

Emma cares for her friend who is depressed and drinks too much. She does her shopping and visits or calls several times a week. She thinks her friend could be getting more help and support. Emma logged onto the LGBT Carers Forum where other carers gave her the answer.



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.

