

## 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.

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**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](mailto: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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## Related Articles

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[Carers assessments](#)