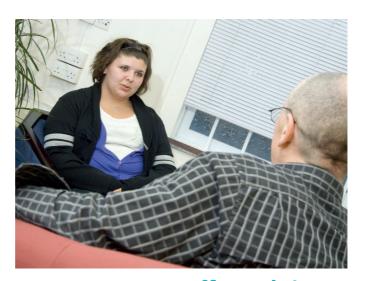




## Do you care for an adult with Mental Health difficulties?





We offer advice, information and support to you.





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

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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.









