

Cambridgeshire Carer Support Service

Our Carer Support Service, funded by Cambridgeshire County Council, offers dedicated support to unpaid carers over the age of 18 and caring for adults with a mental health condition. We can provide you with support workers who are experienced in mental health and the mental health system.

We understand the vital role you play, and we're here to help you maintain your wellbeing, resilience, and confidence in your carer role.



How we can help you

- **One to one support:** We work with you individually, providing guidance and ongoing support tailored to your needs
- **Information and advice:** We provide expert advice, helpful information, and connect you with the right services
- **Peer support:** We offer opportunities to connect you with carers through groups and activities, helping you build a supportive community
- **Mental Health focus:** We can provide information about mental health conditions, treatments and local services. Supporting you to communicate with mental health services

Contact us

We're here to listen, guide and assist you with the challenges of your caring role. Our services are free, accessible across Cambridgeshire, and you can refer yourself or be referred by a professional. We're committed to supporting you every step of the way.



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CambridgeshireCarerSupport



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**Scan the code for
more information**



**Cambridgeshire
County Council**