

ARE YOU A CARER?

You are a carer if you provide care or support to a friend or family member.

Have you been offered a carer's assessment?

You might be entitled to support that makes caring easier.

For more information:

 **SPEAK to a member of staff**

 **VISIT www.slam.nhs.uk/carers**

 **CALL Carers Direct on 0300 123 1053**