

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

