

# Are you caring for an adult with a Mental Health issue or a Learning Disability?

We can offer you information, advice and support in your caring role.



**carers advice line**  
**0113 380 4300**

**6-8 The Headrow, Leeds, LS1 6PT**  
**Tel** 0113 246 8338  
**Email** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

**Website** [carersleeds.org.uk](http://carersleeds.org.uk)  
**Twitter/X** @CarersLeeds  
**Facebook** Carers Leeds

# What do we do?

Carers Leeds provides information, advice and emotional support to unpaid carers who support an adult with a mental health issue or a learning disability.

# How do we do it?

We help carers identify the help they need and work with unpaid carers to achieve these goals.

This can include:

- Information, advice and emotional support including one to one support and groups
- An opportunity to talk about your caring role and future planning
- Support in managing anxiety and stress
- Help in getting views across to staff in mental health and learning disability services

# Get in touch

**Meet:** 6-8 The Headrow, Leeds, Ls1 6PT  
**Call:** 0113 380 4300  
**Email:** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)  
**Visit:** [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

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