



## Are you supporting someone?

This could be a family member, including a child with additional needs or a friend. You are a Carer if you provide support to someone, this could be due to a long term health condition, illness, frailty, poor mental health or addiction.

The following organisations can help you:

### Are you over 18?

For free information and support contact the Gloucestershire Carers Hub.

0300 111 9000 [careraware@peopleplus.co.uk](mailto:careraware@peopleplus.co.uk)  
<https://gloucestershrecarershub.co.uk/>



### Are you 8 - 24 years old?

For free information and support contact Gloucestershire Young Carers

01452 733060 [mail@glosyoungcarers.org.uk](mailto:mail@glosyoungcarers.org.uk)  
<https://www.glosyoungcarers.org.uk/>



### Are you supporting a child with additional needs?

If you are a parent or Carer of a child, Gloucestershire Parent Carer Forum can offer free support.

[info@glosparentcarerforum.org.uk](mailto:info@glosparentcarerforum.org.uk)  
<https://glosparentcarerforum.org.uk/>

