

# Time to think about you

Information for carers, families and friends



## Are you a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

- Do you feel you do not have enough time for yourself?
- Has caring stopped you from doing what you enjoy?
- Has caring made it difficult for you to work or do whatever else you have to do?
- Is your own health affected as a result?
- Do you feel unable to cope?
- Do you feel you are under too much pressure?
- Do you have no one to talk to about your concerns?
- Do you feel low?
- Are you sleeping poorly?
- Are you not eating properly?
- Are you tearful, angry and/or anxious?
- Do you have concerns about your own memory?

**If your answer is YES to any of these, you can visit your GP or local carers' centre.**

For more information or to download this resource visit  
[www.carers.org/timetothinkaboutyou](http://www.carers.org/timetothinkaboutyou)

Add your centre address here