

Information for Carers

Organisation	Contact Details
Heart Matters (British Heart Foundation)	0300 330 3300 www.bhf.org.uk/heartmatters
Carers UK	0808 808 7777 www.carersuk.org
The Princess Royal Trust	0844 800 4361 www.carers.org
CrossRoads Caring for Carers	01788 573653 www.crossroads.org.uk
NHS Carers Direct	0808 802 02 02 www.nhs.uk/carersdirect