# Support for Your Health and Wellbeing as a Parent Carer

As a parent carer, your health and wellbeing are just as important as the person you're caring for. There are several services and opportunities available to support you. Here's a look at some key services that can help you maintain balance and support your own wellbeing.

## 1. Carers Health Team

*The Carers Health Team provides specialized support and advice on physical and mental health for carers. Whether you need a health check or tailored advice, they're here to help you stay healthy.*

## 2. Carers Wellbeing Grant

*This grant is available to help with activities or services that can improve your wellbeing. From respite care to personal development, this financial support can help you take time for yourself.*

## 3. NHS Time to Talk (Self-Referral)

*Mental health support is vital for carers. You can self-refer to NHS Time to Talk services for free, access confidential therapy to help with stress, anxiety, or other mental health needs.*

## 4. Flu Jab for Carers

*As a carer, you're more likely to be in close contact with vulnerable individuals. The flu jab is a simple, preventative measure to protect both you and the person you care for.*

## 5. West Sussex Wellbeing Services

*Access a range of health and wellbeing services in West Sussex, including exercise programs, stress management, and social opportunities designed to help carers maintain their own health.*