

Let's talk about mental health

Lamp



Mental Health Carers...

Who's caring for you?

If you're a carer for someone with a mental health condition in Leicester, Leicestershire or Rutland we would like to support you.

- > Do you find family life difficult?
- > Do you need time out from your caring role?
- > Do you feel alone or socially isolated as a carer?
- > Do you feel overwhelmed and need support?
- > Do you feel unable to talk to those close to you about it?

Lamp is a free to access mental health charity covering Leicester, Leicestershire & Rutland.

We're here to help

Meet, socialise and share experiences, successes and challenges with other carers. Our group facilitator can offer support, organise guest speakers, as well as arrange fun activities and relaxation sessions. We'll also share daily wellbeing tips and advice for carers.

Call Lamp's Carers Advocate, Rowena: 0116 255 6286

Website: www.lampadvocacy.co.uk

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