



# Counselling Support for Unpaid Carers

Do you look after a friend or family member who could not manage without your support? If so, you are a carer and we can help.



Our professional counsellors provide a safe, confidential space for you to share your concerns and feel heard and understood. The sessions take place over the telephone or via Zoom.

This service is specifically for unpaid carers and allows you to explore the thoughts and feelings related to your caregiving role and its impact on your well-being.

To find out more, please call 0117 9589977   
or email [counselling@carerssupportcentre.org.uk](mailto:counselling@carerssupportcentre.org.uk) 

*If you care,  
we care.*

Carers Support Centre

Providing support, information and advice to carers of any age living in Bristol and South Gloucestershire.

The  
Henry Smith  
Charity  
founded in 1828

A Network Partner of  
**CARERS  
TRUST**