

Worrying about something or just need to talk?



Middlesbrough Council recognises the challenging and difficult environment, nature and constraints for unpaid carers. Through the COVID Workforce Capacity Grant, Middlesbrough Council has organised for PAM Assist to support unpaid carers within the Middlesbrough area by providing free and confidential emotional and wellbeing counselling support

If you are experiencing worries in your life and feel like you need somebody to talk to, help is on hand. A qualified PAM Assist counsellor can help you cope with:

- Impact of work during challenging times**
- Impact of covid on you as a carer • Support following a bereavement • Family matters • Debt advice • Dealing with illness • Mental health issues • +more.**



This service has been provided for you by Middlesbrough Council as part of the COVID Workforce Capacity Grant. To access the resources and advice available to you on the PAM Assist website please enter the following login details:

| | |
|-----------------|--------------------|
| Username | mbcsupport |
| Password | mbcsupport1 |



You can talk to PAM Assist 24/7, 365 days a year

08081 968 890



Or by

LifeChat
Free Online Support



Through the app or online at

pamassist.co.uk