

# Support for carers: Looking after yourself



This easy read tells you about looking after your own health, wellbeing and needs if you are a carer.

## Health and wellbeing



If you are a carer, it is important to look after your own health and wellbeing and get support.



There may be times when you or the person you care for feel:



- Under pressure.



- Stressed



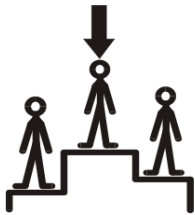
- Anxious



- Struggling with illness.



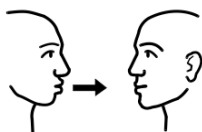
Often, carers focus on the person they are caring for and forget to look after themselves.



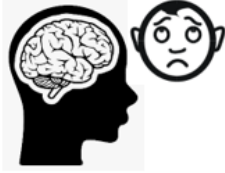
You are important too and you need to look after yourself.



If you are having problems with your health and wellbeing you can talk to your GP.



Your GP can tell you about things that can help you.



If you are having a mental health crisis and need to talk to someone straight away, you can contact the Nottinghamshire Mental Health Crisis line.



You can call the Nottinghamshire Mental Health Crisis Line 24 hours a day:



- Phone: 0808 196 3779

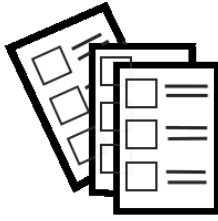


- [Visit the website.](#)

## More information



We have an [easy read document about breaks for carers](#) that might be useful.



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19 documents.

## Other useful links



[Nottinghamshire County Council- support for carers.](#)



[Mobilise Online](#)



[NHS- social care and support guide](#)



[Rethink- Carers Hub for carers of people with mental illness.](#)



[Carers UK- Your health and wellbeing](#)

## **Links in this document**

### **Nottinghamshire Healthcare- Support in a crisis**

[nottinghamshirehealthcare.nhs.uk/help-in-a-crisis](https://nottinghamshirehealthcare.nhs.uk/help-in-a-crisis)

### **Breaks for carers: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/17-breaks-for-carers-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/17-breaks-for-carers-easy-read)

### **Nottinghamshire County Council easy read library**

[nottinghamshire.gov.uk/global-content/easy-read-library](https://nottinghamshire.gov.uk/global-content/easy-read-library)

### **Nottinghamshire County Council- Support for carers**

[nottinghamshire.gov.uk/care/adult-social-care/carers/support-for-carers](https://nottinghamshire.gov.uk/care/adult-social-care/carers/support-for-carers)

### **Mobilise Online**

[mobiliseonline.co.uk](https://mobiliseonline.co.uk)

## **NHS social care and support guide**

[nhs.uk/social-care-and-support/](https://nhs.uk/social-care-and-support/)

## **Rethink Carers Hub**

[rethink.org/advice-and-information/carers-hub/](https://rethink.org/advice-and-information/carers-hub/)

## **Carers UK- Your health and wellbeing**

[carersuk.org/help-and-advice/your-health-and-wellbeing/](https://carersuk.org/help-and-advice/your-health-and-wellbeing/)

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