## Forum for Mental Health Carers



## Do you care for a loved one who has mental health difficulties?

## Join us for the launch of the Mental Health Carers' Forum



6pm - 8pm on Wednesday 30 January North Tyneside Carers' Centre, 3rd, Floor, YMCA Building, Church Way. North Shields.

## The forum will be a space for you to:

- Share your experiences
- Find out what is happening locally
- Highlight the issues you are dealing with to help influence mental health services



. Get support



For more information or to book a place please contact us on: 0191 643 2298 or email: enquiries@ntcarers.co.uk www.northtynesidecarers.org.uk