

# Are you an unpaid carer?

**Carer Links** can help!

**Carer Links is a free service available to unpaid carers in Herefordshire.**

Our team is here to offer a range of services and support to help you cope with caring.

- **We can work with you to understand your care role and what rights you have. This can also include accessing financial support**
- **We can help you find the right help and support locally**
- **We can provide 1-1 support which is tailored to your individual needs**

For more information or support, please contact a member of our team:

**Phone: 01432 663057**

**Email: [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk)**



Alternatively, you can access our Self-Referral form by scanning the QR code