

## Caring for Carers



## If you're a Carer, please let us know

A Carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If you are a Carer, we want to support you. Please let our staff know and we can help you to find local support and advice.

You can visit the Carers in Derbyshire website for local information:  
**[www.carersinderbyshire.org.uk](http://www.carersinderbyshire.org.uk)** or call the **Derbyshire Carers Association** on: **01773 833833**.

For more information, please contact the Patient Experience team on  
**DCHST.PatientExperienceTeam@nhs.net** or **01773 525119**

**54%** of the unpaid Carers in the UK don't have time to book or attend medical appointments for themselves

**30%** of the unpaid Carers in the UK felt they needed medical help or support for a mental health condition such as depression, anxiety or stress but had not sought medical help

**57%** of the unpaid Carers in the UK felt they had experienced feelings of depression