

**If you look after someone,  
it's important to look after  
your own health too!**

# **Carers My health matters**



**Crossroads Care can provide support to the person you look after if you feel you cannot leave them alone so that you can attend your own health care appointments.**

**This could include cover for you to attend:**

- **GP appointments**
- **Hospital appointments**
- **Dentist appointments**
- **Optician appointments**
- **Counselling sessions**
- **Training courses to support you in your caring role**

This service is funded by NHS Brighton & Hove so there is no charge to you, or the person you care for, for this service.

If you need more regular support to leave the person you care for so that you can have a break from caring, Crossroads can discuss the options available to you but there may be a charge.

**Contact: Brighton & Hove Crossroads, Community Base,  
113 Queens Road, Brighton BN1 3XG**

**Telephone: 01273 234021**

**Email: [bhoffice@esbhcrossroads.org.uk](mailto:bhoffice@esbhcrossroads.org.uk)**

