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♥ *Bringing health to life*

Charity no 230407

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# Need help or someone to talk to?



## Useful websites and helplines for health and wellbeing support



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<b>Addiction</b>					
Addiction Helper	0800 044 8268	addictionhelper.com	Coeliac UK	0333 332 2033	coeliac.org.uk
Alcoholics Anonymous	0800 9177 650	alcoholics-anonymous.org.uk	Crohns & Colitis UK	0300 222 5700	crohnsandcolitis.org.uk
Aquarius (alcohol, drugs and gambling issues)	0121 622 8181	aquarius.org.uk	CORE (fighting digestive diseases)	0207 486 0341	corecharity.org.uk
Drinkaware	0300 123 1110	drinkaware.co.uk	Cystic Fibrosis Trust	0300 373 1000	cysticfibrosis.org.uk
Frank (drugs)	0300 123 6600	talktofrank.com	Diabetes UK	0345 123 2399	diabetes.org.uk
GamCare (gambling addiction)	0808 8020 133	gamcare.org.uk	Epilepsy Action	0808 800 5050	epilepsy.org.uk
NHS Smoking Helpline	0300 123 1044	nhs.uk/smokefree	Huntington's Disease Association	0151 331 5444	hda.org.uk
<b>Bereavement</b>					
Child Death Helpline	0800 282 986	childdeathhelpline.org.uk	Kidney Research UK	0300 303 1100	kidneyresearchuk.org
Cruse Bereavement Care	0808 808 1677	cruse.org.uk	Meningitis Now	0808 8010 388	meningitisnow.org
Survivors of Bereavement by Suicide	0300 111 5065	uk-sobs.org.uk	MS Society (multiple sclerosis)	0808 800 8000	msociety.org.uk
The Compassionate Friends (for bereaved parents of a child)	0345 123 2304	tcf.org.uk	Parkinson's UK	0808 800 0303	parkinsons.org.uk
<b>Cancer</b>					
Beating Bowel Cancer	0208 973 0011	beatingbowelcancer.org	The UK Sepsis Trust	0800 389 6255	sepsistrust.org
Bowel Cancer UK	0207 940 1760	bowelcanceruk.org.uk	Stroke Association	0303 3033 100	stroke.org.uk
Breast Cancer Care	0808 800 6000	breastcancercare.org.uk	Terrence Higgins Trust (AIDS)	0808 802 1221	ttht.org.uk
British Lung Foundation	03000 030 555	blf.org.uk	<b>Homelessness</b>		
Cancer Research UK	0808 800 4040	cancerresearchuk.org	Crisis	0300 636 1967	crisis.org.uk
CLIC Sargent (Children with cancer)	0300 330 0803	clicsargent.org.uk	Shelter	0808 800 4444	england.shelter.org.uk
Jo's Cervical Cancer Trust	0808 802 8000	jostrust.org.uk	<b>Lesbians and Gays</b>		
Leukaemia Care	08088 010 444	leukaemiacare.org.uk	Birmingham LGBT	0121 643 0821	blgbt.org
We are Macmillan Cancer Support	0808 808 0000	macmillan.org.uk	<b>Mental Health / Emotional Support</b>		
Marie Curie Cancer Care	0800 090 2309	mariecurie.org.uk	Anxiety Alliance	0345 296 7877	anxietyalliance.org.uk
Ovarian Cancer Action	0207 380 1730	ovarian.org.uk	Anxiety UK	08444 775 774	anxietyuk.org.uk
Pancreatic Cancer UK	0808 801 0707	pancreaticcancer.org.uk	Birmingham Healthy Minds	0800 953 0045	birminghamhealthyminds.org
Prostate Cancer UK	0800 074 8383	prostatecanceruk.org	Mind	0300 123 3393	mind.org.uk
<b>Children</b>					
Childline	0800 1111	childline.org.uk	No Panic	0844 967 4848	nopanic.org.uk
Child Brain Injury Trust	0303 303 2248	childbraininjurytrust.org.uk	OCD UK (Obsessive Compulsive Disorder)	03332 127 890	ocduk.org
Heartline Families (children with heart conditions)	0330 022 4466	heartline.org.uk	Samaritans	116 123 (UK)	samaritans.org
NSPCC	0808 800 5000	nspcc.org.uk	SANE	0300 304 7000	sane.org.uk
<b>Disability</b>					
Disabled Living Foundation	0300 999 0004	dlf.org.uk	SupportLine (offers emotional help to individuals)	01708 765 200	supportline.org.uk
Mencap	0808 808 1111	mencap.org.uk	<b>Modern Day Slavery</b>		
Action on Hearing Loss	0808 808 0123	actiononhearingloss.org.uk	Gateway to Freedom	info@mygatewaytofreedom.org	mygatewaytofreedom.org
Scope	0808 800 3333	scope.org.uk	Modern Slavery Helpline	08000 121 7000	modernslaveryhelpline.org
<b>Eating Disorders / Weight Issues</b>					
Anorexia and Bulimia Care	0300 011 1213	anorexiabulimiacare.org.uk	Salvation Army (re Human Trafficking)	0300 303 8151	salvationarmy.org.uk
B-eat (Beat Eating Disorders)	0808 801 0677	beateatingdisorders.org.uk	<b>Money</b>		
Overeaters Anonymous	0700 0784 985	oagb.org.uk	Debt Advice Foundation	0800 043 4050	debtadvicefoundation.org
<b>Family</b>					
British Pregnancy Advisory Service	03457 30 40 30	bpas.org	National Debtline	0808 808 4000	nationaldebtline.org
Carers Direct (NHS helpline)	0300 123 1053	nhs.uk/conditions/social-care-and-support	<b>Older People</b>		
Gingerbread (for single parents)	0808 802 0925	gingerbread.org.uk	Age UK	0800 055 6112	ageuk.org.uk
Relate	0300 100 1234	relate.org.uk	Action on Elder Abuse	0808 808 8141	elderabuse.org.uk
<b>Health</b>					
Allergy UK	01322 619 898	allergyuk.org	Independent Age	0800 319 6789	independentage.org
Alzheimer's Society	0300 222 1122	alzheimers.org.uk	<b>Rape and Sexual Abuse</b>		
Arthritis Care	0808 800 4050	arthritiscare.org.uk	NAPAC (National Association for People Abused in Childhood)	0808 801 0331	napac.org.uk
Asthma UK	0300 222 5800	asthma.org.uk	Rape Crisis England and Wales	0808 802 9999	rapecrisis.org.uk
Bladder & Bowel UK	0161 607 8219	bladderandboweluk.co.uk	<b>Violence and Crime</b>		
British Tinnitus Association	0800 018 0527	tinnitus.org.uk	Crimestoppers	0800 555 111	crimestoppers-uk.org
British Heart Foundation	0300 330 3311	bhf.org.uk	Refuge (help against domestic abuse)	0808 200 0247	refuge.org.uk
British Liver Trust	0800 652 7330	britishlivertrust.org.uk	Victim Support	0808 168 9111	victimsupport.org.uk
Brittle Bone Society	01382 204 446	brittlebone.org	<b>Citizen's Advice</b>		
<b>Other Useful Contacts</b>					
General health information and advice					patient.co.uk
NHS Choices				111 (non medical emergencies)	nhs.co.uk