

# Carers Direct

Information, advice and support for carers



[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)



Freephone: 0808 802 02 02\* (7 days a week)

Advice at your  
fingertips



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Information, advice and support for carers

- Guide to caring
- Financial and legal advice
- Advice for young carers
- Work and study information
- Find local support groups and services
- Advice on keeping healthy

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Carers Direct is a practical and comprehensive information, advice and support service for carers. Whatever you're looking for just give us a call free or go online. It's at your fingertips.

\*Calls are free from all UK landlines. The cost of calls from mobiles may vary. You may be charged a minimum cost per call. Lines are open 8am-9pm Monday-Friday and 11am-4pm on weekends and bank holidays.