

# Help for Carers

Do you care for someone who has health concerns or a disability?

If you are a Carer that lives in **Havering** we can help!

Havering Mind, in partnership with IncomeMAX, are offering a Carers' Early Intervention Service.

**We will provide:**

**Support Plans for Carers:** Meet with our Carers Support Worker who will help you devise a plan, covering areas such as finance, well-being, employment and training and crisis planning.

**Free Benefit and Tax Credit Entitlement Checks:** Helping you understand your finances and to support you to claim the correct benefits.

**Information Hub:** We are bringing together both national and local sources of help and assistance in one information hub, this will help you to identify the support you need.

**Mental Health Awareness Training:** We will be running courses for those who care for someone with a mental health condition.

**To set up an appointment please contact Havering Mind on Tel. 01708 457 040**

**For your free Benefit and Tax Credit Entitlement Check please call 0300 777 777 2**

**Havering Mind**



**For better  
mental health**

Charity no. 1108470 Company No. 4184862

**IncomeMAX**  
the entitlement experts

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

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