



**Being an unpaid carer is hard work and can impact upon other areas of a carer's life such as work, relationships, finances & social life.**

Counselling is an opportunity for the carer to focus on themselves and to think about their own needs.

Counselling can support carers in a non-judgemental and safe environment to think about their situation, look at their options, and find ways to cope in a more positive way. When a carer participates in counselling they will be able to explore their thoughts and feelings, including their relationship with the person they care for.

The Leonardo Trust maybe able to fund a course of counselling for a carer. This would be subject to eligibility and income criteria. We may ask you to contribute towards the cost.

To be eligible the carer needs to be a recognised unpaid carer and live in Dorset.

Referrals must be made via a health/social care professional, that can confirm they are an unpaid carer.

To download an application form please go to [www.leonardotrust.org](http://www.leonardotrust.org)

[info@leonardotrust.org](mailto:info@leonardotrust.org)

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**The Leonardo Trust**  
Helping People Who Care For Others