

“I’m just his Mum”

“I didn't realise I was a carer”

If you're caring for a family member or friend who's ill or disabled and couldn't manage without you, then you are an unpaid carer, and there's support for YOU.



Don't miss out. Find out more at
www.actionforcarers.org.uk/missing-carers

Call 0303 040 1234

Text 07723 486730

Email SupportMe@actionforcarers.org.uk

