



*Making Carers Count*

**If you care for someone experiencing a mental health problem this free six-week programme is for YOU!**

# **Caring and Coping Course**

**In the company of other unpaid carers, learn about:**

- **Mental health and the mental health system;**
  - **Dealing with challenges;**
  - **Looking after your needs.**

**Six online Zoom sessions on  
Thursdays 15th, 22nd, 29th October  
& 12th, 19th, 26th November 2020  
1pm—2pm.**

**To book a place or for details call  
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