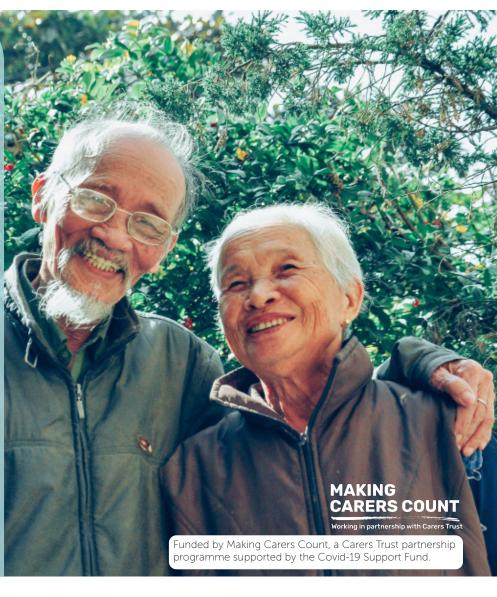
# DO YOU LOOK AFTER SOMEONE WHO NEEDS YOUR HELP?

Could you do with some help, advice or someone to talk to?

Do you need help to improve your own health and wellbeing as you look after someone else?

Are you aware of the benefits you may be entitled to?



### Your local carers' support charity can help.

The following local charities in Brighton & Hove, West Sussex and East Sussex can help anyone looking after a family member, friend or neighbour (including children) because of an illness, old age, a disability, a mental health issue or an addiction.

Contact your local charity today to find out more.

(A professional interpreter in any language can be arranged when requested at no cost to you).



#### Carers Centre for Brighton & Hove

Visit www.thecarerscentre.org Email info@thecarerscentre.org

Call 01273 746 222

(Registered Charity No. 1015728 Company No. 2758481)



### **Carers Support West Sussex**

Visit www.carerssupport.org.uk Email info@carerssupport.org.uk

Call 0300 028 8888

(Registered Charity No. 1123359 Company No. 6418743)



### Care for the Carers (East Sussex)

Visit www.cftc.org.uk Email info@cftc.org.uk Call 01323 738 390

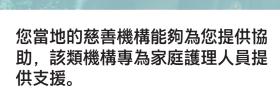
(Registered Charity No. 1074906 Company No. 3677361)

## 您是否照料需要您幫助的人?

您是否需要協 助、建議或諮詢 相關專家?

在照料他人的同 時, 您是否需要 幫助來改善自身 的身心健康?

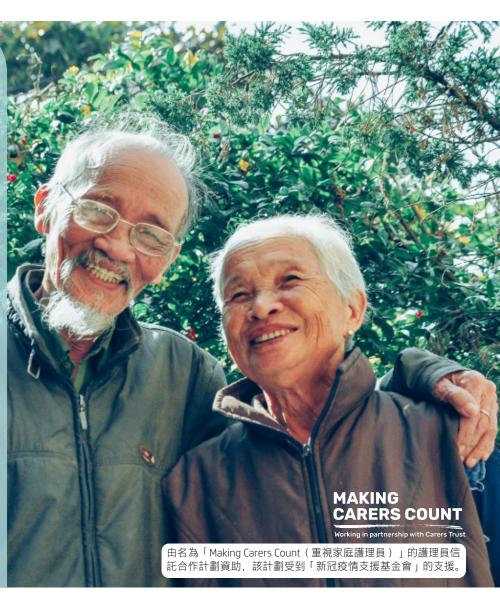
您是否了解屬於 您的福利?



位於布萊頓和霍夫、西薩塞克斯和 東薩塞克斯的當地慈善機構能夠為 照料家庭成員、朋友和鄰居(包括 兒童)的任何護理人員提供協助, 該類家庭成員、朋友和鄰居出於疾 病、年邁、殘障、心理健康問題或 上癮等原因需要他人照料。

### 即刻聯絡您當地的慈善機構。了解 更多資訊。

(如有需求, 我們可為您免費安排任何語 種的專業口譯員)。



### 布萊頓和霍夫護理員中心

網站 www.thecarerscentre.org 電郵 info@thecarerscentre.org

01273 746 222

(慈善機構註冊編號1015728,企業編號2758481)



for brighton & hove

### 西薩塞克斯護理員支援中心

網站 www.carerssupport.org.uk 電郵 info@carerssupport.org.uk 0300 028 8888

(慈善機構註冊編號1123359 企業編號6418743)



### 護理員關懷中心(東薩塞克斯)

網站 www.cftc.org.uk info@cftc.org.uk 01323 738 390

( 慈善機構註冊編號1074906. 企業編號3677361 )