

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.



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

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

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