

**You are supporting
someone, let me
support you.**



When a person is in need of help and support, building relationships between support services, families and carers is important.

Including you, and offering help to those who help is a priority. We are here to support you!

Further support

- NHS 111 - press option 2 for mental health when prompted
- Carers UK: 0808 808 7777 / Carersuk.org
- NHS Choices: Carers Direct: 0300 123 1053



**Scan the QR code for
more information
and links**



Information for Carers

Are you caring for, or
do you support a family
member or friend?

Your journey starts here ...





Hull

 01482 222220

 chcpcic.org.uk



Carers'
Information
& Support
Service



East Riding

 01482 396500

 [eastriding.gov.uk/living/
care-and-support-for-adults/](http://eastriding.gov.uk/living/care-and-support-for-adults/)



carerssupportservice



North Lincolnshire and North East Lincolnshire

 NE Lincolnshire: 01472 242277
N Lincolnshire: 01652 650585

 carerssupportcentre.com



York

 01904 715490

 yorkcarerscentre.co.uk



North Yorkshire

 Harrogate & Selby:
01423 500555

 carersresource.org



Scarborough, Whitby & Ryedale:
01723 850155

Hambleton & Richmondshire:
01609 780872



carersplus.net

