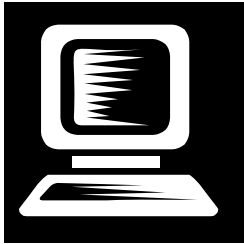


Useful Contacts



Young Carers Advice and Information:

www.youngcarers.net

Email: youngcarers@carers.org

www.youngcarer.com

www.carersonline.org.uk

Information about the illness or disability your relative has:

SANE (for people affected by mental health problems)

Tel: 0845 767 8000 (12 noon to 2am every day)

Email: info@sane.org.uk

www.sane.org.uk



MIND (Mental Health organisation)

www.mind.org.uk

Cancerlink

Helpline: 0808 808 0000

www.cancerlink.org

SENSE (for people who are deaf/blind, or have associated disabilities)

Tel: 020 7272 7774

Textphone: 020 7272 9648

www.sense.org.uk

Epilepsy Action

www.epilepsy.org.uk

Parkinson's Disease Society

Tel: 0808 800 0303 (Mon-Fri 9.30-5.30)

www.parkinsons.org.uk

MS Society

www.mssociety.org.uk



NHS Direct
0845 46 47
www.nhsdirect.nhs.uk



Someone for you to talk to:

KIDSCAPE (preventing bullying and child sexual abuse)
Parents helpline: 08451 205024
Email: webinfo@kidscape.org.uk
www.kidscape.org.uk

Anti-bullying Campaign
Tel: 0171 378 1446



Samaritans
Tel: 08457 90 90 90 (24 hours, 7 days a week)
Email: jo@samaritans.org

Childline
Tel: 0800 1111
www.childline.co.uk

RD4U (support people after the death of someone close)
Tel: 0161 236 9116 or 0808 808 1677 (Mon - Fri 9:30am - 5:00 pm)
Minicom: 0161 839 3915
Email: info@rd4u.org.uk
www.rd4u.org.uk

SIGNPOSTS

58 Regent Road
Morecambe
LA3 1TE
Tel: 01524 419021
Text: 07825207070
www.signposts.org.uk

