



Carers Advice Line  
**0113 380 4300**



# Do you look after a family member or friend?

**Carers Leeds can help.**

**Website** [carersleeds.org.uk](https://carersleeds.org.uk)  
**Email** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)  
**Facebook** Carers Leeds  
**Bluesky** @carersleeds



## Who are we?

Carers Leeds offers free support and information to unpaid carers across Leeds. A carer is someone who, without payment, provides support to a family member or friend, who, due to illness, disability, dementia, mental health issues or an addiction, cannot manage without their help.

## We can help you through our:

- Advice Line – someone to talk to, information and guidance.
- 1:1 support – in person or on the phone.
- Support groups – meet with people who have similar experiences as you.
- Information to help you in your caring role.

We can support you to manage your own health, wellbeing and relationships, as well as your caring role. We can also offer guidance on managing money and practicalities, and how to get time to yourself.

Sign up to our newsletter  
Scan the QR Code



## Get in touch

**Call Us**    **0113 380 4300**  
Mon, Wed, Thu, Fri: 9am - 4.30pm  
Tue: 9am - 6.30pm

**Live Chat**    Click the live chat icon on our  
website to speak with a  
member of our team.

**Website**    Visit [carersleeds.org.uk](https://carersleeds.org.uk) for more  
information and resources.

**Email**    [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)