



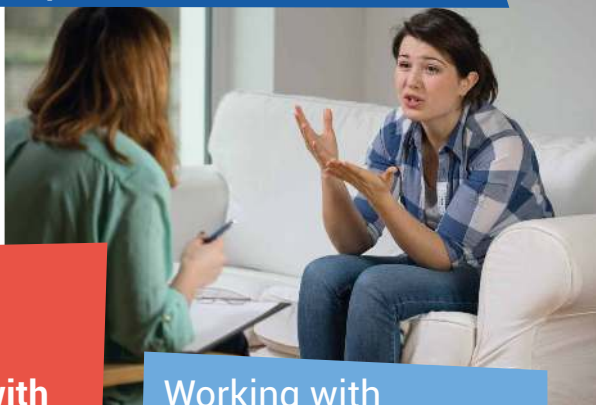
carers'  
**HUB**

**YOUNG**  
carers'  
**HUB**

# CARE FOR CARERS

# Cheshire East

Support is available to you despite the COVID 19 restrictions.



## Are you a young or adult Carer?

Or do you know someone with caring responsibilities who may benefit from a free confidential counselling service?

Working with accredited and approved Counsellors we can support you to access up to 6 one to one sessions.

Counselling offers you the opportunity to talk about your feelings and thoughts in a safe and confidential space.

If you would like to hear more about how to access this service then please get in touch with email, telephone or visit our website.

## 0300 303 0208

(Calls are charged at local rate)

[enquiries@cheshireeastcarershush.co.uk](mailto:enquiries@cheshireeastcarershush.co.uk)

[www.cheshireeastcarershush.co.uk](http://www.cheshireeastcarershush.co.uk)

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HM Government

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THE NATIONAL LOTTERY  
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NHS

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