

# National Contacts for Adult Care and Support

---

1. [Independent Living](#)
2. [Carers](#)
3. [Sensory Disability](#)
4. [Finance, Benefits and Legal Advice](#)
5. [Homelessness and Housing](#)
6. [Addictions](#)
7. [Mental Health Specific](#)
8. [Learning Disability and Autism Specific](#)
9. [Counselling](#)
10. [Employment Support](#)
11. [Military/Ex Military Personnel](#)
12. [Safeguarding](#)
13. [Medical Conditions](#)
14. [Other Charitable Welfare Organisations](#)

## 1. Independent Living

---

Name	Telephone/email	Description
<b>Ableize</b>	admin@ableize.com	Disability directory. Equipment and support for anyone with a disability or mobility difficulty
<b>Ability Net</b>	0800 048 7642 helpline enquiries@abilitynet.org.uk	Help to adapt technology to promote independent computer use
<b>Asian People's Disability Alliance</b>	020 8830 4220 development@apda.org.uk	Independent living advice for Asian people
<b>Disabled Living Foundation</b>	0300 999 0004 helpline info@dlf.org.uk	Expert advice about equipment for daily living

<b>Motability</b>	0300 456 4566	Advice about the Motability vehicle scheme
<b>Wavelength</b>	01708 621101 info@wavelength.org.uk	Provides TV's and radios to people who unable to leave the house and in financial need
<b>Age UK</b>	0800 055 6112 helpline contact@ageuk.org.uk	General information and advice for older people and their families about staying independent
<b>Independent Age</b>	0800 319 6789 advice line advice@independentage.org	Advice and help for older people and their families

## 2. Carers

---

Name	Telephone/email	Description
<b>Carers UK</b>	0808 808 7777 advice line advice@carersuk.org	Information, advice and support for carers
<b>Carers Trust</b>	<a href="mailto:info@carers.org">info@carers.org</a> 0300 772 9600	Advice and support for carers
<b>Autism Awareness (National Autistic Society)</b>	0808 800 1050 helpline supportercare@nas.org.uk.	Support specifically for carers of people with Autism

## 3. Sensory Disability

---

Name	Telephone/email	Description
<b>RNIB</b>	0303 123 9999 helpline helpline@rnib.org.uk	Practical support for people with a visual impairment
<b>British Blind Sport</b>	01926 424 247 info@britishblindsport.org.uk	Access to sport for blind people



<b>Listening Books</b>	020 7407 9417 info@listening-books.org.uk	Postal and internet based audio-book library
<b>RNIB Newsagent</b> (National Talking Newspapers and Magazines)	0303 123 9999 helpline@rnib.org.uk.	Newspapers and magazines in audio on tape, CD and MP3 via email, download and CD-ROM
<b>Guide Dogs for the Blind</b>	0118 983 5555 head office 0800 781 1444 Information Advice information@guidedogs.org.uk	Information, advice and support for Guide Dogs.
<b>RNID</b> (The Royal National Institute for Deaf People)	0808 808 0123 helpline 0808 808 9000 textphone 0780 0000 360 SMS information@rnid.org.uk	Information, advice and support for people with hearing loss and tinnitus. Previously Action on Hearing Loss
<b>British Deaf Association</b>	07795 410 724 SMS/FaceTime bda@bda.org.uk	Information, advice and support for people with hearing loss
<b>Deafblind UK</b>	0800 132 320 advice line 0790 357 2885 text info@deafblind.org.uk	Information, advice and support for people who are deafblind

#### 4. Finance, Benefits and Legal Advice

Name	Telephone/email	Description
<b>Disability Law Service</b>	020 7791 9800 advice@dls.org.uk	Information, advice and help for disabled people in relation to legal advice, legal representation and benefit advice
<b>Citizens Advice</b>	0800 144 8848 advice line (England)	Information, advice and help for everyone in relation to legal advice, Care and Support rights, benefits etc
<b>National Debtline</b>	0808 808 4000	Confidential advice about how to manage debt



## 5. Homelessness and Housing

---

Name	Telephone/email	Description
<b>Centrepoint</b>	0808 800 0661 supportercare@centrepoint.org	Safe places to live for homeless 16-25 year olds
<b>Crisis</b>	0300 636 1967 enquiries@crisis.org.uk	Help and support for single homeless people
<b>Shelter</b>	0808 800 4444 helpline info@shelter.org.uk	Finding homeless people find housing
<b>Advisory Service for Squatters</b>	075 4550 8628 Advice4squatters@gmail.com 020 3216 0099 (not current) <a href="mailto:advice@squatter.org.uk">advice@squatter.org.uk</a> (not current)	Legal and practical advice to squatters and homeless people
<b>Re-Use Network</b>	0800 085 8339 info@reuse-network.org.uk	Supports people who need furniture and white goods to access them from charitable re-use organisations across the UK

## 6. Addictions

---

Name	Telephone/email	Description
<b>Alcoholics Anonymous</b>	0800 9177 650 helpline help@aamail.org	Support for people with alcohol problems and addiction
<b>Kaleidoscope Project</b>	01633 811 950	Support for people with drug or alcohol problems
<b>Frank</b>	0300 123 6600 82111 Text frank@talktofrank.com	24 hour information and advice about drugs



<b>GamCare</b>	0808 8020 133 helpline info@gamcare.org.uk	Information, advice and practical help relating to gambling
----------------	---	---

## 7. Mental Health Specific

---

Name	Telephone/email	Description
<b>Anxiety UK</b>	03444 775 774 helpline 07537 416 905 Text Support support@anxietyuk.org.uk	Support for anyone with an anxiety disorder
<b>Bipolar UK</b>	07591375544 info@bipolaruk.org	Information, advice and support for anyone with Bi-Polar Disorder
<b>Beat</b>	0808 801 0677 helpline help@beateatingdisorders.org.uk	Help and support for anyone with or affected by an eating disorder
<b>Hearing Voices Network</b>	<a href="mailto:info@hearing-voices.org">info@hearing-voices.org</a>	Help for anyone who hears voices
<b>MIND</b>	0300 123 3393 info@mind.org.uk	Information and advice relating to any mental health issue
<b>Rethink</b>	0808 801 0525 advice line	Information and advice relating to any mental health issue
<b>SANE</b>	07984 967 708 0300 304 7000 (out of hours helpline - currently unavailable) support@sane.org.uk	Emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers

## 8. Learning Disability and Autism Specific

---

Name	Telephone/email	Description
<b>Downs Syndrome Association</b>	0333 121 2300 info@downs-syndrome.org.uk	Information and advice for people with Downs Syndrome and their families



<b>Mencap</b>	0808 808 1111 helpline helpline@mencap.org.uk	Information, advice and support for anyone with a learning disability and their families
<b>National Autistic Society</b>	0207 833 2299 nas@nas.org.uk.	Information and advice for anyone with an Autism Spectrum Disorder and their families
<b>UK Sports Association for people with learning disabilities</b>	020 7490 3057 info@uksportsassociation.org	Supporting people with learning disabilities to access sport

## 9. Counselling

---

Name	Telephone/email	Description
<b>The Good Grief Trust</b>	0800 2600 400 helpline	Sudden bereavement helpline 10am-4pm Mon-Fri.
<b>Samaritans</b>	116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Provides 24/7 support for anyone in need of counselling or emotional support

## 10. Employment Support

---

Name	Telephone/email	Description
<b>Remploy</b>	0300 456 8110	Supporting people with a disability into employment

## 11. Military/ Ex Military Personnel

---

Name	Telephone/email	Description
------	-----------------	-------------



<b>Civvy Street</b>	0800 009 8015	A Royal British Legion service helping people make the transition from military life
<b>Combat Stress</b>	0800 138 1619 (veterans) 0800 323 4444 (serving personnel) 07537 173683 (Text) helpline@combatstress.org.uk	Support for veterans and service personnel experiencing PTSD and other effects of war
<b>Royal British Legion</b>	0808 802 8080 helpline info@britishlegion.org.uk	Information and advice for all current and ex military personnel and their families
<b>SSAFA Forces Help</b>	0800 260 6767 helpline 020 7463 9200 Central Office supporter@ssafa.org.uk	Information, advice and welfare support for all current and ex military and their families
<b>Veterans UK</b>	0808 1914 2 18 helpline veterans-uk@mod.gov.uk	Point of contact with the Ministry of Defence for Veterans seeking information and advice
<b>Blind Veterans UK</b>	0800 389 7979 supporter.services@blindveterans.org.uk	Practical and emotional advice and support to veterans experiencing sight loss

## 12. Safeguarding

---

Name	Telephone/email	Description
<b>National Centre for Domestic Violence</b>	0800 970 2070 0207 186 8270 Text NCDV to 60777 for callback office@ncdv.org.uk	Free service specialising in obtaining injunctions and orders for victims of domestic abuse
<b>Refuge (Womens Aid)</b>	0808 200 0247 (24hr helpline)	24 hour helpline for victims of domestic abuse
<b>Action on Elder Abuse (Hourglass)</b>	0808 808 8141 helpline 078 6005 2906 Free Text helpline@wearehourglass.org	Information and advice regarding older adult abuse

## 13. Medical Conditions

---



Name	Telephone/email	Description
<b>Alzheimer's Society</b>	0333 150 3456 Support Line	Advice and support for people with Dementia and their families
<b>The Dyslexia Association</b>	0333 405 4555	Support and advice for adults and children with Dyslexia
<b>Arthritis Care (NOW Versus Arthritis)</b>	0800 5200 520 Helpline 0300 790 0400 enquiries@versusarthritis.org	Information relating to all forms of Arthritis
<b>Bladder and Bowel Community</b>	0800 031 5406 help@bladderandbowel.org	Information and support for any bladder or bowel disorder
<b>British Heart Foundation</b>	0300 330 3311 (helpline) heretohelp@bhf.org.uk	Information relating to any heart condition
<b>Kidney Care UK</b>	01420 541 424 info@kidneycare.org	Information and advice for people undergoing Dialysis or with kidney disorders
<b>British Lung Foundation</b>	03000 030 555 (helpline)	Information relating to any lung condition
<b>CJD Support Network</b>	0800 774 7317 helpline support@cjdsupport.net	Information and advice for people with CJD and their families
<b>Colostomy UK</b>	0800 328 4257 helpline <a href="mailto:info@colostomyuk.org">info@colostomyuk.org</a>	Information and advice regarding colostomy
<b>Diabetes UK</b>	0345 123 2399 helpline helpline@diabetes.org.uk	Advice and support for people with Diabetes
<b>Epilepsy Society</b>	01494 601 400 helpline helpline@epilepsysociety.org.uk	Information and advice regarding Epilepsy
<b>Headway</b>	0808 800 2244 helpline helpline@headway.org.uk	Information, advice and support for people with an acquired brain injury and their families
<b>Macmillan Cancer Support</b>	0808 808 0000 Cancer Line	Information, advice and support for people with any cancer and their families
<b>Motor Neurone</b>	0808 802 6262 Support Line mndconnect@mndassociation.org	Support for people with Motor Neurone Disease





<b>Disease Association</b>		
<b>Multiple Sclerosis Society</b>	0808 800 8000 helpline helpline@mssociety.org.uk	Information and advice for people with MS
<b>Royal Osteoporosis Society</b>	0808 800 0035 helpline nurse@theros.org.uk	Information and advice regarding Osteoporosis
<b>NHS Choices</b>	111	Non-urgent information and advice relating to any health issue or condition
<b>Parkinson's UK</b>	0808 800 0303 helpline <a href="mailto:hello@parkinsons.org.uk">hello@parkinsons.org.uk</a>	Information and advice regarding Parkinson's Disease
<b>Prader-Willi Syndrome Association</b>	01332 365 676 helpline admin@pwsa.co.uk	Information and advice relating to Prada-Willi Syndrome
<b>Scoliosis Association UK</b>	0208 964 1166 Helpline <a href="mailto:info@sauk.org.uk">info@sauk.org.uk</a>	Advice and support for people with Scoliosis and their families
<b>Stroke Association</b>	0303 3033 100 <a href="mailto:helpline@stroke.org.uk">helpline@stroke.org.uk</a>	Information regarding Stroke
<b>Terrence Higgins Trust</b>	0808 802 1221 helpline	Information, advice and support on HIV and sexual health

## 14. Other Charitable Welfare Organisations

Name	Telephone/email	Description
<b>Salvation Army</b>	020 7367 4500 <a href="mailto:info@salvationarmy.org.uk">info@salvationarmy.org.uk</a>	Charity providing welfare support to those in need
<b>British Red Cross</b>	0344 871 1111 <a href="mailto:contactus@redcross.org.uk">contactus@redcross.org.uk</a>	Charity providing welfare and support to those in need





Part of the Antser Group