

DID YOU KNOW?

GAMMH PROVIDES FREE TRAINING FOR CARERS IN GLASGOW

HERE ARE SOME OF THE COURSES WE RUN FOR CARERS...

TO FIND OUT MORE OR TO MAKE A REFERRAL...

CARERS INFORMATION LINE:
0141 353 6504

VISIT
[HTTPS://WWW.GLASGOW.GOV.UK/CARERS](https://www.glasgow.gov.uk/carers)

SELF-ADVOCACY TRAINING

MENTAL HEALTH AWARENESS

WELL-BEING & STRESS MANAGEMENT

MINDFULNESS