



Support Line  
**0113 380 4300**



# Do you care for someone with complex emotional needs or a diagnosis of personality disorder?

**Carers Leeds and EMERGE Leeds are here to support you.**

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

**NHS**  
Leeds and York Partnership  
NHS Foundation Trust

**C Carers  
Leeds**

Carers Leeds and EMERGE Leeds work to support, inform and empower the families and friends of people who have complex emotional needs.

Whether you need a listening ear or practical ideas, here's how we can help:

- Andromeda - a monthly peer support group to share experiences with other carers
- Cygnus - a five-week course to help you understand complex emotional needs, support the person you care for, and look after yourself
- A self-help guide written by carers - honest advice from people who've been there

To join Andromeda email [support@carersleeds.org.uk](mailto:support@carersleeds.org.uk)

To join Cygnus email [emergecarers.lypft@nhs.net](mailto:emergecarers.lypft@nhs.net)

Take a look at our website for further information  
[carersleeds.org.uk/complexemotionalneeds](https://carersleeds.org.uk/complexemotionalneeds)



## Get in touch

Scan to find out more  
about the Andromeda  
group.



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

**Webchat** Click the web 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** [support@carersleeds.org.uk](mailto:support@carersleeds.org.uk)