

Carer
Links

Ct Crossroads
Together...

Are you an unpaid carer?
CarerLinks can help

*I love helping Mum
but I just want time
with my friends*



*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. Carers of all ages 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 carers of all ages:

- 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 understanding the needs of all carers; parent carers, adult carers and young carers. By offering the right support to enable them to seek help at home and school for those who are young carers
- By working in partnership to link carers with all other sources of help and support
- By offering information on carer related benefits and signposting to the appropriate organisations for support with attendance allowance and blue badges

A yellow rounded square button with the text "Contact Us" in white.

Contact
Us

Carers Information Line:

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