



Emotional Wellbeing Support Service

as part of South Tees Carers Service

We think carers do amazing work every day for the people they care for and we're here to support you. Caring for someone with difficulties can bring unique challenges.

On average it takes two years for someone to acknowledge they're a carer, you could be one of them, and we're here to support you.



IF YOU'RE LOOKING AFTER SOMEONE WHO RELIES ON YOU TO PROVIDE...



PRACTICAL
SUPPORT



HELP WITH
MEDICATION



PHYSICAL
HELP



EMOTIONAL
SUPPORT



PERSONAL
CARE



HELP WITH
FINANCES

... DID YOU KNOW YOU ARE A CARER?

What can we do for you?

We're working with carers and families across the South Tees.

We want to give you an opportunity to talk about your concerns and worries and give you some space to focus on yourself rather than the person you care for.

We can provide:

- One to one emotional support from our experienced and understanding team members
- Carers support plans
- Support at meetings
- Information and advice
- Support groups and wellbeing workshops
- Signposting to our networks across the South Tees
- Support with assessments



We're working with carers and families across the South Tees to help improve your wellbeing.

Find out more

Reach out to our dedicated team today.

If you live in Middlesbrough

T: 01642 257020

If you live in Redcar or Cleveland

T: 01642 296052

Email: **carers@teessidemind.org.uk**

Website: **www.teessidemind.org.uk**

    @TeessideMind

Registered charity number: 1118098

