

Useful Contacts

AFASIC England – helps young people with speech, language and communication impairments and their families.

Helpline: 0300 666 9410, Website: www.afasic.org.uk

Ataxia UK support for problems with movement, balance, and speech. Helpline: 0800 995 6037, Mon-Fri 10.30-2.30, Website: www.ataxia.org.uk

Autism West Midlands are a charity in West Midlands for people on the autistic spectrum, offering a free autism information helpline, advice and support and training for families and professionals. Helpline: 0121 450 7582 Website:

www.autismwestmidlands.org.uk

British Deaf Association, Website: www.bda.org.uk

British Dyslexia Association is for people with dyslexia and their families.

Helpline: 0333 405 4555, Website: www.bdadyslexia.org.uk

Carers UK provides information, advice, and support to carers.

Helpline: 0808 808 7777, Website: www.carersuk.org

CHAMS – Gem centre, Neachells Lane Wolverhampton WV11 3PG Tel: 01902 444021

Citizens Advice Bureau (CAB) offers free, impartial, independent, and confidential advice on a range of subjects.

Tel: 03444 111 444, Website: www.citizensadvice.org.uk

Contact a Family is a national charity offering support to families who care for children with any disability or special needs.

Helpline: 0808 808 3555, Website: www.cafamily.org.uk

Disability Law Service provides free and confidential legal advice.

Helpline: 020 7791 9800, Website: www.dls.org.uk

Disabled Living Foundation gives information and advice on disability equipment.

Helpline: 0300 999 0004, Email: info@dlf.org.uk, website: www.dlf.org.uk

Disability Rights UK offer information and advice to disabled people, their families and carers on benefits and welfare rights. www.disabilityrightsuk.org. Disabled

Students Helpline: 0330 995 0414, email: students@disabilityrightsuk.org

Dyspraxia Foundation offers support and advice to people with Dyspraxia and their families. Website: www.dyspraxiafoundation.org.uk, Helpline: 01462 4549 016

Epilepsy Action is for people with epilepsy, and friends, families, carers, and health professionals. Helpline: 0808 800 5050, Website: www.epilepsy.org.uk

Email helpline@epilepsy.org.uk

Equality and Human Rights Commission – Information, advice and support on discrimination and Human Rights issues Tel: 0808 800 0082, Website: www.equalityhumanrights.com

Family Fund Trust - is a charity providing support and grants for families raising disabled or seriously ill children and young people. Tel: 01904 550055 Website: www.familyfund.org.uk

Foundation for People with Learning Disabilities works with people with learning disabilities and their families Email: fpld@fpld.org.uk Website: www.learningdisabilities.org.uk

Gov.uk: Disabled People section. Website: www.gov.uk

Independent Parental Special Education Advice (IPSEA) provides support for families in securing proper education provision. Advice Line: 0800 018 4016 www.ipsea.org.uk

Kooth – is a free, safe, and confidential way for young people aged 11-19 to receive counselling, advice, and support online. Website: www.kooth.com

Mencap is a UK charity for people with a learning disability, they support families and carers too. The Learning Disability Helpline is free, offers advice and information about learning disability and helps you find the right support and services in your area. Tel: 0808 808 1111 Email: helpline@mencap.org.uk website: www.mencap.org.uk

Mind is a mental health charity. Helpline: 0300 123 3393 www.mind.org.uk

Muscular Dystrophy Campaign fighting muscle wasting conditions Information line: 0800 652 6352 Website: www.muscular-dystrophy.org

National Autistic Society Tel:0207 833 2299 Email: nas@nas.org.uk

National Deaf Children's Society Supporting deaf children, Families, and young people. Are you aged 8-18 years? If yes - great! [The Buzz](#) is for you. Tel: 020 7490 8656 Email: ndcs@ndcs.org.uk For any enquiries you want to make in BSL, please use the dedicated [SignVideo BSL video relay service](#). Website: <https://www.ndcs.org.uk>

Rethink - 24/7 Mental Health Helpline (on behalf of the Black Country, call back service), Tel:0800 008 6516 (You can call this number if you or a family member require support for under 16 years of age).

Royal National Institute for Deaf People (RNID) Information Line: 0808 808 0123, website: www.rnid.org.uk

Samaritans 116 123 (24-hour helpline)

SCOPE - Scope's helpline provides free, independent, and impartial advice and support on issues that matter to disabled people and their families.

Email: helpline@scope.org.uk. Tel: **0808 800 3333**. Textphone: dial 18001 then 0808 800 3333. Website: www.scope.org.uk/helpline

SENSE supports and campaigns for children and adults who are deafblind. Information and Advice Service Tel: 0300 330 9256 Email: info@sense.org.uk or [fill out the online form](#) website: www.sense.org.uk

Sibs supports people who grow up with a brother or sister with additional needs. Phone: 01535 645453, Website: www.sibs.org.uk

The Shaw Trust provides assistance for people who are disadvantaged in the workplace. www.shaw-trust.org.uk

Wolverhampton Healthy Minds - Wolverhampton Healthy Minds is an Improving Access to Psychological Therapies (IAPT) service for people experiencing common mental health problems such as anxiety, depression, and stress. Email: bchft.wolverhamptonhealthyminds@nhs.net Tel: 0800 923 0222

YoungMinds provides advice and information on a wide range of issues linked to mental health and wellbeing. Website: www.youngminds.org.uk Parents Helpline: 0808 802 5544