

Dean cares for his partner who lives with HIV. He offers a lot of emotional support and has to prompt him to take his medication. He is starting to feel depressed and alone. Dean logged onto the LGBT Carers Forum and found that there were others who knew exactly how he was feeling.



Do you regularly support a relative or friend who is ill, frail, disabled or has an addiction?

Do you identify as lesbian, gay, bisexual or trans?

A brand new service is now available to support you.

- ★ Find information
- ♥ Keep up to date with news and events
- 🏠 Chat with others who understand

Log on now.

It is completely free and completely confidential.

www.lgf.org.uk/carers

For more information, call Glenn on 0161 234 4254.

Why not ask about the LGBT carers group where you can get support in person at The Lesbian & Gay Foundation in Manchester.

