

Mental Health Carer Support Service

Calderdale

Are you caring for someone who has a
mental health condition?



If you provide practical help and/or emotional support to a friend, relative or partner with a mental health condition, then you are a carer.

At Making Space we understand that while caring for a family member or loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.

We are here to support you in your caring role and help give you balance in your life.


Our professional and caring support workers provide a free service to carers in Calderdale.


How we can help you


- Give you emotional support
- Offer advice and guidance to assist you as a carer
- Support you to enjoy your life outside of your caring role
- Signpost you to other services and organisations that can help you
- Provide information about mental health conditions, treatments and local services
- Support you to communicate with mental health services


Contact us

Get in touch with us today to find out more about what we can do to support you.

 07815493439

 07813342856

 07815493442

 07791763900

 Carers.Calderdale@makingspace.co.uk

<https://makingspace.co.uk/calderdale-mental-health-carer-support>



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Calderdale
Council


making space