



carers advice line
0113 380 4300

Do you care for an adult with Mental Health difficulties?



**We offer advice,
information and support
to you.**

 /carersleeds  @carersleeds

www.carersleeds.org.uk

What do we do?

We give support to manage your caring role and balance this with your emotional wellbeing.



How do we do it?

Through one to one and group support we can offer carers:

- An opportunity to talk about your caring role and help to manage this
- Information about mental health conditions
- Advice & support to access services specific to you
- Support to manage your anxiety and stress

How do you find us?

Meet: 6 - 8 The Headrow, Leeds LS1 6PT

Call: 0113 380 4300

E-mail: info@carersleeds.org.uk

Visit: www.carersleeds.org.uk

Carers Leeds is a Registered Charity No: 1058706

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Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds. Carers Leeds is a LGBT friendly service.



Leeds and York Partnership **NHS**
NHS Foundation Trust

