

Support for carers: “I am struggling with caring”



This easy read tells you about what to do if you are struggling with being a carer and where you can get help.

If you are 18 years old or over:



If you are an adult carer and struggling with your caring role, the Carers Hub can help you.



You can phone them on 0808 802 1777 from Monday to Friday between 9am and 5pm.



You can email
carershubinfo@carersfederation.co.uk



You can contact the Carers Hub on WhatsApp or text 0781 4678460.



You can visit the [Carers Hub website](#).

If you are 17 years old or younger



You can phone Young Carers Notts on 0115 824 8824 between 9am and 5pm between Monday and Friday.



You can also email Young Carers Notts on youngcarers@tuvida.org



You can send Young Carers Notts a message on WhatsApp on 07860 957 660.



You can [visit Young Carers Notts' website](#).



Their address is 54A, Nottingham Road,
Mansfield, NG18 1BN.



Young carers themselves, parents, carers
and professionals can refer young people for
help. There is [an online form](#) you can fill in
to do this on the website.



If you need more support, Young Carers
Notts can help you get in touch with the
social care team that can best help you.

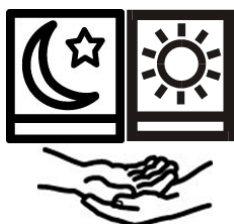
Help for all carers in Nottingham City



You can contact the Nottingham City Health and Care Point on 0115 876 3330 between Monday to Friday, 9am to 5pm.



You can visit the [Nottingham City Council website](#).



If you need help outside office hours or need urgent help, please call the Nottingham City Emergency City Duty Team on 0115 876 1000.

Help for all carers in Nottinghamshire County



Crisis prevention support is available across the whole of Nottinghamshire.



Crisis support is given by the Home First Response and Rapid Response service providers.



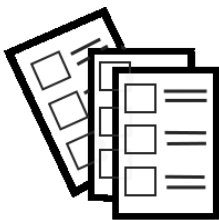
If you need crisis prevention support, please phone the Customer Service Centre on 0300 500 80 80. You can phone Monday to Friday, between 9am and 5pm.



If you need help urgently, or need help outside of office hours, please phone the Emergency Duty Team on 0300 456 4546.



[We have another easy read document with lots of information about other organisations you can contact for support.](#)



We have lots of other documents about for support for carers in [our easy read library.](#)

Links in this document

The Carers Hub website

carershub.carersfederation.co.uk/

Young Carers Notts website

youngcarersnotts.co.uk/

Young Carers Notts online referral form

forms.office.com/Pages/ResponsePage.aspx?id=OXHjMFxOC0unDBimbS2FzfnRFSawc_9Knj_BIMda8sVUREJBQVJKVkZYNzc2UjVOVDISSkkwTzAxSi4u

Nottingham City Council Website

nottinghamcity.gov.uk/

Other organisations that can help- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/18-online-support-and-organisations-for-carers-easy-read

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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