

Carers video transcript

Text:

Carers information and support

Chest Heart & Stroke Scotland

Advice Line Nurses

0808 801 0899 Free from landlines and mobiles

Laura:

Hello my name is Laura and I am the Lead Advice Line nurse at Chest Heart & Stroke Scotland.

On this page you will find information about all aspects of caring for someone with a chest, heart or stroke condition.

You can read about:

- practical and emotional support for you and the person you are caring for
- money issues
- looking after yourself
- and a link to our carers website stroke4carers.org

If you have any questions, my team and I are here to help you.
So give us a call and "Ask the Nurse".

Logo:

Chest Heart & Stroke Scotland.

We are Scotland's Health charity.

chss.org.uk.

Research - Advice - Support - Action