



Carers Support West Sussex
for family and friend carers

Are you looking after someone who couldn't manage without your help?

Did you know, 3 out of 5 people will become an unpaid carer?

Caring can be both wonderful and tough. It can also often become a full-time job, leaving carers with little or no time for themselves.

Carers Support West Sussex provides unpaid carers with information and guidance along with practical and emotional support, so they feel valued and supported.

To find out more, or to register as a Carer:

Call the Carer Helpline **0300 028 8888**

Email **info@carerssupport.org.uk**


Visit **www.carerssupport.org.uk**


Registered Charity No. 1123359

Company No. 6418743

Follow our social media channels to stay up to date with wellbeing information and groups:

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