

**CROSS
ROADS
CARE**

Rotherham



Counselling Sessions available for Rotherham Unpaid Carers

Are you being affected by carer-related issues or concerns that are stopping you from enjoying life or reaching your full potential?

Counselling offers a safe, non-judgemental space to explore any concerns that may be affecting you in your life and are impacting on your mental wellbeing.

If you are an unpaid carer living in Rotherham and feel you could benefit from counselling, Crossroads Care Rotherham have received funds to support carers to access up to six counselling sessions provided by Rotherham & Barnsley Mind.

A carer is anyone who looks after a family member, partner or friend (unpaid or may receive carers allowance) who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

**For enquiries, please contact Christine Barnes at
Crossroads Care Rotherham on 01709 360272.**

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