



**Carer Support
Wiltshire**

A Network Partner of
**CARERS
TRUST**

Do you look after someone?

Our Talk and Support service is here for you.

Call us on Freephone **0800 181 4118** and ask to be included on our **Talk and Support** service for:

- time to talk and be listened to;
- informal friendship, reassurance and support;
- help you to find ways to lessen your feelings of isolation.

Choose from phone Talk and Support, or virtual 'face to face' Talk and Support.

All of our Talk and Support volunteers will have an understanding of the difficulties carers face. Many of them will have experience of caring themselves. Call **FREephone 0800 181 4118** today to get started.