

# Do you help someone who has mental health problems?



Would you like to find out what support is available for you to help them

*Maybe you dont think of yourself as a Carer*

*Few people do*

But if you find you need some advice, Information, training or support to help you with your caring role

GAMH Carers Support Project has the expertise to help you

Contact Us

Carers Support Team

[www.gamh.org.uk/project/carers-support/](http://www.gamh.org.uk/project/carers-support/)

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