

Looking after someone?

There's support for you too.

You may be an unpaid Carer and not realise it.

If you regularly help a family member, partner, friend or neighbour because of illness, disability, mental health, addiction or older age, support is available in Norfolk.

- Help with your caring role.
- Information and advice.
- Support for your health and wellbeing.
- Guidance any time with Ask Cora on WhatsApp.



www.norfolk.gov.uk/carers

Tel: 0800 083 1148

