

**I didn't ever see
myself as a carer.**

**I thought everything I
was doing for my mum
was just what you do
for your parents.**

Three-quarters of us who are looking after
someone don't realise we're a carer.

Are you looking for advice, a break, or
to know things would be covered if you
couldn't give your usual support?



Contact us to find out about free support to help you
0345 241 0954 • hello@caringtogether.org • caringtogether.org

Registered Charity No. 1091522

 **Caring
Together
Charity**
No unpaid carer in crisis