

# Are You an Unpaid Carer?

Is there a military connection?

Regardless of your age, if you provide unpaid care or support to a family member or friend who needs help because of illness, disability, mental health issues, substance misuse, age or frailty then you are a CARER! Even if it is just for a few hours a week, you care!



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## Carers need support too

**Getting the right support and guidance could make your role easier and does not mean you are not coping. Don't be afraid to ask for help!**

The Carers Centre for Brighton and Hove, The Royal British Legion and The Sussex Armed Forces Network are coming together to work across Sussex to seek out the hidden army of carers and ensure you are reaching the right support and benefits you are entitled to.

Contact the **Armed Forces Support worker**

at **The Carers Centre** on **07763 975190**

Or email [steve.hinton@thecarerscentre.org](mailto:steve.hinton@thecarerscentre.org)

