

# Support for carers

There are lots of organisations in the UK that are here to support unpaid carers, making it easier to balance caring for others while looking after yourself too. They offer help with everything from finances and practical advice to emotional support and information on your rights and services available to you.



Offers expert advice and support to help you navigate your caregiving role, from benefits to rights and practical guidance.

0808 808 7777

[carersuk.org](http://carersuk.org)  
[advice@carersuk.org](mailto:advice@carersuk.org)



Provides a network of local services, helping carers with respite, financial advice, and emotional support.

0844 800 4361

[carers.org](http://carers.org)  
[info@carers.org](mailto:info@carers.org)



Focused on supporting older carers, offering advice on finances, care options, and wellbeing.

0800 678 1602

[ageuk.org.uk](http://ageuk.org.uk)  
[contact@ageuk.org.uk](mailto:contact@ageuk.org.uk)



Offers mental health support for carers, providing advice on managing your wellbeing while supporting someone with mental health challenges.

0300 123 3393

Text "MIND" for help: 86463

[mind.org.uk](http://mind.org.uk)



Provides practical and emotional support to those caring for loved ones with cancer, including financial advice and respite care.

0808 808 00 00

[macmillan.org.uk](http://macmillan.org.uk)  
[cancerinformation@macmillan.org.uk](mailto:cancerinformation@macmillan.org.uk)

## SUPPORT FOR CARERS



Supports carers of those with terminal illnesses, offering practical help, respite care, and emotional support.

0800 090 2309

[mariecurie.org.uk](http://mariecurie.org.uk)



Provides support for carers of people with dementia, including advice, information on services, and emotional support.

0333 150 3456

[alzheimers.org.uk](http://alzheimers.org.uk)



Offers support to carers of military veterans, including financial assistance and social support.

0808 802 8080

[britishlegion.org.uk](http://britishlegion.org.uk)



Offers support for young carers, with services focusing on emotional wellbeing and practical help for young people caring for family members.

0300 303 7000

[support@childrenssociety.org.uk](mailto:support@childrenssociety.org.uk)  
[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)



Provides a wide range of information about health-related support and services available to carers.

[nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/](https://nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/)

## Local Support Services

Most areas in the UK have local carers' centres run by councils or charities. You can check with your local council or search on [Carers UK's support directory](#) or [Hub of Hope](#) to find nearby services.