



Does someone rely on you for care and support? Do you provide...

- Practical support
- Emotional support
- Personal care
- Physical help
- Help with medication
- Help with finances

...did you know you are a carer?

For lots of useful information and resources visit:

www.wecareyoucare.info

Connect to FREE local support today!

Carers Together - A charity dedicated to unpaid carers.

01642 488977

Teesside Mind - Emotional & practical support for carers and families.

01642 257020

The Junction – Young Carers and Young Adult Carers Support (under 18 years and up to 25 years).

01642 756000

**WE CARE
YOU CARE.**



We Care You Care