



carers advice line  
**0113 380 4300**

## Are you a parent carer?



A parent carer is someone who cares for a child with a disability, long-term illness, or additional needs and we are here to support you.

### What do we do?

Our project supports the emotional and physical health of Parent Carers across Leeds, so that they can continue to care for their children.



### How do we do it?

Through one-to-one sessions or group work we can offer carers:

- Emotional support
- Advice and Information
- Signposting to services specific to your child's needs
- Support managing stress and anxiety

### How do you find us?

Meet: 6 - 8 The Headrow, Leeds LS1 6PT

Call: 0113 380 4300

E-mail: [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk)

Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds. Carers Leeds is a LGBT friendly service.