Male Carers

There is a paucity of research on male carers specifically related to those caring for people with a mental health condition. The following reference and resource list relates to male carers regardless of the condition. Conditions of carer recipients include those with a disability, mental health condition, HIV/AIDS, depression, Alzheimer's disease, cancer, and older adults.


**Internet Resources**

- Gandel, C. Men As Caregivers. Caring Today
- Letchford, B. 2007 Male Carers At Carers Lewisham.
- Morgan, C. Man to Man: A practical guide for male caregivers when breast cancer strikes their loved ones.

**Forums & Support Groups for Male Carers**

- Support for Male Carers 2006
  [http://www.communitycare.co.uk/Articles/2006/11/30/102410/support-for-male-carers.html](http://www.communitycare.co.uk/Articles/2006/11/30/102410/support-for-male-carers.html)
- A forum for fathers - a worldwide place for men to share their thoughts, ideas, experiences of caring for a child with a disability.
- The Carlisle Carers Association Male Carers Club
  [http://www.carlislecarers.com/CCA-MALE-CARERS-CLUB](http://www.carlislecarers.com/CCA-MALE-CARERS-CLUB), a group dedicated to the support of male carers of all ages
- Fathers Direct [http://www.fathersdirect.com/](http://www.fathersdirect.com/), a registered charity to support the positive and active involvement of fathers and male carers.
- Caremale, [http://www.caremale.org.uk/](http://www.caremale.org.uk/) a site with information and forums for male carers

Dr Grainne Fadden and Sana Rana
January 2018