You are supporting someone, let me support you.

NHS
Humber Teaching
NHS Foundation Trust

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

PRODUCED IN COLLABORATION WITH LIVED EXPERIENCE

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/

carerssupportservice

North Lincolnshire and North East Lincolnshire

NE Lincolnshire: 01472 242277
N Lincolnshire: 01652 650585

carerssupportcentre.com

Carers' Support Centre EST. 1989

York

01904 715490

yorkcarerscentre.co.uk

York Carers Centre
Free Support for Unpaid Carers

North Yorkshire

Harrogate & Selby:
01423 500555

carersresource.org

carers' resource

Scarborough, Whitby & Ryedale:
01723 850155
Hambleton & Richmondshire:
01609 780872

carersplus.net

carers plus YORKSHIRE