

DO YOU CARE FOR A LOVED ONE WITH MENTAL HEALTH DIFFICULTIES?

WOULD YOU LIKE TO MEET
OTHER CARERS WHO MAY
BE IN A SIMILAR SITUATION?

Edinburgh Carers Council facilitates a monthly peer support group for unpaid carers. It is a safe space to meet others, share your experiences, receive information and support. Carers supporting someone with dementia, learning disability, autism spectrum condition, or traumatic brain injury are also welcome to attend.

INTERESTED? PLEASE CONTACT RACHAEL
AT THE EDINBURGH CARERS COUNCIL



**Redhall Walled
Garden(SAMH)
97 Lanark Rd
Edinburgh
EH14 2LZ**

**Meetings usually
take place on
the last Friday
of the Month**

**rachael@edinburghcarerscouncil.co.uk
Or call our office at: 0131 322 8480**