

# Support for carers



We are a group of emotional health/wellbeing practitioners who are supporting carers and care workers through the Covid19 crisis and beyond.

We give a supportive, safe, and confidential one-to-one sessions online where you can offload, have a conversation and learn techniques to help with anxiety, stress, grief, isolation, relationships and other difficulties.

## Talk to us!

Call/text/message Clare now: 07984115927

Clare.walters@absolute-specialists.co.uk <https://aswellbeing.co.uk/support-for-carers/> GoFundMe page: <https://gf.me/u/x5zifb> Supported by Kirklees council