

Are you an unpaid family carer? CarerLinks can help



What is CarerLinks?

Every day 6,000 people will become a carer. CarerLinks offers emotional and practical support to unpaid carers, helping them to protect their health and well-being and cope with their caring role. Carer Advisors provide a listening ear and can link carers into services and support.

Who is a carer?

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

Why do we need to identify carers?

Caring can be very rewarding, but also very demanding and can affect physical and mental health and emotional wellbeing. Many carers are trying to work, study and look after other family members in addition to their caring responsibilities. It is important to ensure carers are aware of support available as early as possible.

How CarerLinks can help

- By supporting carers to think about their own needs and plan action for change
- By listening and offering a range of services and support to help carers improve their health and well-being, including; 1:1 support, information, advice, advocacy and signposting
- By working in partnership to link carers with all other sources of help and support
- By offering support with applications for attendance allowance, carers allowance and blue badges



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