

Are you a Carer?

- Do you look after a relative or friend who is sick, has a disability, or is an older person
- Provide care for someone on a regular basis
- Look after a child with special needs.

Let us help

We are here to offer you support, advice and connect you to additional practical, financial and specialist help through our:

- Helpline Telephone Support
- Listening ear and emotional support
- Support Groups
- Outreach Centres
- Signposting to additional specialist support
- Free Counselling Service
- CAB fast track financial advice and applications
- Home Visits
- Training
- Health and Wellbeing programmes
- Regular Newsletters and email updates

If you would like to contact Carers Matter please contact us to arrange an appointment.

Helpline: 028 4062 7581

www.carersmatter.com



Southern Health
and Social Care Trust

Quality Care - for you, with you