

# Carers' Guide to Keeping Well.

Recognise



carer

Ask for help



Help

Get a carer's assessment



Tell your GP and have a health check.



Take a break.



Eat well

Get some sleep



Talk about it



Have a hobby



Give yourself credit

Well done



Make time for you





# More than three in five of us will become a unpaid carer at some point in our lifetime

We offer a range of support for unpaid carers and the people they look after including:

- Expert advice available to you online, or from our helpline, free magazine and email newsletter.
- Care in your home and community for adults and children.
- Dedicated staff to identify and arrange support for you.
- Emotional support including counselling.
- Specific support for young carers and young adult carers.
- Local carers hubs and support from other carers.
- Learning and skills for caring.
- Breaks from looking after someone.
- Help to plan for the unexpected.



Find out more at [caringtogether.org](https://caringtogether.org)  
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