

Supporting carers in the workplace



It is estimated that **5 million people** juggle work and care in the UK



600+ people leave work daily to care for a loved one



Juggling caring responsibilities and work can impact general wellbeing in and out of work

Workplace support



Flexible working arrangements



Employee Assistance Programmes (EAP)



Mental health & wellbeing resources



Carers' leave policies

Further support

[Age UK](#)

[Citizens Advice](#)

[Contact](#)

Carer support groups in key UK locations

Take a look at [Carers UK](#) to find support where you live



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