



MENTAL HEALTH CARER SUPPORT SERVICE

Bradford and Airedale

**Are you caring for someone who has
a mental health condition?
If yes, we are here to help.**

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 across
Bradford and Airedale.



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

HOW TO CONTACT US

If you would like more information about how we can help, or to access our service, get in touch with us today:



Airedale

07971 476 559 or 07972 732 859

Bradford City

07843 267 952 or 07843 268 072

Bradford South & West

07843 268 051

Bradford North

07843 268 115



BradfordCarerSupport@makingspace.co.uk



Bradford and Airedale mental health carer support

If you would like this leaflet in a different language or format, please contact
marketing@makingspace.co.uk

Head Office

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