

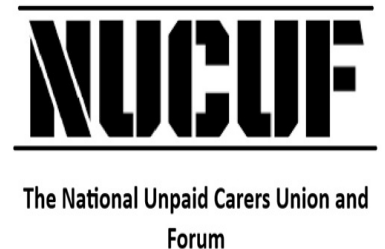
To make it easier to access the relevant support, this document contains links.

Click the link for the support you need, and we will take you straight to it.

Mental Health: If you are in a mental health crisis, there are several national services you can contact:



For non – urgent support, advice or just someone to listen to you, you can visit any of the national carers forums.



## Support in your area

Visit Gloucestershire County Councils' carers page or the Essex Carers Network page by clicking the link to find out about available resources in your area.



Support for adults



Support for young carers