

# What support can carers expect during the COVID-19 pandemic from Care for Carers?



## Are you a carer?

If you look after a relative, friend or neighbour who has a disability or long-term condition, you are considered to be a carer



## Where can carers go to get information, support and involvement opportunities?



Our team can be contacted by phone on **0131 661 2077** or by email at **enquiries@care4carers.org.uk**



For one-to-one support you can contact the Edinburgh Carer Support Team on **0131 536 3371**



You can visit our website **www.care4carers.org.uk** for more info or follow us on Facebook **@Care4carersEdinburgh**

## Due to social distancing our office is closed, but what information, support and involvement are available for carers?



We can offer practical advice and emotional support over the phone or email



We can apply for Carers Trust Grants on your behalf to help with costs towards household items, training or breaks



We run a programme of online events including workshops, coffee and chat sessions and virtual visits



We can provide you with equipment such as PPE and digital equipment that helps with your caring role

## What help is available for carers in a crisis?



We do not provide an emergency service. For urgent support contact Social Care Direct on **0131 200 2324**

If you or the person you care for experience a mental health crisis contact the Mental Health Assessment Service: **0131 537 6000**



For any **medical emergencies** phone: **999**



If you are **at risk of harm** phone the police: **999**

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Email **enquiries@care4carers.org.uk**