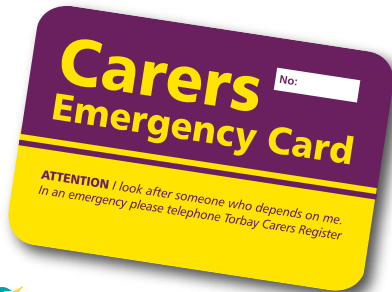


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Partners in care

South Devon Healthcare **NHS**
NHS Foundation Trust

What unpaid Carers need to know

Essential contacts if you need
help or advice in Torbay

Help and support for unpaid Carers is available

- Information and emotional support
- Benefits advice
- Practical help with caring etc.

Essential contacts for you:

Each Torbay GP has a **Carers Support Worker** - please contact your surgery.

Carers Information Service **Signposts Helpline for Carers**: 01803 666620
Email: signposts@nhs.net

Torbay Adult Social Care:
01803 219700 (practical help)

Carers Direct (national helpline):
0808 8020202