

National Contacts for Adult Care and Support

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1. Independent Living

Name	Telephone/email	Description
Ableize	www.ableize.com	Equipment and support for anyone with a disability or mobility difficulty
Ability Net	0800 048 7642 helpline enquiries@abilitynet.org.uk	Help to adapt technology to promote independent computer use
Asian People's Disability Alliance	020 8459 1030 homecare@apda.org.uk	Independent living advice, guidance and advocacy for Asian people.
Disabled Living Foundation	0300 999 0004helpline info@foundations.uk.com	Expert advice about equipment for daily living

Motability	0300 456 4566 https://www.motability.org.uk/contact-us/	Advice about the motability vehicle scheme
Wavelength	01223 776 770 info@wavelength.org.uk	Gives media technology to lonely people living in poverty.
Age UK	0800 678 1602 helpline	General information and advice for older people and their families about staying independent
Independent Age	0800 319 6789 advice line charity@independentage.org	Advice and help for older people and their families

2. Carers

Name	Telephone/email	Description
Carers UK	0808 808 7777 advice line advice@carersuk.org	Information, advice and support for carers
Carers Trust	0300 772 9600 info@carers.org	Advice and support for carers
Autism Awareness	https://autismawareness.com/contact/	Support specifically for carers of people with Autism

3. Sensory Disability

Name	Telephone/email	Description
RNIB	0303 123 9999 helpline helpline@rnib.org.uk Or say "Alexa, call RNIB Helpline."	Practical support for people with a visual impairment
British Blind Sport	01926 424 247 info@britishblindsport.org.uk	Access to sport for blind people
Listening Books	020 7407 9417 support@listening-books.org.uk	Postal and internet-based audio-book library

RNIB Newsagent (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
Guide Dogs for the Blind	0118 983 5555 Out of hours 0345 143 0217	
Action on Hearing Loss	0808 808 0123 helpline Use Relay UK call 18001 followed by 0808 808 0123 via app or a textphone. Text on 07360 268 988 contact@rnid.org.uk https://rnid.org.uk/about-us/contact-rnid/	Information, advice and support for people with hearing loss and tinnitus
British Deaf Association	bda@bda.org.uk https://bda.org.uk/contact/	Information, advice and support for people with hearing loss
Deafblind UK	0800 132 320 advice line 07950 3572885 text info@deafblind.org.uk	Information, advice and support for people who are deafblind

4. Finance, Benefits and Legal Advice

Name	Telephone/email	Description
Disability Law Service	020 7791 9800 advice@dls.org.uk	Information, advice and help for disabled people in relation to legal advice, legal representation and benefit advice
Citizens Advice	0800 144 8848 advice line Relay UK 18001 then 0800 144 8848	Information, advice and help for everyone in relation to legal advice, Care and Support rights, benefits etc
National Debtline	0808 808 4000 Webchat	Confidential advice about how to manage debt

5. Homelessness and Housing

Name	Telephone/email	Description
Centrepoint	0808 800 0661 supportercare@centrepoint.org.uk	Safe places to live for homeless 16-25 year olds
Crisis	0300 636 1967 enquiries@crisis.org.uk	Help and support for single homeless people
Shelter	0808 800 4444 advice line info@shelter.org.uk	Finding homeless people find housing
Advisory Service for Squatters	07545508628 advice4squatters@gmail.com	Legal and practical advice to squatters and homeless people
Re-Use Network	0800 085 8339 info@reuse-network.org.uk https://reuse-network.org.uk/contact/	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
Alcoholics Anonymous	0800 9177 650 helpline help@aamail.org	Support for people with alcohol problems and addiction
Kaleidoscope Project	01633 811 950 info@kaleidoscope68.org	Support for people with drug or alcohol problems
Frank	0300 123 6600 Text 82111 https://www.talktofrank.com/contact-frank	24 hour information and advice about drugs
GamCare	0808 8020 133 helpline	Information, advice and practical help relating to gambling

7. Mental Health Specific

Name	Telephone/email	Description
Anxiety UK	03444 775 774 helpline Text 07537 416905 https://www.anxietyuk.org.uk/get-help/	Support for anyone with an anxiety disorder
Bipolar UK	https://www.bipolaruk.org/contact-us	Information, advice and support for anyone with Bi-Polar Disorder
Beat	0808 801 0677 helpline help@beateatingdisorders.org.uk	Help and support for anyone with or affected by an eating disorder
Hearing Voices Network	info@hearing-voices.org	Help for anyone who hears voices, see visions, or have sensory experiences.
MIND	0300 123 3393 info-line info@mind.org.uk	Information and advice relating to any mental health issue
Rethink	0808 801 0525 advice line	Information and advice relating to any mental health issue
SANE	0300 304 7000 (4pm–10pm out of hours helpline) https://www.sane.org.uk/who-we-are/contact-us	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
Downs Syndrome Association	0333 121 2300 info@downs-syndrome.org.uk	Information and advice for people with Downs Syndrome and their families
Mencap	0808 808 1111 helpline https://www.mencap.org.uk/contact-us-mencap helpline@mencap.org.uk	Information, advice and support for anyone with a learning disability and their families

National Autistic Society	0207 833 2299 helpline https://www.autism.org.uk/what-we-do/contact-us nas@nas.org.uk	Information and advice for anyone with an Autism Spectrum Disorder and their families
UK Sports Association for people with learning disabilities	0203 633 6460 info@uksportsassociation.org	Supporting people with learning disabilities to access sport

9.Counselling

Name	Telephone/email	Description
The Bereavement Trust	0800 435 455 helpline info@bereavement-trust.org.uk	Provides telephone support to the bereaved from 6-10pm each evening
Samaritans	116 123 jo@samaritans.org	Provides 24/7 support for anyone in need of counselling or emotional support

10.Employment Support

Name	Telephone/email	Description
Maximus (Remploy)	https://www.maximusuk.co.uk/our-services/employability	Supporting people with a disability into employment

11. Military/ Ex Military Personnel

Name	Telephone/email	Description
Civvy Street via Forcesline	0800 260 6767 https://www.ssafa.org.uk/contact-us	A Royal British Legion service helping people make the transition from military life

Combat Stress	0800 138 1619 (veterans) 0800 323 4444 (serving personnel) Text 07537173683 helpline@combatstress.org.uk	Support for veterans and service personnel experiencing PTSD and other effects of war
Royal British Legion	0808 802 8080 helpline info@britishlegion.org.uk	Information and advice for all current and ex military personnel and their families
SSAFA Forces Help	0800 260 6767 helpline https://www.ssafa.org.uk/contact-us	Information, advice and welfare support for all current and ex military and their families
Veterans UK	0808 1914 2 18 helpline veterans-uk@mod.gov.uk	Point of contact with the Ministry of Defence for Veterans seeking information and advice
Blind Veterans UK	0800 111 22 33	Practical and emotional advice and support to veterans experiencing sight loss

12.Safeguarding

Name	Telephone/email	Description
National Centre for Domestic Violence	0800 970 2070 or 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
Refuge (Womens Aid)	0808 200 0247 (24hr helpline) https://www.nationaldahelpline.org.uk/en/Contact-us	24 hour helpline for victims of domestic abuse
Action on Elder Abuse known as Hourglass	0808 808 8141 helpline Text 07860 052906 helpline@wearehourglass.org	Information and advice regarding older adult abuse

13. Medical Conditions

Name	Telephone/email	Description
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Alzheimer's Society	0333 150 3456 helpline https://www.alzheimers.org.uk/about-us/contact-us	Advice and support for people with Dementia and their families
British Dyslexia Association	0333 405 4555 helpline https://www.bdadyslexia.org.uk/contact	Support and advice for adults and children with Dyslexia
Arthritis Action	020 3781 7120 info@arthritiscare.org.uk	Information relating to all forms of Arthritis
Bladder and Bowel Community	0800 031 5406 help@bladderandbowel.org	Information and support for any bladder or bowel disorder
British Heart Foundation	0300 3303322 (helpline) hearthelpline@bhf.org.uk	Information relating to any heart condition
Kidney Care UK	01420 541 424 info@kidneycare.org	Information and advice for people undergoing Dialysis or with kidney disorders
Asthma and Lung UK	0300 222 5800 (helpline) infor@asthmaandlung.org.uk	Information relating to any lung condition
CJD Support Network	0800 774 7317 helpline https://cjdsupport.co.uk/contact/	Information and advice for people with CJD and their families
Colostomy Association	0800 328 4257 helpline hello@colostomyuk.org	Information and advice regarding colostomy
Diabetes UK	0345 123 2399 helpline helpline@diabetes.org	Advice and support for people with Diabetes
Epilepsy Society	01494 601 400 helpline helpline@epilepsysociety.org.uk	Information and advice regarding Epilepsy
Headway	0808 800 2244 helpline helpline@headway.org.uk	Information, advice and support for people with an acquired brain injury and their families
Macmillan Cancer Support	0808 808 0000 Cancer Line https://www.macmillan.org.uk/cancer-information-and-support/get-help/chat-online	Information, advice and support for people with any cancer and their families
Motor Neurone	01604 250505 enquiries@mndassociation.org	Support for people with Motor Neurone Disease

Disease Association		
Multiple Sclerosis Society	0808 800 8000 helpline https://www.mssociety.org.uk/care-and-support/ms-helpline	Information and advice for people with MS
Royal Osteoporosis Society	0808 800 0035 helpline nurses@theros.org.uk	Information and advice regarding Osteoporosis
NHS Website	111 Or go to 111.nhs.uk https://www.nhs.uk/	Non-urgent information and advice relating to any health issue or condition
Parkinson's UK	0808 800 0303 helpline Text relay 18001 0808 800 0303 for textphone users only hello@parkinsons.org.uk	Information and advice regarding Parkinson's Disease
Prader-Willi Syndrome Association	01332 365 676 helpline admin@pwsa.co.uk	Information and advice relating to Prada-Willi Syndrome
Scoliosis Association UK	0208 8964 1166 info@sauk.org.uk	Advice and support for people with Scoliosis and their families
Stroke Association	0303 3033 100 helpline@stroke.org.uk	Information regarding Stroke
Terrence Higgins Trust	0808 802 1221 helpline info@tht.org.uk https://www.tht.org.uk/contact-us	Information, advice and support on HIV and sexual health

14. Other Charitable Welfare Organisations

Name	Telephone/email	Description
Salvation Army	020 7367 4500 info@salvationarmy.org.uk	Charity providing welfare support to those in need
British Red Cross	0344 871 1111 https://www.redcross.org.uk/about-us/contact-us/contact-form	Charity providing welfare and support to those in need

