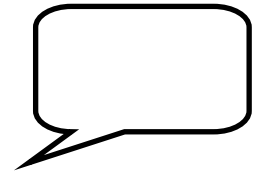




**Do you care for a loved one who has mental health difficulties?**



**Join us for the launch  
of the Mental Health  
Carers' Forum**



**6pm - 8pm on Wednesday 30 January  
North Tyneside Carers' Centre,  
3rd, Floor, YMCA Building, Church Way.  
North Shields.**

**The forum will be a space for you to:**

- Share your experiences
- Find out what is happening locally
- Highlight the issues you are dealing with to help influence mental health services
- Get support



For more information or to book a place please contact us on:  
**0191 643 2298 or email: [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)**  
**[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)**