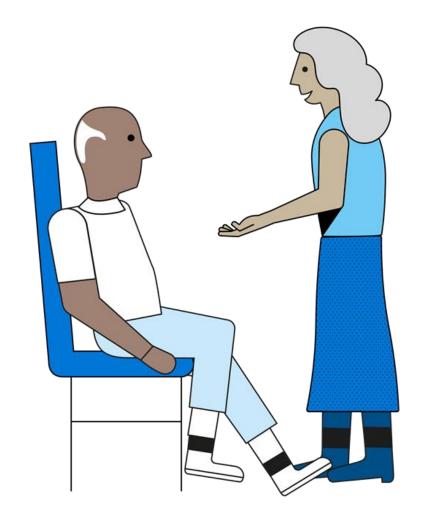
Am I a Carer?





A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If you are not sure if this applies to you, this <u>2</u> minute video could help.

Recognising if you are a Carer is the first step to getting the support you need