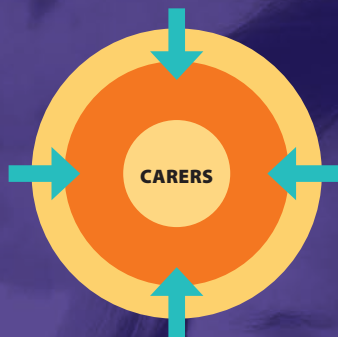


CARERS NEED CARE TOO



83% of respondents highlighted impacts on their mental health

Almost 64% of carers say they would benefit from psychological support

Over 40% of carers didn't seek support for themselves

Top 4 reasons for not accessing support were:

- "I do not have time"
- "I am unaware of support in my area"
- "Support services are costly"
- "I find it difficult to reach out for support"

71% described impacts on their social life

76% found their sleep and relationships were affected

63% of carers would like to connect with other carers going through similar experiences

Help Butterfly open doors to carer support

MAYDAYS
FOR EATING DISORDERS



Butterfly
Foundation for Eating Disorders