

PATIENT SELF HELP NUMBERS	
Age UK advice line	0800 678 1602
Alzheimer's Society- support patients/carers	0333 150 3456
Bereaved Patients (BRI)	01274 364477
BEST – Bradford Enablement Support Team	01274 437606 /433823
BPAS (pregnancy advisory service- Ridge)	0345 7304030
Bradford Bereavement Support	01274 771545 619522
Bradford Buddies- befriending	01274 391190
Bradford Cancer Support	01274 776688
Bridge Project	01274 723863
Carer's Resource- support for carers	01274 449660/ 0800 9521181
Carers UK- support for carers	0808 8087777
Carers Trust- practical help for carers	03007 729600
Childline	0800 1111
Cinnamon Trust- help with pet care	01736 757 900
Citizens Advice Bureau (bradford)	08082 787828 (National-08001 448848)
Compassionate Friends (bereavement)	03451 232304
CRUSE (bereavement)	0808 808 1677
Disability Advice BRADNET/DAB	01274 224444/594173
First Response (Crisis Team)	0800 952 1181
Guideline (online emotional support)	0800 188 4884
HALE (health action local engagement)	01274 271088
Health Visiting Team	01274 221223
Hidden Hearing	0113 2204320 Eesa 07973 622430
Locala (Sexual Health)	0303 3309500
Lullaby Trust (infant bereavement)	0808 802 6868
MASTA (Vaccs)	0300 100 4200 (01132 387500)
MacMillan Nurses (Support and online chat)	0808 808 0000
Monks Security	01132 310848
MIND (mental health support)	01274 594594 (National- 0300 1233393)
Miscarriage Association	01924 200799
My Wellbeing College	01274 221234/ 0300 555 5551
National Domestic Abuse Helpline	0808 2000247
No Panic (tel/online- anxiety disorders)	0300 772 9844 Crisis line-01952 590005
Parkinson's UK-support for patients/carers	0800 800 0303
Patient Hospital Transport	03003 302000 Self-referral
Pet bereavement support (blue cross)	0800 0966606
Safe & Sound (Alarm Pendant)	01274 435249 (OOH- 434994)
Samaritans	116 123
Scope- support/advice for disabled people	08088 003333
SilverLine- Age UK tel support for over 55's	0800 470 8090 (24hr access/every day)
Social Services - Bradford	01274 431704 Self refer (care package)
Social Services - Leeds	01132 224444
Somerset House SPOA	01274 221189
Stroke Association- support/advice for pts	0303 3033 100
Survivors of Bereavement by Suicide	0300 1115065
Winston's Wish- bereaved children/families	08088 020 021 (up to 25yrs)