

Are you an unpaid carer?  
CarerLinks can help



*I'm rarely able to leave the house, I feel so isolated*

*I've had to reduce my hours to care for Dad, I don't know how I will cope financially*

*I wish someone could help me, I'm exhausted*



## Why 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



Contact  
Us

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