

1.9.5 Carers and Caring

Carers UK is the UK's only national membership charity for carers and is both a support network and a movement for change. It provides advice, information and support on all issues relating to caring and connects carers to end feelings of isolation. Carers UK has a Scottish office in Glasgow and works with local authorities and other organisations to improve services for carers.

t: 0808 8087777 (helpline) or 0141 445 3070 (Scottish office)

e: info@carerscotland.org

Family Lives works to transform the lives of families, supporting parents and making happier relationships, happier families and a stronger society. Its family support workers offer all family members immediate and on-going help on the phone, online or in local communities. It uses its expertise to inform, support and train professionals and campaign for changes to improve family life.

t: 0808 800 2222 (helpline) e: parentsupport@familylives.org.uk

Highland Community Care Forum aims to improve support, services and recognition for anyone caring for someone in the Highlands. It supports carers to be key partners in the planning and delivery of health and social care and empowers carers to manage their caring role and have a life outside caring.

t: 01463 723560 e: carers@hccf.org.uk

Rethink Mental Illness supports people affected by mental illness by challenging attitudes and changing lives. It provides advice to everyone affected by mental health problems (including carers) and offers relevant information on everything from treatment and care to benefits and employment rights.

t: 0300 5000 927 or 020 7840 3188 e: info@rethink.org

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at info@bipolarscotland.org.uk – and please also tell us about any good sites you encounter so we can add them to our list.