

Advice Line **0808 501 5939**

 **carers'**
resource

you care for them, we care for you

Support for you

If you look after a partner, relative, child or a friend who is disabled or ill due to physical or mental health, you are an unpaid carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.

We are here to help – talk to us

We can offer support through our freephone advice line on 0808 501 5939. Lines are open 10am–4pm Monday to Friday and will be answered by our specialist team. Our team will give you information that is reliable and up to date and help you to access the advice and support you need. This covers a range of subjects including:

- ☉ Welfare benefits that might be available and financial support
- ☉ Your rights as a carer in the workplace
- ☉ Carers' assessments and how to get support in your caring role
- ☉ Services available to carers and the people you care for
- ☉ How to complain effectively and challenge decisions



Carers' Resource Advice Line:

0808 501 5939

T: **01274 449 660**

E: **info@carersresource.org**

W: **www.carersresource.org**

 **carers'**
resource

A Network Partner of
**CARERS
TRUST**

Registered Charity No. 1049278