

Emotional and Wellbeing Support



Information for Patients

Living with a neurological condition, alongside the usual stresses of everyday life, can sometimes feel overwhelming. We also know that mental health issues such as stress and anxiety can make symptoms worse. So, looking after your emotional wellbeing is an important part of managing your physical health.

Emotional and mental health support is available, and it's okay to ask for help.

The services listed below can offer more specialist help — many are free, confidential, and open to patients, carers, and family members.

Brain & Spine Foundation

Free emotional & practical support, help navigating neurological conditions and advice from experienced neuroscience nurses.

Helpline: 0808 808 1000 (Monday–Friday 0900–1600)

Website: <https://www.brainandspine.org.uk/support-for-you/helpline/>

The Brain Charity

Support for people with neurological conditions, guidance on benefits, social activities, counselling and legal and practical advice.

Telephone: 0151 298 2999

Website: <https://www.thebraincharity.org.uk/get-help/>

Norfolk and Waveney Talking Therapies

For ongoing emotional difficulties such as stress, low mood or depression.

Telephone: 0300 123 1503 to refer yourself (Monday – Friday 0800–2000)

Website: <https://www.nandwtalkingtherapies.org.uk/>

Crisis Helplines (for emotional distress, anxiety, etc.)

Immediate emotional support, listening and referral to further help

Samaritans — free call on 116 123, available 24 hours per day

SHOUT – A free, confidential text support service available in the UK for anyone struggling to cope. Text 'SHOUT' to 85258

MIND – support, information and advice for people experiencing a mental health difficulty, and their family and friends.

- **Website:** www.mind.org.uk
- **Info line:Call** 0300 123 3393 or text 86463 (Monday – Friday 0900-1800)
- **Email:** info@mind.org.uk

If things feel unsafe or you think you might harm yourself / need urgent help

Emergency support: Call 999 (for immediate danger)

Or call 111 and select mental-health option 2 (for crisis support)



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

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Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasini isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

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