

General UK Carers Resources

Age UK

A charity dedicated to helping everyone make the most of later life.

Website: www.ageuk.org.uk

Tel: 0800 055 6112 – open every day 8am-7pm

Carers Direct

An NHS Helpline, email and webchat.

Email: [Get help by email](#)

Webchat: [Ask your question using webchat](#)

Tel: 0300 123 1053- open Monday-Friday 9am-8pm and weekends 11am-4pm

Carers trust

Carers Trust is a major charity for, with and about carers.

Website: www.carers.org

Tel: 0300 772 9600

Email: info@carers.org

Carers UK

Carers UK give expert advice, information and support.

Website: www.carersuk.org (also have an online forum)

Tel: 0808 8087777- the helpline providing information is open on Mondays and Tuesday between 10am-4pm

Citizens Advice

Provides free, independent, confidential and impartial advice in England, Wales, Scotland & Northern Ireland

Website: www.citizensadvice.org.uk

Contact

A national charity that supports the families of children with additional needs in England, Wales, Scotland & Northern Ireland

Website: www.contact.org.uk

Phone: 0808 808 3555

Email helpline@contact.org.uk

Family Action

Support for parents and carers if caring for a child.

Tel: 0808 802 0222- open Monday to Friday 6pm- 10pm and weekends 10am-1pm.

Text: 07537 404 282

Email: NDPSS@family-action.org.uk

Independent Age

For older people, giving advice about care, money and health.

Tel: 0800 319 6789: Monday-Friday 8.30am-6.30pm, Saturday 9am-1pm

Email: advice@independentage.org

The Silver Line

The free, 24 hour, confidential helpline for older people.

Tel: 0800 4708090- open every day, 24 hours a day.

NHS Social care and support website: <https://www.nhs.uk/conditions/social-care-and-support-guide/>