

Carers Direct

You can call the Carers Direct helpline if you need help with your caring role and want to talk to someone about what options are available to you.

Last updated: April 15, 2020

Website: <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-direct-helpline.aspx>

Helpline: 0300 123 1053

Email: CarersDirect@nhschoices.nhs.uk

Opening Hours: Lines are open 9am to 8pm Monday to Friday (except bank holidays), 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free call back.

Cost: Free

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