

Faktablad - Stöd till dig som hjälper - engelska.

Support for carers

Do you have a family member or a friend who needs a lot of help and support from you? Being a carer can sometimes be tough. We offer support and the opportunity to come into contact with other people in a similar situation.

Carers' Support Centre

As a carer, you are invaluable. But sometimes you also need support and to have time for yourself. The Carers' Support Centre is there for all carers who support or care for someone for whatever reason. This need not be a family member.

Some of these situations may be familiar to you:

- **My friend is worried, and calls me several times a day. She takes up a lot of my time and attention, and I'm not coping that well with my own life.**
- **I'm anxious about my son, who buys drugs online and is almost never at home. When he does come home, he only wants money. I'm constantly worried that the police will call and tell me he's dead.**
- **I have a family member who can't cope without my support. I'm worried something will happen to him while I'm at work/school.**
- **My grown-up child is being subjected to domestic violence. I'm extremely concerned and distressed about this.**

Who can contact us?

We welcome anyone who cares for or supports someone else and who themselves needs support in order to cope. You can phone or e-mail us.

We have a duty of confidentiality

You don't need to tell us your name when contacting us. We are bound by a duty of confidentiality, and we don't give out any information about anyone.

Free support

Here at the Carers' Support Centre, we offer free advice and the opportunity for personal conversations. Informative talks and training are organised as needed. You are entitled to language support if you need help to have things translated or explained.

We work together with organisations and associations within the municipality and with the regional government who can also offer support for carers.

We will let you know what help is available, and we can help to put you in touch with the right people.