DO YOU LOOK AFTER SOMEONE WHO NEEDS YOUR HELP?

Could you do with some help, advice or someone to talk to?

Do you need help to improve your own health and wellbeing as you look after someone else?

Are you aware of the benefits you may be entitled to?

Funded by Making Carers Count, a Carers Trust partnership programme supported by the Covid-19 Support Fund.

Your local carers' support charity can help.

The following local charities in Brighton & Hove, West Sussex and East Sussex can help anyone looking after a family member, friend or neighbour (including children) because of an illness, old age, a disability, a mental health issue or an addiction.

Contact your local charity today to find out more.

(A professional interpreter in any language can be arranged when requested at no cost to you).

The Carers Centre Brighton & Hove

Carers Centre for Brighton & Hove

Visit www.thecarerscentre.org
Email info@thecarerscentre.org
Call 01273 746 222

(Registered Charity No. 1015728 Company No. 2758481)

Carers Support West Sussex

Carers Support West Sussex

Visit www.carerssupport.org.uk
Email info@carerssupport.org.uk
Call 0300 028 8888

(Registered Charity No. 1123359 Company No. 6418743)

care for the carers East Sussex

Care for the Carers (East Sussex)

Visit www.cftc.org.uk
Email info@cftc.org.uk
Call 01323 738 390

(Registered Charity No. 1074906 Company No. 3677361)

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