CARERS NEED CARE TOO

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

71% described impacts on their social life

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

83% of respondents highlighted impacts on their mental health

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

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”

76% found their sleep and relationships were affected

Help Butterfly open doors to carer support

Source: Butterfly Foundation survey, 2019

#MAYDAYS2019 #CARERSNEEDEDCARETOO