



Carer Voices

Information and support for carers

Having the right information at the right time can make a huge difference for a carer and the person they care for.



Scottish organisations for carers

[Carers Scotland](#) provides information for carers on a wide range of issues as well as campaigning for carers' rights.

[Citizens Advice Scotland](#) operate a CAS Patient Advice and Support Service, an independent service that provides free, accessible and confidential information and support to people, their carers and families in their dealings with the NHS.

[Coalition of Carers in Scotland](#) is a network of local carer-led groups, centres and projects.

[Crossroads Caring Scotland](#) run schemes across Scotland to provide breaks for carers.

[The Carers Trust](#) operates the network of local carers centres - find yours today.

[MECOPP](#) works to support minority ethnic carers to access supports and services.



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Support and helplines



Breathing Space is a confidential out-of-office hours telephone line for people experiencing low mood, anxiety or depression.

☎ 0800 83 85 87
www.breathingspace.scot

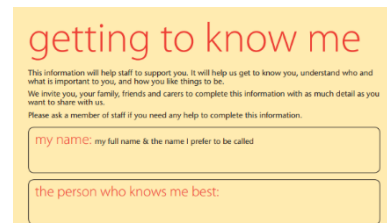
Samaritans is a 24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope.



NHS 24 is a 24-hour health service for Scotland.

Useful resources

'Getting to Know Me' is a support tool created by Alzheimer Scotland to enable person-centred care and record details about a person who can't easily share information about themselves.



Being Heard: A self-advocacy guide for carers

Self-Advocacy Toolkit is a group of integrated resources created by Carers Scotland to help carers get their voices heard.

'Looking after someone: Information and support for carers' is a Carers Scotland guide which outlines carers rights and gives an overview of the practical and financial support available.

Looking after someone

Information and support for carers in Scotland