

National Organisations with dedicated Information and Advice or Helplines

Organisation	Information and advice will be tailored to.....	Information and Advice/Helpline	Opening hours (where known)
Action on Hearing Loss	People with a hearing impairment	0808 808 0123	9am – 5pm Mon-Fri
Age UK	Older adults, their carers and families	0800 678 1602	8am-7pm, 365 days a year
Alzheimer's Society	People with Dementia, their carers and families	0333 150 3456	9am-8pm Mon-Weds, 9am-5pm Thurs-Fri, 10am-4pm weekends
Carers UK	All carers	0808 808 7777	Monday to Friday, 9am – 6pm
Citizens Advice	Everyone	0800 144 8848 (England) 0800 702 2020 (Wales)	9am-5pm Mon-Fri
Deafblind UK	People with a sight and a hearing impairment	Tel: 0800 132 320 Text: 0790 357 2885	9am-5pm Mon-Thurs, 9am-4pm Fri
Disabled Living Foundation	Anyone needing advice around independent living equipment	0300 999 0004	9am-5pm Mon-Fri

Headway	People with an acquired brain injury, their carers and families	0808 800 2244	9am-5pm Mon-Fri
Independent Age	Older adults, their carers and families	0800 319 6789	Monday to Friday - 8:30am to 6:30pm Weekends and bank holidays - Closed
Mencap	People with learning disabilities, their carers and families	0808 808 1111	9am-3pm Mon-Fri
MIND	People with a mental health problem	Tel: 0300 123 3393	9am-6pm Mon-Fri
National Autistic Society	People with Autism, their carers, families and friends	0207 833 2299	10am-12pm, 1-3pm Mon-Fri
NHS Choices	Any non-urgent health related issue	111	
Parkinson's UK	People with Parkinson's Disease	0808 800 0303	9am-6pm Mon-Fri, 10am-2pm Sat
Royal National Institute of Blind People (RNIB)	Information and advice for people with sight impairment	0303 123 9999	8am – 8pm weekdays, 9am-1pm Saturdays

