

Signposting – High Times and Dirty Monsters

Guide Dogs UK

For:

- Advice and support for people with sight loss.
- Referrals for training on: Cane skills, guide dogs, technology, life skills.
- Applying for a service of support.
- Living independently with sight loss.

www.guidedogs.org.uk

0800 781 144

VICTA

For:

- Support specifically for blind children and young adults.
- Grant applications and awards for the purchase of equipment which helps with your visual impairment.
- Information about social events and activities that are suitable for blind people.
- Support with employability, social and living skills.

www.victa.org.uk

01908 240 831

Scope

For:

- Practical information around living with disabilities
- Emotional support
- Information around campaigns Scope run for a fairer society

www.scope.org.uk

0808 800 3333

ADHD Babes

For:

- Support for Black Women and Non-binary people of African-Caribbean descent with ADHD.
- Information on ADHD and diagnostic routes.
- Advice on applying for the 'right to care' scheme.
- Peer support groups and networks.

www.adhdbabes.com

ADHD UK

For:

- Information on ADHD and diagnostic routes.
- Pathway to diagnosis information
- Peer support groups and networks.

www.adhduk.co.uk

Borderline Support UK

For:

- Peer support groups
- Information on your local service for BPD support

www.borderlinesupport.org.uk

Mind – Mental Health support

For:

- Information about diagnosis and support for things such as anger, anxiety, bipolar disorder, borderline personality disorder, depression, eating problems, loneliness, obsessive compulsive disorder, post traumatic stress disorder, self harm, stress and addiction.

www.mind.org.uk (visit information and support, types of mental health problems)

0300 123 3393

Royal National Institute for Deaf people (RNID)

For:

- Information on hearing loss, tinnitus, ear health, technology and assistive devices
- Support with claiming disability benefits and discounts
- Information on your rights at work and with public services
- Communication support
- Finding local support services near you

www.rnid.org.uk

Citizens Advice – Food Bank support

For:

- Referrals to your local food bank provider
- Information on where you can access community food banks & pantries outside of referrals

www.citizensadvice.org.uk

0800 144 8848

Shelter

For:

- Support with homelessness – if you are homeless now or worried you could be in the next two months
- Support with applications to local councils to get emergency housing
- Support with being asked to leave a friend's house and overcrowding

www.shelter.org.uk

0808 800 4444 (emergency helpline)

Samaritans

For:

- A listening ear, to support your general mental health and wellbeing, any time of the day

116 123

www.samaritans.org

The Mix

For:

- Help and advice on a wide range of issues for under 25s

0808 808 4994

www.themix.org.uk