

# Are you or a colleague a

# Hidden carer?

**Complete our checklist to identify  
yourself or a colleague as a carer,  
and access support and guidance.**

**CARERS  
TRUST**  
Solihull



**scan for checklist**

**[solihullcarers.org](https://solihullcarers.org)**



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A black and white photograph of two male mechanics working on a car engine in a garage. One mechanic is kneeling on the left, holding a long white object, possibly a dipstick. The other is on the right, leaning over a blue creeper. The background shows various car parts and tools.

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