr John Hillery, Director Communications and Public Education for the College.

"We believe these startling facts are the same in 2014 or perhaps higher percentages and would like to find out from carers what we as a College could realistically do to alleviate such problems or what information for them may be helpful from our members around the country. So we hope to informally gain feedback and suggestions from the pop up cafes to begin with" Dr Hillery continued.

"We are delighted to once again team up with the Carers Association in a practical way. As well as listening to carers, participating members are attending the pop ups to give information to carers on how to look after their mental health or identify when they may need to see their doctor if they haven't already". "The Carers Association welcome the opportunity of working with The College of Psychiatrists again through the informal structure of our "Care" cafes which we hope will reduce the barriers that many carers may face when seeking advice and support particularly around mental health issues" says Catherine Cox, Head of Communications with The Carers Association.

Liam O'Sullivan, co-ordinator of National Carers Week says; "Carers mental health can be put under immense pressure. National Carers Week seeks to offer something to Family

Carers - a day out, away from caring, some peer support, and some recognition. We know that societal recognition and awareness can buffer some of the isolation experienced by many Family Carers”.

Dr Catriona Crowe (Consultant Old Age Psychiatrist), and Dr Maeve Moran (Consultant Psychiatrist, Learning Disabilities) will present and be on hand for carers this week in Cahir, Co. Tipperary and Carlow town at the Carer’s Association pop up cafes.

Ends

***Note for editor:**

For the duration of National Carers Week, The Carers Association has launched a number of Pop-Up Care Cafes in Carlow, Dublin and Cahir, Co Tipperary, which are open for carers to pop in and enjoy a cup of tea and a chat with trained staff and volunteers. Advice on caring for dependents and for the carer, on nutrition, entitlements and on legal issues will also be available in each café as well as a range of complimentary therapies on offer. The College of Psychiatrists of Ireland (CPsychI) will also be on hand to provide information and support for family carers on looking after their mental health and wellbeing. Further information and a detailed itinerary for the pop ups and the National Carers Week can be found on [The Carers Association website](#) and carersweek.ie

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