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YOUR VOICE MATTERS

Do you help a partner, friend, relative, neighbour or someone else because of long-term illness, disability, physical or mental health conditions, substance misuse, older age, or other needs?

Helping someone can look like:

- Advocating for someone's health and care needs
- Helping someone access healthcare, emotional wellbeing support and/or a gender-affirming care
- Supporting someone experiencing discrimination or social exclusion
- Providing emotional support
- Managing healthcare appointments
- Speaking on behalf of someone who is non-speaking or has difficulty communicating.
- Providing support during sensory overwhelm and/or dissociation
- Helping with everyday tasks

If you do anything like this, **you are an unpaid carer.**

The **Survey of Carers** is interested in hearing about the experiences of LGBTQ+ unpaid carers. Share your story.

07483 450 340

surveyofcarers.bham.ac.uk.

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SHARE YOUR VOICE

The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.



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