

Signs of carer stress

Recognising the signs of carer stress early can improve outcomes for carers and the people they care for



Feeling stressed or overwhelmed



Upset stomach



Reliance on alcohol or other substances



Changes in sleep patterns



Difficulty concentrating



Thoughts of self-harm



Changes in appetite



Changes in mood



Making poor decisions



Headaches and body aches



Withdrawing from friends and family



Feeling angry or resentful

Carers can access practical and emotional support in their area by calling **Carer Gateway** on **1800 422 737**.