

Cambridgeshire and Peterborough Carer Support Service

Are you caring for someone living with a mental health condition who is aged between 18 and 65? Then **we are here to help you.**

Our service is all about you, the carer.

We understand that caring for a family member or loved one is a very generous and selfless thing to do. Caring for someone with mental ill-health can also bring its own challenges.

Being a carer can take its toll on your own physical, emotional and mental health. We are here to support you in your caring role and to help bring some balance back into your life.

So whether you simply need someone to talk to about your own concerns, help with the complex needs of the person you care for, or someone to speak to on your behalf, we are here for you.

How can we help

Our friendly and experienced staff can offer:

- One to one support with a named support worker
- Carer led organisation, with carers needs put first
- Carer led groups across the county
- Information sessions
- Signposting to other services, organisations and charities
- Information on mental health conditions

Contact us

We welcome self-referrals as well as referrals from professionals, you can contact the service directly to enquire about support.

T 01480 211006

E C&PReferrals@makingspace.co.uk

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