

Does an unpaid carer help you cope with your mental health challenges?

Do you give substantial unpaid care to someone who lives with mental health challenges?

If you answer "yes" to either question,

'Do you NEED A BREAK?'



We can help with paying for your short break if:

- You are an adult (aged 16+)
- The person you care for lives in Dundee but not in supported accommodation
- As a carer you have a substantial and regular caring role
- You yourself have a MH challenge (whether or not diagnosed) and attend a local mental health support/service who can confirm your involvement

Funding can be used for your own or towards a group break

For further information and to find out if we can help you with funding a short break, please contact:

**Dundee Carers Centre, Seagate House,
132-134 Seagate, Dundee DD1 2HB**

Tel: 01382 200422