

# Phone service for unpaid carers

**Carers UK's dedicated phone service for carers who don't use the internet. Listen to information on:**

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

**Freephone:**

**0800 888 6999**

and follow the options provided

**Please note that this service provides recorded information and signposting for carers - this is not a helpline or crisis service.**



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- financial support
- practical support
- wellbeing support for carers.

**Freephone: 0800 888 6999** and follow the options provided