


SUPPORT AVAILABLE TO CARERS

A Carer is someone who looks after a family member or friend, unpaid, because they are ill, frail, disabled, have a mental health condition or substance use problem.

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|--|---------------------------------|---|------------------------------|
|  | Information and advice |  | Advocacy |
|  | Emotional Support |  | Substance Use Support |
|  | Benefits, debts, housing advice |  | Carers Emergency Alert Card |
|  | Carer Groups |  | Support at the Hospital |
|  | Training and workshops |  | Holistic Therapies |
|  | Recreational activities |  | Day Care with Carers in Mind |
|  | Counselling |  | Support when caring ends |
|  | Befriending | | |

01472 242277

HELPLINE: Weekdays 8am to 7pm. Weekends 10am to 2pm

info.nel@carerssupportcentre.com

