

# Do you need help to improve your own health and wellbeing as you look after someone else?

A carer is someone of any age looking after a family member, friend or neighbour (including children) because of an illness, old age, a disability, a mental health issue or an addiction.



## How can we help you?

Registering with us as a carer opens the door to a wide range of free support to suit your needs including:

- Understanding of your caring situation
- Support with improving your physical and mental health
- Help with planning for future care needs
- Support to access welfare benefits
- Access to equipment to help you or the person needing support
- Referrals to other relevant support services.



### Contact us today to find out more:

Call **0300 028 8888** (option 1)

Email [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

Visit [www.carerssupport.org.uk](http://www.carerssupport.org.uk)



A professional interpreter in any language can be arranged when requested at no cost to you.

(Funded by Making Carers Count, a Carers Trust partnership programme supported by the Covid-19 Support Fund).

**MAKING  
CARERS COUNT**  
Working in partnership with Carers Trust