Our support workers give a lot of their time and dedication to caring for others. We look after our team’s wellbeing so they can provide the best support that they can.

But when you care for a loved one, who looks after you?

**What does it mean to be a carer?**

**“I’m not a carer, I’m a mum/dad/husband/wife, it’s my job.”**

Whatever ever role fits the bill – aunty, grandad, brother, mother – you may feel it’s your duty to care for your loved one – but that doesn’t mean you’re not a carer.

If you provide unpaid support for someone who has an illness, disability, mental health illness or addiction – and doing this takes up a lot of your time – you’re a carer.

Your daily tasks might include some of the following:

* Making sure someone gets to regular appointments
* Doing someone’s shopping for them
* Helping someone to wash, dress or eat
* Helping someone to cope with a mental health illness
* Looking after someone’s finances
* Providing medical care

People often consider caring as something physical. But if you’re giving emotional support, that is considered to be part of a caring role, too.

**Support for carers**

Caring for someone can take its toll both physically and emotionally, but it’s not something you have to manage alone without support.

If you care for someone in receipt of NAViGO or NAViGO Extra services, there’s help:

* Once you’re registered as a NAViGO carer you can choose to complete a carer’s needs assessment. This is the first step to finding out if there is additional support that can be provided for you.
* Have your say! Sign up to NAViGO’s community membership so you’re the first to hear about and be a part of making decisions on local mental health services.
* Funding is available through NAViGO’s official charity, the Gardiner Hill Foundation to help improve the mental health and wellbeing of you and the person you care for. Funding can be applied for anything from a new bed to a horticulture course. Grants are reviewed on case by case basis and funding approval decisions are made by the board of trustees.
* As a NAViGO registered carer, you’ll also be welcome to attend all sorts of groups and activities. A chance for some time to yourself while you catch up with other like-minded carers.

**Useful Resources**

**Carers UK**

The Carers UK website has a wide range of help and advice for carers, including information on financial support, advice on staying well and benefits guidance.

[Visit the Carers UK website](https://www.carersuk.org/help-and-advice)

North East Lincolnshire Carers Support Service

The Carers Support Service offers support to the 16,500 carers across the county, with support given not only if you’re caring for someone with a mental health illness, but for a variety of other issues too.

[Visit the Carers Support Service website](https://www.carerssupportcentre.com/nel/)

Call (01472) 242277

Email [info@carerssupportcentre.com](mailto:info@carerssupportcentre.com)

**Get in touch**

**Register as a NAViGO carer**

If you care for a NAViGO service user, you can now register as a NAViGO carer through our website.

**Call us**

If you have any questions about the support you may be eligible for, or caring in general, you can call our carers team on **(01472) 806800**.

**Email us**

If you have any questions about the support you may be eligible for, or caring in general, you can email our carers team on [**NAV.carers@nhs.net**](mailto:NAV.carers@nhs.net).