



# Carers Telephone Support Line

*A Caring Ear for Caring People*

If you are struggling to cope with your caring role or have any concerns, you can pick up the phone and call us direct, nothing will be too big or too small.

If you'd like to find out more, please call us on **01738 452214** or email [carer telesupport@pkavs.org.uk](mailto:carer telesupport@pkavs.org.uk)

We are here to listen, understand, and offer support.

**CALL 01738 452214**



The Tele-Support Line is open:

Monday - Thursday	9am - 6pm
Fridays	9am - 5pm

[www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a Scottish company limited by guarantee (SC086065)



# Carers Telephone Support Line

*A Caring Ear for Caring People*

Do you help care for someone aged 65 years or over?

Would you like to hear a friendly voice at the end of the phone, someone who understands about caring?



**CALL 01738 452214**

**PKAVS Carers Hub is launching a Telephone Befriending Service.**

The service will offer, “a good friend on the phone”, someone you can have a light hearted chat with, or more importantly, be there to listen and give emotional and practical support.

We can organise regular calls at times that are convenient for you, as we understand your time is precious.

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