



Press Statement, 23rd June 2015

Psychiatrists consider the important role of the Carer.

College of Psychiatrists of Ireland takes part in Carers Week 2015 for the second year, to discuss carers' mental health.

The College of Psychiatrists of Ireland attended the pop up café in Carlow organised by the Carers Association of Ireland, one of many events held around the country, for Carers Week 2015.

Dr Mia McLaughlin spoke to Carers and family members, she emphasised how important it is for the carer to mind themselves. She highlighted the importance of physical health, and taking time to be mindful of one's own needs.

'From my perspective, I want the carer to be well, if they are not taking time to look after themselves, then they will not be able to care for their loved one'.

'It's a huge problem for us, we regularly see elderly people who are being cared for, often by another older person and we see the older person is struggling, carers are very poor for accepting that they're unwell themselves, because they feel they have to be strong for their cared for person, and mental health problems often sneak up on them.'

'The best thing carers can do is to have peer support. The Carers Association are, to my mind a fantastic group, they are all carers themselves, so they understand what other carers are going through'.

'Carers are an incredibly ignored part of society, they save the country phenomenal amounts of money. Funding organisations like Carers Association is hugely important.'

Dr John Hillery, Director Communications and Public Education for the College commented on the College's role in caring for the carer, 'We would like to find out from carers what we as a College can 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 café.'

Catherine Cox, Head of Communications with The Carers Association welcomed the College saying, 'We 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'.

ENDS

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