

Local carers support groups contacts details for carers:

East Riding Support Services

Your life your way carers support.

Tel: 0800 9176844 freephone

Carers support: 01482 396500

www.yourlifeyourway.uk

East Riding of Yorkshire Council: 01482 393939

Email: ercarers@eastriding.gov.uk

www.eastriding.gov.uk/living/care-and-support-for-adults/

Emergency contact: 01377 272410

Monday – Thursday 5p.m. – 7.30 a.m.

Friday – Monday 4.30 p.m. – 7.30 a.m.

Online - via the East Riding Connect to Support Website Carers self-assessment tool <https://eastriding.connecttosupport.org/being-a-carer/support-for-carers/>

Lifeline and Response Team on: 01482 39604

Email: lifeline@eastriding.gov.uk

Hull Carers Information and Support Services

www.chcpcic.org.uk

Online - via the Hull Connect to Support Website Carers self-assessment tool.

<https://hull.connecttosupport.org/staying-independent/carers/carers-self-assessment>

Tel: 01482 222220

Email - electronic referral forms are available from CISS please contact the service on chcp.carersinfo@nhs.net the admin team will send you a blank referral form for completion.

Text: CARERS to 61825

Local carers support groups contacts details for carers:

CarersUK

www.carersuk.org

Visit their website and register for free, you will find plenty of information to help you navigate your way through all the support you need.

Most importantly, they are there for you!

Recovery and Wellbeing College

www.humberrecoverycollege.nhs.uk

Take a look at our podcast and if this resonates with you then please ask for support from the relevant agencies, they are there not only to supply information which helps the person you care for, but they are also there for you 'the carer' too and below you will find links and other contact details.

East Riding Emotional Wellbeing Service

You can self-refer to this service.

Tel: 01482 333451

www.eastridingtalkingtherapies.humber.nhs.uk

Mind – Hull and East Yorkshire

www.heywind.org.uk

Tel: 01482 240200

Email: info@heywind.org.uk

Mental Health Crisis Team

Tel: 0800 138 0990

East Riding Contact Point: 01482 303810

Out of hours of 9-5 Contact: 01482 301701 option 2.