



Carers Advice Line  
**0113 380 4300**

# Do you look after a family member or friend?

## Carers Leeds can help.

### Call Us

Mon, Wed, Thu, Fri: 9am - 4.30pm  
Tue: 9am - 6.30pm

### Website

[carersleeds.org.uk](https://carersleeds.org.uk)

### Email

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

