

Carer's Forum

11th March - 10am to 4pm

A forum for those caring for people with mental health difficulties. All welcome!

We will provide useful advice from:-

1. Psychiatrists
2. Psychologists
3. The Service providers,
4. Carers

Covering various issues around anxiety, depression, & PTSD / trauma. This is your chance to find support and ask questions!

We will also be providing support around debts and benefits.

There will be stalls from various organizations and charities explaining the services they provide and how to access them.

Free holistic therapies!

The Kirkley Centre, 154 London Road South, Lowestoft, NR330AZ

Howard Tidman 07557290169 howard.tidman@nsft.nhs.uk

Sarah McPherson 07717714626 sarah.mcpherson@suffolkfamilycarers.org

Lianne Smith 03300011239 lianne@feedbackhealth.uk

