

**Are you looking after or supporting a relative, friend or neighbour?**

**1. Identify yourself as a carer**

We are all likely to be a carer at some point in our lives by providing more care or support than 'usual'. This is likely to have an impact on our own health and wellbeing and may limit the amount of free time we have to ourselves. Are you looking after someone who may struggle without your support?

**2. Look after your own health and wellbeing**

Caring for yourself is as important as caring for others. If you don't look after yourself and have a regular break then you may not be able to maintain the support you are providing for others. This means looking after your physical and mental health, e.g. making sure you get enough sleep.

**3. Connect with others / talk to someone**

Keep in touch with friends and family. Talking to others can make a real difference – a problem shared is a problem halved! Tell someone when you're struggling and don't be afraid to ask for help?

**4. Be informed and know your rights**

As a carer you have rights and are entitled to help and support. Get in contact with the organisations who can help you and signpost you to the information, help and support you need.

**5. Where to go for further information and support**

A number of organisations provide information, advice and support to carers including:

- **Connect to Support Hampshire**  
[www.connecttosupporthampshire.org.uk/carers](http://www.connecttosupporthampshire.org.uk/carers)
- **HCC Adults' Health and Care** – helping you to assess your needs  
[www.needschecker.hants.gov.uk/](http://www.needschecker.hants.gov.uk/)
- **Andover Mind**, Carer Support and Dementia Advice Service for Hampshire. 01264 332297 (select option 3). Monday to Friday: 9am-5pm  
[enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk) also <https://www.andovermind.org.uk/>
- **Carers Together** - 01794 519495. Monday to Friday: 9.30am-3.30pm (answer machine outside these hours). [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk)
- **The Princess Royal Trust for Carers** - 01264 835246. Monday to Thursday: 9am - 5pm / Friday: 9am – 4.30pm [info@carercentre.com](mailto:info@carercentre.com)
- **Hampshire Young Carers Alliance** - website pointing to each of the locally based young carers projects <https://hyca.org.uk/>
- **Healthwatch** - <https://www.healthwatchhampshire.co.uk/carers-zone>