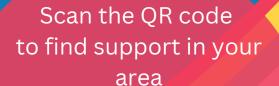
## Are you caring for a family member, friend or neighbour? It is important to look after yourself too.

Your local Carers Service will listen to you, provide you with practical and emotional support and advice.

Hartlepool Hartlepool Carers: 01429 283095

**Stockton-On-Tees** Adult Carers' Support Service: 01642 524494

Middlesbrough and Redcar & Cleveland Carers Together: 01642 488977







## With thanks to Carers in South Tees for sharing their experiences





