

GET SUPPORT





ASK FOR HELP

- You can find your local young carers service [here](#).
- For food or essential supplies get in touch with your [local community hub](#) or [foodbank](#).
- If you need support with your mental health you can call the [NSPCC](#) on 0800 1111. You can also call [The Samaritans](#) on 116 123 or email jo@samaritans.org
- If you need help with non-urgent medical questions call 111. Or if it's urgent call 999.
- For bereavement support call [Hope Again](#) on 0808 808 1677 or email hopeagain@cruse.org.uk

**CARERS
TRUST**

Carers Trust provides support for carers, young adult carers and young carers, through a network of carers centres, schemes and interactive online services.

Phone: 0300 772 9600

www.carers.org

**The
Children's
Society**

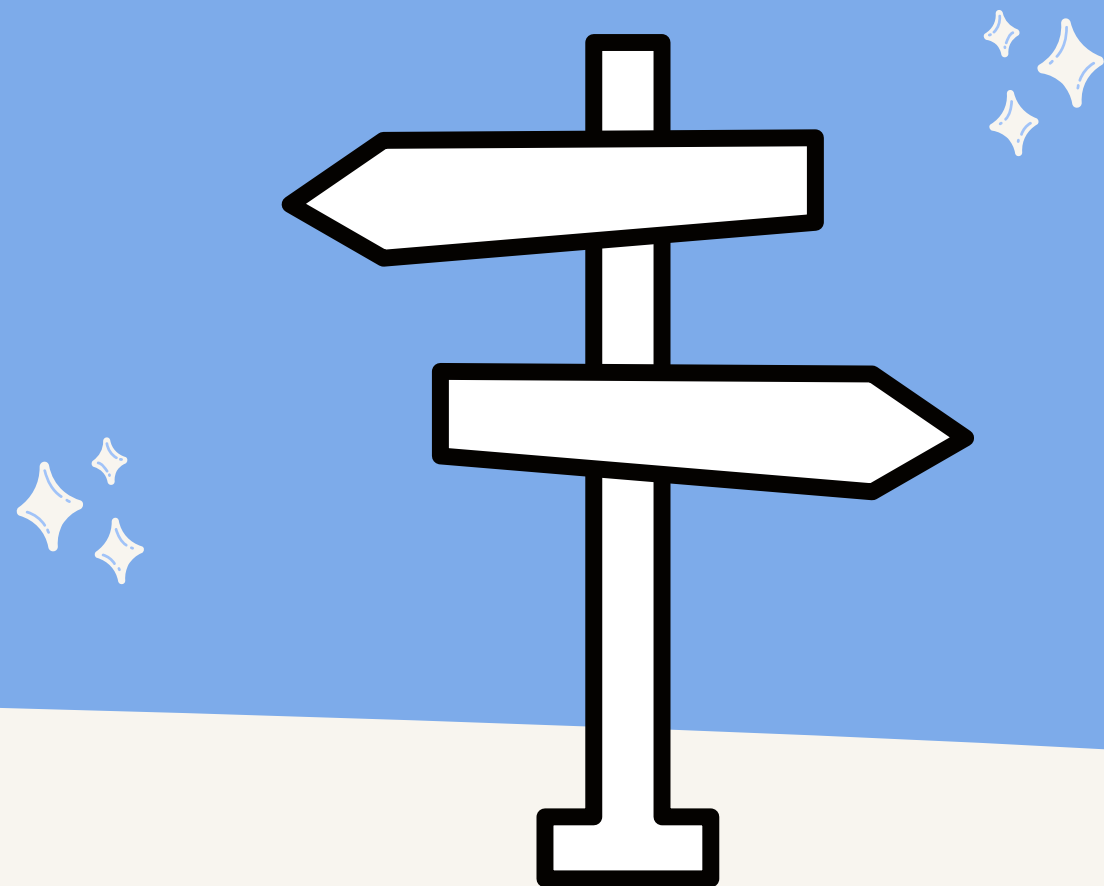
The Children's Society are a national charity that supports young carers and support them into adulthood so they can pursue their dreams outside of caring.

Phone: 0300 303 7000

www.childrensociety.org.uk

NHS RESOURCES FOR CARERS

A guide for people who have care and support needs, their carers and people who are planning for their future care needs.



ENGLAND

Click [here](#)

SCOTLAND

Click [here](#)

NORTHERN IRELAND

Click [here](#)

WALES

Click [here](#)

NHS