


# Give Carers A Break



Are you a carer? Do you provide unpaid support for someone who is ill, disabled, or has mental health or substance misuse problems?

You should be able to get a break.

Contact your local Princess Royal Trust Carers' Centre or Crossroads Care scheme to find out about breaks, get practical advice, information and support.

[www.carers.org](http://www.carers.org)

[www.crossroads.org.uk](http://www.crossroads.org.uk)

Your local contact:



The Princess Royal Trust  
for Carers

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**CROSS  
ROADS  
CARE**

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