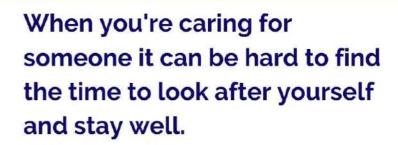
Are you supporting a partner, family member, child or friend who couldn't manage without your help due to their disability, illness, frailty or addiction?



If you need support with your mental health and wellbeing, we are here for you.

**Caring for Carers** 

Carers Mental Health & Wellbeing Project

We can offer 1-2-1 and/or small group support to any unpaid carer who is living in Leicester City or Rutland, and needs additional support with their mental health and wellbeing.

Get in touch to find out how we can help.







