

Useful Patient Information Websites

Men's health:

www.menshealthforum.org.uk/

Mental Health:

www.sane.org.uk/ - 24 hours a day 365 days per year
0300 304 7000

www.youngminds.org.uk/ Children and Young people with mental health concerns

0808 802 5544

www.talkingspaceoxfordshire.org/ Talking therapies, approved by NICE for the treatment of common problems such as anxiety and depression

www.restore.org.uk/ Restore supports people with mental health issues in Oxfordshire to recover and get work

Motor Neurone Disease Association

www.mndassociation.org/getting-support/care-centres/oxford/

Neurological Conditions

Neuro Support – practical and emotional support to patients, family and carers of those with neurological conditions.

www.neurosupport.org.uk/

News and Health – what should you believe?

www.nhs.uk/news/Pages/Howtoreadarticlesabouthealthandhealthcare.aspx

Pregnancy

Group B Strep Support

www.gbss.org.uk

Pregnancy and Smoking

www.smokefree.nhs.uk/smoking-and-pregnancy

Prostate

www.menshealthforum.org.uk/prostate-faqs

PSA

patient.info/health/prostate-specific-antigen-psa-test-leaflet

Self-care advice sheets

<http://www.selfcareforum.org/fact-sheets/> - low back pain, fever in children, sore throat, urine symptoms in men and more

Social Services Oxfordshire

www.oxfordshire.gov.uk/cms/public-site/social-and-health-care

01865 792422 (Oxfordshire Country Council)

Sexual Abuse

www.oxfordrapecrisis.net

Skin problems/Dermatology

www.bad.org.uk/for-the-public/patient-information-leaflets

Smoking

<http://www.nhs.uk/smokefree>

www.quit.org.uk

Stroke and TIA

www.stroke.org.uk/take-action/act-fast Helpline
0303 3033 100

Terminal and Lifethreatening Illness

www.ncpc.org.uk/ National Council for Palliative Care
www.sobellhospicecharity.org.uk

Travel

www.nhs.uk/nhsengland/Healthcareabroad

Young people

<http://www.brook.org.uk/> - sex, relationships, contraception, health and wellbeing, sexuality

Although every attempt has been made to review these resources, the content of third party websites is outside our control.

Leaflet compiled by Dr Laura Armitage, 2015



Any problem:

www.patient.co.uk

A-Z of health problems and medications

www.nhs.uk/Conditions/Pages/hub.aspx

Acquired Brain Injury

www.headwayoxford.org.uk – supports people affected by acquired brain injury across Oxfordshire

Age UK

www.ageuk.org.uk finances, health problems, supported holidays, hobbies, further education

Alcohol concern

www.dryoutnow.com (free email advice, downloadable books, private rehabilitation)
www.drinkaware.co.uk

Alzheimer's

www.alzheimers.org.uk/ - caring for people with Alzheimer's disease, questions about Alzheimer's

Apps

apps.nhs.uk/ - Safe and trusted apps to help you manage your health

Angina

www.angina.org/?page_id=565 Virtual angina education portal for patients

Arthritis

<http://www.arthritisresearchuk.org/>

Asthma

<http://www.asthma.org.uk/>

Autism

www.autismoxford.org.uk
www.myworldautismsupport.co.uk Non-profit organisation in Oxfordshire supporting young people and adults with autism to explore their potential.

Babies

Crying and sleepless

www.cry-sis.org.uk

National Childbirth Trust (NCT)

www.nctpregnancyandbabycare.com

Bereavement

www.cruse.org.uk 0844 477 9400

Breastfeeding

www.breastfeedingnetwork.org.uk

National Breastfeeding Helpline

0300 100 0212

Carers

<http://www.carersoxfordshire.org.uk/>

www.carers.org

Children**Bullying**

www.bullying.co.uk

Family support for children with medical conditions

<http://www.cafamily.org.uk/> Contact a Family - a charity supporting parents of children with medical conditions

Family lives

www.familylives.org.uk – supporting parents deal with the challenges and changes in family life

www.grandparentsplus.org.uk – support and advice for grandparents and other extended family members who are caring for children

Cholesterol

<http://heartuk.org.uk/>

Citizen's advice bureau

www.citizensadvice.org.uk

Diabetes

www.diabetes.org.uk/

Department for Work and Pensions

www.dwp.gov.uk

Domestic Violence and Abuse

Oxfordshire domestic abuse helpline 0800 731 0055

www.reducingtherisk.co.uk

www.womensaid.org.uk/

Drugs

Any questions about drugs, for anyone

National Drugs Helpline

<http://www.urban75.com/Drugs/helpline.html>

tel 0800 77 66 00

DVLA – Incl Blue badge applications and Drivers Medical Enquiries

www.gov.uk/browse/driving/disability-health-condition

Heart conditions

www.bhf.org.uk/heart-health/conditions

HIV and AIDS

www.nat.org.uk – living with HIV, HIV self-testing, fundraising and support

Important Decisions Regarding your Health

sdm.rightcare.nhs.uk/pda/ - if you have an important health decision to make, these decision tools can help you make sure you make one which is right for you – including depression and choosing whether or not to have an aneurysm repair, covers a wealth of difficult questions and decisions patients and doctors make together.

Marie Curie – care and support for people with terminal illness

www.mariecurie.org.uk tel 0800 090 2309

McMillan Cancer Support

www.macmillan.org.uk tel 0808 808 00 00

MediAlert

<http://www.medicalert.org.uk/> life-saving identification system for individuals with hidden medical conditions and allergies

