

# HELP AND SUPPORT FOR CARERS

A 'carer' is anyone who provides unpaid care for a partner, relative or friend living with a long-term condition who cannot manage without their support. Anyone can be a carer.

If you are a carer, providing care right now may be especially difficult. At Chest Heart & Stroke Scotland we are here to support you as well as the person you care for.

## HOW TO COPE WITH WORRY, STRESS AND ANXIETY

It is normal to feel worried, stressed or anxious about everything that is happening right now. It is important however that we don't let this worry, stress or anxiety take over.

You can find advice and information on how to manage stress and anxiety at this time from [www.chss.org.uk/coronavirus-info/worry-stress-anxiety](http://www.chss.org.uk/coronavirus-info/worry-stress-anxiety).



## TALK TO A KINDNESS CALLER

If you are struggling, speaking to someone about how you are feeling can really help. At Chest Heart & Stroke Scotland our Kindness Callers are on hand to speak to if you are finding things difficult.

To receive a call from a Kindness Caller, sign up through our Advice Line on 0808 801 0899, email [adviceline@chss.org.uk](mailto:adviceline@chss.org.uk) or text NURSE to 66777, or go on line to [www.chss.org.uk/coronavirus/i-need-help](http://www.chss.org.uk/coronavirus/i-need-help)



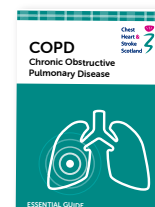
## CALL OUR ADVICE LINE NURSES

Our Advice Line nurses are available to provide free, confidential advice, information and support to carers, and the people they care for. Call 0808 801 0899, email [adviceline@chss.org.uk](mailto:adviceline@chss.org.uk) or text NURSE to 66777



## USEFUL HEALTH INFORMATION

Our health information resources are available to download, print and share from [www.chss.org.uk/publications](http://www.chss.org.uk/publications). They include information for carers, as well as people living with a chest, heart or stroke condition.



## ONLINE RESOURCES

At Chest Heart & Stroke Scotland we have a range of e-learning resources available from [www.chss-elearning.info](http://www.chss-elearning.info). This includes Stroke 4 Carers ([www.stroke4carers.org](http://www.stroke4carers.org)), a resource that includes information and practical advice if you are caring for someone who has had a stroke.

