

Am I a carer?

Do you look after someone who is ill, disabled, has mental health problems or is misusing drugs or alcohol? If they could not manage without your help, and you are not employed to do this, then you are a carer.

You might be looking after a family member or friend who needs help and support on a regular basis. Anyone can be a carer, at any time of their life.

At Newcastle Carers we know how hard it can be to look after someone, and we're here to help with information, advice and support when you need it.



**Newcastle
Carers**

We're listening

What is Newcastle Carers?

We are an independent charity supporting adults, children and young people who care for someone living in Newcastle upon Tyne. Our service is free, confidential and non-judgemental, helping you to find ways to make your situation easier. This includes:

- One-to-one information and support, groups and training for adult and young adult carers
- Individual and group support for young carers and advice for their family



Get in touch

Let us know if you need help to use our services, e.g. an interpreter.

Newcastle Carers

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