

# Do you look after someone close to you?



Do you care for a partner, child, family member, friend or neighbour who relies on your help?

Is that person living with...

- Frailty
- A long-term illness or disability
- A physical or mental health condition
- Additional needs
- Drug or alcohol dependency?

**If yes, you're definitely an unpaid carer.**



**VOCAL can support you.**

We can give you free information and advice on practical issues, emotional support, social opportunities, and the chance to take a break and just be yourself.

**Get in touch today to find out how we can help you.**

VOCAL (Voice of Carers Across Lothian) Edinburgh Carers' Hub

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