

## Action for Carers Oxfordshire

gives free specialised help to unpaid family carers looking after a loved one, friend or neighbour living in Oxfordshire.

Please contact us if you are looking for some advice and support or are a professional wishing to make a referral.



**Carersline 01235 424715**

**text 07827 235443**

or email us on

[carersreferrals@carersoxfordshire.org.uk](mailto:carersreferrals@carersoxfordshire.org.uk)

If you are caring for someone with a mental health concern call 07918 133671