



Edinburgh Carers Council

Carers Peer Support Group

Do you care for a family member or friend who has mental health difficulties? Would you like to meet other carers who might be in a similar situation?

Edinburgh Carers Council facilitates a monthly peer support group for unpaid carers. It is a safe space to meet other carers, share your experiences, receive information, advice, and support.

We meet at 2.30pm on the last Thursday of the month at **Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ.**

Please email Rachael (Edinburgh Carers Council) rachael@edinburghcarerscouncil.co.uk or call [0131 322 8480](tel:01313228480) for more details or to book

