

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

Scan the QR code
to find support in your
area



“You are not alone,
someone will listen”

“A problem
shared is a
problem halved”

“Accessing
support is a
relief”

“Don't be
afraid!”

“It is important to
ask for support to
stop getting
overwhelmed”



With thanks to Carers in South Tees for
sharing their experiences



**WE CARE
YOU CARE.**

