

# Caring for yourself while caring for others



With



**NHS**  
Nottingham and  
Nottinghamshire  
Talking Therapies

Join us for a free, online wellbeing session  
focusing on managing your mental health as  
a carer and showcasing the support  
available



**Thursday 21st  
May 11am**

If you are interested please contact us at  
[carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk) or call  
0808 802 1777

Places booked on first come first served basis.