

The Triangle of Care is a therapeutic alliance between carers, service users and professionals. It aims to promote safety and recovery and to sustain wellbeing in mental health by including and supporting carers.

The six principles of The Triangle of Care:

- 1 Carers, and the essential role they play, are identified at first contact or as soon as possible thereafter.
- 2 Staff are carer aware and trained in carer engagement strategies.
- 3 Policy and practice protocols regarding confidentiality and sharing information are in place.
- 4 Defined post(s) responsible for carers are in place.
- 5 A carer introduction to the service and staff is available, with a relevant range of information across the acute care pathway.
- 6 A range of carer support services is available along with a self-assessment tool.



“When I attended the meeting, I felt more confident in the care that was being provided to my partner.”

Carer

“The Triangle of Care is a really practical way of working co-productively, listening, sharing and learning from each other, in a framework of safety respect and honest dialogue.”

Service user

“Being involved with The Triangle of Care has enabled the team to focus on how to involve carers more effectively, and has certainly improved our practice.”

Mental health professional

Find out what is happening locally so that you can keep informed of developments in your organisation

[Contact us](#)

If you need further information, contact The Carer Service:

✉ Carer@bdct.nhs.uk ☎ 01274 228298

🌐 www.bdct.nhs.uk/support-for-carers

📘 @BDCFT_YourVoice 📺 @BDCFTYourVoice

We Care We Listen We Deliver

Further information

A national Triangle of Care steering group, chaired by Carers Trust, aims to ensure the project represents those working to improve carer support in mental health services and to drive forward good practice across England.



To find out more, tel: 0300 772 9600, email: policy@carers.org or visit professionals.carers.org

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