



# South Tyneside Adult Carers Service STACS

Are you providing support to a family member or friend due to illness, disability, mental health or substance misuse?

You may not have identified yourself as a “Carer” but could benefit from finding out how we can help you.

**South Tyneside Adult Carer Service (STACS)**  
offer a range of services including  
**Advocacy, Befriending,  
Social Opportunities, Training,  
Help with Employment and more.**

**Contact us for more information**

**T: 0191 4061531**

**E: [STACS@cgl.org.uk](mailto:STACS@cgl.org.uk)**



Salvation Army Building, Wawn Street, South Shields, NE33 4EB