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# Free Metabolic & Mental Health Help Directory

Free, carefully picked places to get help with metabolic and mental health, worldwide: metabolic-health and low-carb clinicians and other ways to find a doctor, free helplines and crisis lines, support after abuse, first-aid and emergency guides, counsellors and therapists, support groups, help with work, money and legal problems, help for neurological conditions and neurodiversity, a self-help library, sleep, exercise, nutrition and gut health, the research behind it and where to study. Every listing links straight to its source; being listed isn't a recommendation.

| 2299 | 18 | 183 |
| --- | --- | --- |
| CURATED LISTINGS | MAJOR SECTIONS | CATEGORIES |

LATEST EDITION

Always download the most up-to-date version, free, at notbroken.io

Know someone who could benefit? Share this guide with them.

FREE TO USE · NO ACCOUNT NEEDED

Last Updated: November 19, 2026 • For Educational Purposes Only • Not Medical Advice • Created by Nathan Leary

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01

# Medical Professional Directories

FIND YOUR PRACTITIONER

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# Medical Professional Directories

If you simply need a doctor, start with the official finders in the first group — free, run by governments and public health services, and the usual route to a referral. Finding a qualified medical professional is the crucial first step in implementing metabolic therapies or safely tapering medications; the directories that follow connect patients with practitioners trained in these specialized approaches worldwide.

## Find a GP or Low-Cost Clinic — Official Finders, Free to Use

### healthdirect — Service Finder: find a GP, with a bulk-billing filter (Australia)

https://www.healthdirect.gov.au/australian-health-services

**WHAT IT DOES**

The government-funded healthdirect Service Finder — "Australia's most comprehensive directory of healthcare professionals and services" — searches by service type and suburb or postcode for GPs, pharmacies, hospitals, dentists, pathology and after-hours services, and its Bulk billing filter finds GPs who charge nothing beyond Medicare.

**WHO IT HELPS**

Anyone in Australia looking for a doctor near them, especially one who bulk-bills, or for any other health service.

Free to use; the services listed set their own fees — filter for Bulk billing to find GPs with no out-of-pocket cost.

### NHS — Find a GP, and how to register with a surgery (England)

https://www.nhs.uk/service-search/find-a-gp

**WHAT IT DOES**

The NHS website's own finder: enter a postcode in England (or use your location) to see the GP surgeries near you with their opening times, services and facilities, performance measures, reviews and ratings. Its linked registration page says that everyone in England can register with a GP surgery for free, and that no ID, proof of address or proof of immigration status is needed.

**WHO IT HELPS**

Anyone in England who needs a GP — including people who have just moved, have no fixed address or are unsure of their immigration status.

Free; NHS GP care is free at the point of use.

### HSE — Find a GP (Ireland)

https://www2.hse.ie/services/find-a-gp/

**WHAT IT DOES**

The Health Service Executive's GP search: enter a place name or address (or use your location) to see practices near you with their address, phone number and opening hours, and for some an email address or website. Its recommended links lead to the medical card and GP visit card schemes, which make GP visits free for people who qualify.

**WHO IT HELPS**

Anyone in Ireland looking for a GP, and people checking whether a medical card or GP visit card would cover their visits.

Free to use; GP fees apply unless you hold a medical card or GP visit card. Note: The search does not show which practices accept medical cards or new patients — ask the practice.

### Health New Zealand — General practices: enrolling, what a visit costs, and the Healthpoint search (New Zealand)

https://www.healthnz.govt.nz/hospitals-services/services-support/general-practices

**WHAT IT DOES**

Health New Zealand's page on general practices: why everyone should enrol with one, that enrolling is free and visits cost less once you have, that children aged 13 and under are eligible for free visits (not every practice offers them — check first), and its link to search Healthpoint for practices by hours, location, services and whether they are enrolling new patients.

**WHO IT HELPS**

Anyone in New Zealand who needs a GP, has moved, or wants to know what a visit will cost.

Free to read and free to enrol; each practice sets its visit fees, lower for enrolled patients and free for most children aged 13 and under.

### HRSA — Find a Health Center: community health centres that see everyone, whether or not they can pay (United States)

https://findahealthcenter.hrsa.gov/

**WHAT IT DOES**

The US Health Resources and Services Administration's map of federally funded community health centers: search by address or ZIP code for primary care, often with dental, mental-health and pharmacy services on site. Health centers must serve everyone, even if they cannot pay, and adjust their fees based on income and family size.

**WHO IT HELPS**

Anyone in the United States who needs a doctor, especially people without insurance or on a low income.

Free to use; health centers charge on a sliding scale by income and family size and see you whether or not you can pay.

### Health Care Connect — find a family doctor or nurse practitioner (Ontario, Canada)

https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner

**WHAT IT DOES**

Ontario's government program that searches for a family doctor, nurse practitioner or primary care team accepting new patients near you. Register online or by calling 811 (TTY 711), 24 hours a day, 7 days a week, with your Ontario health card number — for yourself and your whole family; people with urgent health needs are given priority. Joining does not guarantee an immediate match.

**WHO IT HELPS**

Anyone in Ontario without a family doctor or nurse practitioner.

Free.

### Québec Family Doctor Finder (GAMF) — the waiting list for a family doctor (Québec, Canada)

https://www.quebec.ca/en/health/finding-a-resource/quebec-family-doctor-finder

**WHAT IT DOES**

The Gouvernement du Québec's waiting list for a family doctor or a specialised nurse practitioner in primary care: register online through the GAMF or the Québec Health Booklet, or by phone through your region's waiting list (GACO); priority is set by your health. You need a valid health insurance card, must be 14 or over (someone 14 or over registers a younger child) and must not already have a family doctor.

**WHO IT HELPS**

Anyone living in Québec without a family doctor.

Free. Note: It is a waiting list — the page says it is impossible to say how long you will wait; residents of Nunavik and the Cree Territory of James Bay contact their local health centre instead.

## Metabolic Therapy & Ketogenic Diet Practitioners

**Before you start:** A ketogenic diet can change medicine needs within days, especially medicines for diabetes, blood pressure, epilepsy or mental health. Make any change with your own doctor.

### Society of Metabolic Health Practitioners (SMHP)

https://thesmhp.org/directory/

WHAT IT DOES

The Society of Metabolic Health Practitioners' practitioner search: a database of doctors, dietitians, coaches and other practitioners who register with the society to offer therapeutic carbohydrate reduction and other metabolic-health care.

WHO IT HELPS

Individuals seeking doctors, dietitians, and coaches trained in low-carb and ketogenic interventions for metabolic and chronic diseases.

Free to search; each practitioner sets their own fees.

### Metabolic Mind — Find Your People: metabolic mental health practices and peer communities

https://www.metabolicmind.org/peers-families/find-your-people/

WHAT IT DOES

Metabolic Mind's "Find Your People" page lists featured practices that use metabolic therapies, including ketogenic therapy, as part of mental health care, links to a clinician directory for ketogenic diets in mental health, and lists peer communities for people using these therapies.

WHO IT HELPS

Individuals with bipolar disorder, schizophrenia, severe depression, and other psychiatric conditions seeking metabolic interventions.

Free to use; each practice sets its own fees. Note: Metabolic Mind says the list is for information only and is not an endorsement — check any practice yourself.

### Diet Doctor Low-Carb Directory

https://www.dietdoctor.com/low-carb/doctors

WHAT IT DOES

Provides a global, searchable map of doctors, dietitians, and health coaches supporting low-carb and ketogenic lifestyles.

WHO IT HELPS

Anyone looking for a local or telehealth provider who knows about carbohydrate restriction — for weight loss, type 2 diabetes remission and general health.

Free to search; provider costs vary.

### Nutrition Network Practitioner Directory

https://nutrition-network.org/find-a-practitioner/

WHAT IT DOES

An international directory of doctors, dietitians and other health professionals who have trained with Nutrition Network in low-carb, high-fat (LCHF) and ketogenic nutrition therapy.

WHO IT HELPS

Patients seeking evidence-based nutritional guidance from certified medical professionals and coaches.

Free directory; consultation fees depend on location.

### Low-Carb Practitioners Directory

https://lowcarbpractitioners.com/directory/

**WHAT IT DOES**

Global directory of healthcare practitioners supporting low-carb approaches. Search by location, specialty, or type.

**WHO IT HELPS**

People looking for dietitians, nutritionists and doctors who use low-carb approaches for type 2 diabetes and weight.

Free directory; provider fees vary. Note: The site says it does not recommend or refer to individual practitioners — check a practitioner's registration yourself.

### Ketogenic Diets for Mental Health Clinician Directory

https://www.diagnosisdiet.com/directory

**WHAT IT DOES**

Directory of clinicians offering ketogenic metabolic therapies for mental health conditions.

**WHO IT HELPS**

Individuals seeking ketogenic metabolic therapies for mental health conditions such as depression, bipolar disorder, and anxiety.

Free directory; provider fees vary. Note: The directory says its list is for information only and does not imply endorsement; take care before sending money or medical records to any provider.

## Functional & Integrative Medicine

### Institute for Functional Medicine (IFM)

https://www.ifm.org/find-a-practitioner

**WHAT IT DOES**

The Institute for Functional Medicine's practitioner search, a referral network in which every practitioner has attended IFM's five-day foundational course in functional medicine.

**WHO IT HELPS**

Patients seeking root-cause resolution for chronic illnesses, autoimmune diseases, and complex health issues.

Free to search; each practitioner sets their own fees.

### American Association of Naturopathic Physicians (AANP)

https://naturopathic.org/search/custom.asp?id=5613

**WHAT IT DOES**

The American Association of Naturopathic Physicians' Find an ND search: AANP-member naturopathic doctors who graduated from an accredited naturopathic medical school recognised by the US Department of Education. It is not a complete list of all naturopathic doctors.

**WHO IT HELPS**

Individuals seeking holistic, natural, and integrative approaches to chronic disease management.

Free to search; each naturopathic doctor sets their own fees.

### Parsley Health

https://www.parsleyhealth.com/

**WHAT IT DOES**

A US telehealth practice where board-certified functional medicine clinicians and a care team look for the root causes of symptoms, such as gut and digestive problems.

**WHO IT HELPS**

Patients seeking root-cause medicine via telehealth.

Paid. Parsley Health says it now accepts insurance nationwide in the US — check what your plan covers.

### Vytal Health

https://vytalhealth.com/

**WHAT IT DOES**

An integrative and functional medicine practice offering telehealth visits, with longer appointments, in-depth lab testing and a dedicated care team.

**WHO IT HELPS**

Patients seeking root cause medicine from the comfort of their home.

Monthly payment plans available.

### IntegrativeMD

https://integrativemd.net/

**WHAT IT DOES**

Dr Chiles' integrative and functional medicine practice, with telehealth appointments and an emphasis on educating patients to look after their own health.

**WHO IT HELPS**

Patients seeking personalized integrative care.

Consultation fees apply.

## Neurodegenerative Disease Specialists

### Apollo Health ReCODE Practitioner Locator

https://www.apollohealthco.com/practitioner-locator/

**WHAT IT DOES**

Helps patients find professionals trained in the Bredesen Protocol (ReCODE/PreCODE) for cognitive health and Alzheimer's prevention.

**WHO IT HELPS**

Individuals experiencing cognitive decline, early Alzheimer's disease, or those seeking preventative brain health care.

Free to search. ReCODE and PreCODE are paid subscription programs, and practitioners set their own fees. Note: Evidence for the Bredesen protocol so far comes from small studies without a comparison group.

### Wahls Protocol Practitioner Directory

https://terrywahls.com/healthprofessionaldirectory/

**WHAT IT DOES**

The referral directory of health professionals who have completed Dr Terry Wahls' Health Practitioner Certification Track in the Wahls Protocol, her therapeutic diet and lifestyle program, searchable worldwide.

**WHO IT HELPS**

Patients with multiple sclerosis (MS), autoimmune diseases, and neurologic conditions.

Free directory; practitioner fees vary.

### International Neurological Ketogenic Society

https://neuroketo.org/

**WHAT IT DOES**

Professional society promoting research, education, and clinical practice of ketogenic diet therapies for neurological disorders including epilepsy and Parkinson's.

**WHO IT HELPS**

Researchers, clinicians, and families seeking evidence-based information on ketogenic dietary interventions for neurological conditions.

Free resources; clinical care costs vary.

## International Medical Directories

### Canadian Association of Naturopathic Doctors (CAND)

https://cand.ca/naturopathic-doctors-directory/

**WHAT IT DOES**

The Canadian Association of Naturopathic Doctors' public directory of naturopathic doctors across Canada, listed by name and clinic location.

**WHO IT HELPS**

Canadians seeking licensed naturopathic and integrative medical care.

Free to search; each naturopathic doctor sets their own fees.

### National Institute of Integrative Medicine (NIIM)

https://www.niim.com.au/

**WHAT IT DOES**

The National Institute of Integrative Medicine in Melbourne, which runs integrative medicine clinical services, education and research; patients can book appointments with its practitioners.

**WHO IT HELPS**

Patients in Australia seeking evidence-based integrative medical care.

Paid; consultation fees vary by practitioner.

### Australian Natural Therapists Association (ANTA)

https://www.australiannaturaltherapistsassociation.com.au/

**WHAT IT DOES**

Professional association representing recognized natural health practitioners across Australia, with a public find-a-practitioner search.

**WHO IT HELPS**

Australians seeking accredited natural therapy practitioners.

Free to search; consultation fees vary.

### BANT Practitioner Search (UK & Worldwide)

https://practitioner-search.bant.org.uk/

**WHAT IT DOES**

Directory of registered nutritional therapists with the British Association for Nutrition and Lifestyle Medicine.

**WHO IT HELPS**

Individuals in the UK and globally seeking personalized nutritional therapy.

Free directory; consultation fees vary.

### European Lifestyle Medicine Organization (ELMO)

https://www.eulm.org/

**WHAT IT DOES**

Provides leadership in research, prevention and treatment of lifestyle-related diseases across Europe.

**WHO IT HELPS**

Healthcare professionals, researchers, and patients interested in lifestyle medicine education, certification, and evidence-based practice across Europe.

Free resources; certification fees apply.

## FMT & Microbiome Therapy

### EnvaBiome FMT Clinics Worldwide

**Caution:** Outside regulated programmes, a faecal transplant can pass on serious infections. Guidelines recommend it for recurrent C. difficile infection, through a regulated service or a clinical trial; ask your specialist first.

https://envabiome.com/patient-guides/fmt-clinics-worldwide

WHAT IT DOES

A directory of FMT clinics across Europe, Asia, and Australia (no listings yet for the Americas or Africa), with details on where FMT is offered and how clinical applications vary by region.

WHO IT HELPS

Patients in Europe, Asia, or Australia looking for a nearby FMT clinic. Note: produced by EnvaBiome, which lists its own clinic first — treat as a vendor resource.

Free directory.

### AGA FMT National Registry

https://gastro.org/research-and-awards/registries-and-studies/fecal-microbiota-transplantation-national-registry

WHAT IT DOES

The American Gastroenterological Association's national registry for fecal microbiota transplantation (FMT) and other gut microbial therapies. It follows patients' short- and long-term outcomes; its stated goal is to track 2,200 patients for 10 years.

WHO IT HELPS

Clinicians who perform FMT and their patients, and anyone who wants to know how the long-term safety of FMT is being tracked.

Free; patients take part through participating clinical sites.

02

# Helplines & Crisis Lines — Free Phone, Text and Chat Support, Worldwide

GET HELP NOW

GET HELP NOW

# Helplines & Crisis Lines — Free Phone, Text and Chat Support, Worldwide

**If you or someone else is in danger right now, call your local emergency number** — 000 in Australia, 111 in New Zealand, 999 or 112 in the UK, 112 or 999 in Ireland, 112 across the European Union, 911 in the US and Canada. This chapter gathers 629 free helplines, crisis lines, text lines and web chats for the hard moments people living with illness, recovery or caring may meet: suicidal thoughts, a mental-health crisis, violence or abuse, a child or young person at risk, a new baby, alcohol, drugs or gambling, an eating disorder, a poisoning or an urgent health question, a long-term condition, caring, grief, money or housing trouble, or a crisis abroad, a scam, a crime, a flood or a storm. They are run by governments, national health services and long-established charities, grouped by situation and, inside each group, by country (Australia, New Zealand, the UK, Ireland, the US, Canada, then the rest of the world) — use the Region filter to see your country. On a phone, the buttons call or text the number directly. Every number was copied from the service's own website and checked again independently against that page; for all but two services (whose websites block automated visits) the page was then opened a third time to confirm the number is still shown (October 2026). Hours, call costs and who can call are given as each service states them; a note says when a line is not a crisis line or has limited hours. Services do change: if a number does not connect, try the worldwide directories in the last group, or your local emergency number. Each listing links to the service's own website, which has its latest details.

## In an Emergency — Emergency Numbers, Text and Relay Access, and Free Interpreters

### Triple Zero (000) — call 000 from any phone, or 112 from a mobile, for police, fire or ambulance (Australia)

https://www.infrastructure.gov.au/media-communications/phone/triple-zero

**Call 000** **Call 112 (mobile phones only)**

WHAT IT DOES

Say which service you need — police, fire or ambulance — and tell the operator exactly where to send emergency services (an address or location). Stay calm, speak slowly and clearly, and stay on the line. Call 000 from a landline, pay phone, mobile or satellite phone; 112 works from mobiles only and reaches the same services. You cannot contact 000 by SMS.

WHO IT HELPS

Anyone in Australia when someone is seriously injured or needs urgent medical help, when life or property is in immediate danger, or after witnessing a serious accident or crime.

Free ('Triple Zero calls are free'). Note: Emergencies only; 000 cannot be reached by SMS, 112 works only from mobiles, and with no mobile coverage on any network you cannot reach 000 by mobile.

### 106 Text Emergency Relay and National Relay Service — TTY 106 or SMS Relay 0423 677 767 to reach 000 (Australia)

https://www.accesshub.gov.au/media/159

**TTY: dial 106** **SMS Relay 0423 677 767 (emergency)** **Voice Relay 1800 555 727**

**Hours:** TTY 106 'is available 24/7'. NRS: 24 hours a day except Video Relay (Mon–Fri 7am–6pm, Sat 8am–12pm AEST; not national public holidays). NRS Helpdesk: Mon–Fri 8am–6pm AEST, closed national public holidays (infrastructure.gov.au says 9am–5pm)

WHAT IT DOES

A relay officer calls police, fire or ambulance for you and relays your messages. TTY users dial 106 and type PPP, FFF or AAA; SMS Relay users text 0423 677 767; Voice Relay users call 1800 555 727; NRS Chat and the NRS app have a 'Call 000' button. TTY 106 calls get priority over other NRS calls; Video Relay emergency calls can't be prioritised and are not recommended for emergencies.

WHO IT HELPS

People in Australia who are Deaf, hard of hearing or have a speech communication difficulty. 106 works only from a TTY — not from standard phones or by SMS.

Free. TTY 106 'is free to call' and 'The NRS is free and confidential' (as the services state). Note: 106 works only from a TTY; Video Relay has limited hours and its emergency calls cannot be prioritised, so use another NRS option.

### TIS National — call 131 450 for a phone interpreter to talk with services in your language, 24/7 (Australia)

https://www.tisnational.gov.au/Non-English-speakers/Interpreting-services

**Call 131 450**

**Hours:** Immediate phone interpreting: 24 hours a day, every day of the year; the organisation you want to reach may only answer in its business hours

WHAT IT DOES

An automated prompt asks which language you need; you then give the operator your name and the name and phone number of the organisation you want to contact. TIS National connects you, an interpreter and the organisation on one call. Operator-assisted phone interpreters are available in over 150 languages. Call 131 450.

WHO IT HELPS

People in Australia who need an interpreter to speak with an organisation such as a government agency or service; open to 'any individual or organisation in Australia'.

'The majority of TIS National interpreting services are free to non-English speakers'; the organisation you contact generally accepts the charges. Calls to 131 450 cost a local call; mobile and overseas calls may cost more. Note: An interpreting service that connects you to an organisation, not a counselling or crisis line; most interpreting is free to you but not all, and calls from mobiles or from outside Australia may cost more.

### 111 Emergency Services — call 111 for Police, Fire or Ambulance; free, even with no mobile credit (New Zealand)

https://www.police.govt.nz/call-111

**Call 111**

WHAT IT DOES

The operator asks which service you need — Police, Fire or Ambulance — and connects you. If you need Police but can't speak for fear of harm, you will be asked to press keys for emergency assistance. If you can't decide whether it is a real emergency, call 111 and ask the operator. Call 111.

WHO IT HELPS

Anyone in New Zealand in an emergency: people injured or in danger, a serious or imminent risk to life or property, or a crime happening now. People with hearing or speech difficulties can register for 111 TXT.

Free. '111 calls are free' and can be made from a mobile even if it is out of credit (as Police state). Note: Emergencies only; Police list a separate 105 non-emergency service for non-urgent matters.

### 111 TXT — emergency texts to 111 for Deaf, hard of hearing or speech-impaired people; register first (New Zealand)

https://www.police.govt.nz/welcome-111-txt

**Text 111 (registered phones only)**

WHAT IT DOES

Registered users text 111 to reach Fire, Ambulance or Police in an emergency. Say where you are, what is happening and how long ago it happened; Police text back, may ask questions and will tell you when to stop. If Police don't text back within 2 minutes, contact 111 another way.

WHO IT HELPS

People who are deaf, hard of hearing or speech impaired (registration confirms this). There is no age limit, and you can register family members' phones under your own name.

Free service; text costs depend on your phone plan (the 111 TXT pages do not state a charge). Note: You must register your mobile first — texts from unregistered phones won't get through — and Police warn texts can be delayed on the network.

### 999 or 112 — UK emergency numbers for police, ambulance, fire and coastguard (UK)

https://www.gov.uk/guidance/999-and-112-the-uks-national-emergency-numbers

**Call 999** **Call 112**

WHAT IT DOES

Call 999 or 112 in an emergency – for example a life-threatening illness or injury such as a serious road accident, stroke or heart attack. A BT call handler answers 'Emergency, which service?' and connects you to police, ambulance, fire or coastguard. 112 is the pan-European equivalent of 999 and works in the UK. A mental-health emergency should be taken as seriously as a physical one.

WHO IT HELPS

Anyone in the UK in an emergency. Deaf, hard of hearing or speech-impaired people can use Relay UK (18000), emergencySMS or 999 BSL – see the separate listing.

Free from any telephone, including a locked mobile with no credit (as police guidance states). Note: Emergencies only – for urgent medical help that is not life-threatening, call NHS 111 (NHS 24 111 in Scotland).

### Relay UK 18000, emergencySMS and 999 BSL — 999 access for Deaf, hard of hearing and speech-impaired people (UK)

https://www.relayuk.bt.com/how-to-use-relay-uk/contact-999-using-relay-uk.html

**Relay call to 999: dial 18000** **Text 999 (register first)**

**Hours:** 999 BSL: 24 hours a day, 7 days a week, 365 days a year; hours for Relay UK 18000 and emergencySMS not stated on the page

WHAT IT DOES

Dial 18000 (or tap 999 in the Relay UK app, or use a textphone) to reach 999 with a Relay Assistant who relays your typed conversation. emergencySMS lets you text 999 once your mobile is registered: text 'register' to 999 and reply 'yes'. BSL users can video-call 999 through a BSL interpreter with the 999 BSL app or website – no registration needed.

WHO IT HELPS

Deaf, hard of hearing or speech-impaired people in the UK who need police, ambulance, fire or coastguard. Register for emergencySMS now – don't wait until you need it.

999 BSL is 'completely free of charge'; the Relay UK service itself is free – you pay only normal call charges (as the services state). Note: emergencySMS works only after you register your mobile and is slower than a voice or Relay 18000 call – use it only if you have no other option.

### Emergency services 112 or 999 — call free for Garda, Ambulance, Fire or Coast Guard (Ireland)

https://112.ie/

**Call 112** **Call 999**

WHAT IT DOES

Calls to 112 or 999 are answered by Ireland's Emergency Call Answering Service. A trained Emergency Operator asks which service you need (Garda, Ambulance, Fire or Coast Guard), confirms where you are and connects you. If you hear a queue message, do not hang up. 112 and 999 work the same way in Ireland, and 112 also works across the EU.

WHO IT HELPS

Anyone in Ireland in an emergency: life at risk, a crime taking place, someone injured or a fire. Deaf, hard-of-hearing or speech-impaired people can text 112 or use Real-Time Text (separate listing).

Free. 112.ie says the call is free of charge to the caller. Note: Emergencies only; for non-urgent support use the helplines in this chapter.

### Emergency SMS to 112 and Real-Time Text — for Deaf, hard-of-hearing or speech-impaired people (Ireland)

https://112.ie/emergency-sms-service/

**Text 112 (emergency SMS)**

WHAT IT DOES

Text 112 and your message goes to the Emergency Call Answering Service: the operator contacts the Garda, Ambulance, Fire or Coast Guard, reads them your message and texts you back. Say which service, what is wrong, your county and exact location (Eircode if you have it). If no reply within 3 minutes, send again. Real-Time Text calls can go to 112 or 999.

WHO IT HELPS

Primarily for people who are deaf, hard of hearing or speech impaired, but available to anyone who cannot make a voice call. SMS works only from phones on Irish mobile networks, not foreign phones or when roaming.

Free. ECAS says SMS messages to the service are free, but your phone might need to be in credit. Note: Text is slower than a voice call and your location may not be sent automatically. No registration needed; you can pre-submit your details on 112.ie.

### 911 — call 911 for police, fire or medical emergencies; text 911 where available (United States)

https://www.911.gov/calling-911/frequently-asked-questions

**Call 911  Text 911 (where available)**

WHAT IT DOES

Call 911 for police, fire or emergency medical help. Some 911 centres also accept texts: 911.gov says it is always best to call 911 if you can, and text if you can't. If text-to-911 is not available where you are, your mobile provider sends an immediate bounce-back message saying the text was not delivered.

WHO IT HELPS

Anyone in the United States facing an emergency. Deaf and hard-of-hearing callers can still call 911 directly by TTY, or text 911 where the local 911 centre accepts texts.

Free service; call costs depend on your phone plan. Note: Text-to-911 is not available everywhere (911.gov cites 2021 data that more than half of 911 centres accept texts) — call if you can, text if you can't.

### 711 Telecommunications Relay Service — dial 711 from any phone to reach a relay assistant for TTY calls (United States)

https://www.fcc.gov/consumers/guides/711-telecommunications-relay-service

**Dial 711**

WHAT IT DOES

Dial 711 from any phone, anywhere in the US, to be connected automatically to a relay communications assistant who relays the call between a TTY user and a voice user. The FCC calls it 'fast, functional and free'. In an emergency, TTY users should call 911 directly rather than through 711. 711 does not reach video relay, IP relay or captioned-telephone users.

WHO IT HELPS

People who use a TTY (for example Deaf, hard-of-hearing or speech-disabled people) and anyone who wants to phone them, anywhere in the United States.

Free (the FCC describes 711 relay as free). Note: Not for emergencies — TTY users should call 911 directly; 711 dialling does not work for video relay, IP relay or captioned-telephone services.

### 9-1-1 — call 9-1-1 for police, fire or ambulance; Text with 9-1-1 for registered Deaf, hard-of-hearing or speech-impaired people (Canada)

https://crtc.gc.ca/eng/phone/911/can.htm

**Call 9-1-1**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Dial 9-1-1 in an emergency for police, fire or ambulance. The CRTC says you can still dial 9-1-1 from a cellphone that has no service plan. Text with 9-1-1 lets Deaf, hard-of-hearing and speech-impaired people text with the 9-1-1 centre in most areas, but you must first register with your wireless provider and have a compatible cell phone, and a voice call to 9-1-1 starts the session.

WHO IT HELPS

Anyone in Canada facing a life-threatening emergency. Text with 9-1-1 is only for registered Deaf, deafened, hard-of-hearing or speech-impaired people.

Free service; the CRTC page does not state call costs, but says 9-1-1 can be dialled from a cellphone even without a service subscription. Note: 9-1-1 is not available in Nunavut (local numbers are used there); Text with 9-1-1 needs prior registration and a compatible phone, and is not in every area.

### SAMU 192 — free emergency medical service, call 192 from any fixed or mobile phone, 24 hours, 7 days (Brazil)

https://www.gov.br/saude/pt-br/composicao/saes/samu-192

**Call 192**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Dial 192 for urgent medical help — for example heart or breathing problems, accidents with injuries, or any situation risking death, lasting harm or intense suffering. A call-taker records the first details and passes you to a regulating doctor, who gives first-aid guidance and sends an ambulance with a trained crew when needed.

WHO IT HELPS

Anyone in Brazil facing a medical emergency, for themselves or someone else.

Free. 'O serviço é gratuito' and 'A ligação é gratuita, para telefones fixo e móvel' (as the Ministry states).

### 112 — the single EU emergency number for police, ambulance and fire, free from fixed and mobile phones (European Union)

https://digital-strategy.ec.europa.eu/en/policies/112

**Call 112**

WHAT IT DOES

Call 112 from a fixed or mobile phone anywhere in the EU to reach any emergency service. Operators in many countries can also answer in English or French. EU rules require people with disabilities to have equivalent access — for example real-time text or SMS — and the Commission notes 112 is also used outside the EU, for example in Switzerland and South Africa.

WHO IT HELPS

Anyone in an EU country — residents, travellers and people roaming on a mobile — facing a life-threatening emergency, fire, accident or crime in progress.

Free. The Commission states 112 is 'available everywhere in the EU, free of charge'. Note: Text or SMS access for Deaf and speech-impaired people works differently in each country; the page does not list each country's options.

### Urgence 114 — free emergency contact by SMS, chat, video or app for Deaf, hard-of-hearing and aphasic people, 24/7 (France)

https://info.urgence114.fr/

**SMS 114**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

114 is France's single national emergency number for people who are Deaf, deafblind, hard of hearing or aphasic. Contact it by video, chat, images or SMS, or through the Urgence 114 app. Deaf and hearing agents handle your alert in direct contact with the nearest emergency service — SAMU, fire brigade, police, gendarmerie or emergency housing.

WHO IT HELPS

Deaf, deafblind, hard-of-hearing and aphasic people in France, including the overseas territories, who are victims of or witnesses to an emergency.

Free. 'Le 114 est le service public gratuit' (as the service states). Note: Reserved for people who cannot use a voice call; others should call 15, 17, 18 or 112.

### Hong Kong emergency — call 999 for police, fire and ambulance; SMS 992 for registered speech- or hearing-impaired users (Hong Kong)

https://www.gov.hk/en/nonresidents/visitinghk/usefulinfo/emergency.htm

**Call 999  SMS 992 (registered users only)**

WHAT IT DOES

Dial 999 for help from the police, the Fire Services Department or an ambulance anywhere in Hong Kong. People with a speech or hearing impairment can call for help by SMS to 992, but only after registering with the Hong Kong Police Force (free, online or in person at a police station or registration organisation).

WHO IT HELPS

Anyone in Hong Kong — residents and visitors — in an emergency.

Free service; call costs depend on your phone plan. Note: 992 works only for speech- or hearing-impaired people who have registered with the police in advance; everyone else should dial 999. Call costs are not stated on the page.

### Emergency Response Support System — dial 112 for police, fire, ambulance and women's safety, or use the 112 India app (India)

https://112.gov.in/

**Call 112**

WHAT IT DOES

112 is India's single emergency number; the older police (100), fire (101), ambulance (108) and women and child (181) numbers are being integrated into it. You can call 112, make a panic call (press a smartphone's power button 3 times quickly, or long-press 5 or 9 on a feature phone), send an SOS via your state's ERSS website or email, or use the 112 India app.

WHO IT HELPS

Anyone in India facing an emergency. For women and children, the app's SHOUT feature also alerts registered volunteers nearby.

Free service; call costs depend on your phone plan. Note: The site does not state call costs, and each State or Union Territory runs its own emergency response centre, so how older numbers connect may vary.

### Japan emergency — 110 police, 119 fire/ambulance; Japan Visitor Hotline 050-3816-2787 in English, Chinese, Korean, 24/7 (Japan)

https://www.japan.travel/en/plan/hotline/

**Call 110 (police)** **Call 119 (fire/ambulance)** **Call 050-3816-2787 (visitor help)**

**Hours:** Japan Visitor Hotline: 24 hours a day, 365 days a year

WHAT IT DOES

Dial 110 for the police or 119 for fire or an ambulance. JNTO's Japan Visitor Hotline (050-3816-2787, or +81-50-3816-2787 from overseas) gives support in English, Chinese and Korean after accidents, illness or natural disasters, plus general tourist information. For police information in English the page lists (03) 3503-8484.

WHO IT HELPS

Visitors and other people in Japan who need emergency help or language support; anyone in Japan can dial 110 or 119.

Free service; call costs depend on your phone plan. Note: The visitor hotline offers language help and assistance only in English, Chinese and Korean; to send police, fire or ambulance, dial 110 or 119 directly.

### Singapore Civil Defence Force — call 995 for fire, rescue or emergency ambulance; SMS 70995 if deaf, hard of hearing or speech-impaired (Singapore)

https://www.scdf.gov.sg/

**Call 995** **SMS 70995 (deaf/speech-impaired)**

**Hours:** SCDF states its Emergency Medical Services run 24 hours; hours not otherwise stated (995 is the emergency number)

WHAT IT DOES

Call 995 for a fire, a rescue or a medical emergency that needs an emergency ambulance. SMS 70995 is SCDF's emergency text line for people who are deaf, hard of hearing or speech-impaired; SCDF asks everyone who can speak to call 995. SCDF is withdrawing its 1800 280 0000 hotline (from 21 Dec 2026) and its 1777 non-emergency ambulance line (from 1 Jan 2027).

WHO IT HELPS

Anyone in Singapore facing a fire, rescue situation or medical emergency.

Free service; call costs depend on your phone plan. SCDF says an SMS to 70995 costs only normal telco SMS charges. Note: SMS 70995 is meant for deaf, hard-of-hearing and speech-impaired people; others should call 995, and police emergencies go to 999.

### Singapore Police Force — call 999 for police emergencies, or SMS 70999 if it is not safe to talk (Singapore)

https://www.police.gov.sg/

**Call 999** **SMS 70999**

WHAT IT DOES

Call 999 for immediate police assistance. If it is not safe to talk — for example if someone is nearby who could hurt you — send an SMS to 70999. For non-urgent crime information the page lists the Police Hotline 1800-255-0000, and the ScamShield Helpline 1799 helps 24/7 with scams.

WHO IT HELPS

Anyone in Singapore who needs urgent police help, including people in danger at home who cannot speak safely.

Free service; call costs depend on your phone plan. Note: For fire or medical emergencies call 995; the page does not state call costs.

### UAE emergency numbers — 999 police, 998 ambulance, 997 civil defence (fire), from anywhere in the UAE (United Arab Emirates)

https://u.ae/en/information-and-services/justice-safety-and-the-law/Safety/handling-emergencies

**Call 999 (police)** **Call 998 (ambulance)** **Call 997 (civil defence/fire)** **SMS 5999 (Abu Dhabi, disability)**

WHAT IT DOES

Call 999 for police, 998 for an ambulance or 997 for the fire department (civil defence) from anywhere in the UAE; 996 is the coastguard. In Abu Dhabi, people of determination can text 5999 for a medical emergency, giving the incident, the location and a contact number. To report violence or abuse of women and children, the Ministry of Interior has a toll-free hotline, 116111.

WHO IT HELPS

Anyone in the United Arab Emirates facing an emergency — the numbers work from anywhere in the UAE.

Free service; call costs depend on your phone plan. Note: The page does not state call charges; the SMS 5999 service is for people of determination in Abu Dhabi only.

## Suicide & Mental-Health Crisis Lines

### Lifeline Australia — call 13 11 14, text 0477 13 11 14 or chat online, 24/7 crisis support (Australia)

https://www.lifeline.org.au/get-help/services/crisis-support

**Call 13 11 14** **Text 0477 13 11 14**

**Hours:** 24/7 (phone, text and online chat are each listed as 'Available 24/7')

WHAT IT DOES

A trained Lifeline Crisis Supporter will listen without judgement, explore what you're going through and help you find a way forward; they won't tell you what to do. Call 13 11 14, text 0477 13 11 14 (a few optional questions first) or chat online. If life is in danger, call 000.

WHO IT HELPS

Anyone in Australia who is feeling overwhelmed or having difficulty coping.

Free ('Free and confidential help for anyone in Australia').

### Suicide Call Back Service — call 1300 659 467 or use online chat and video counselling, 24/7 (Australia)

https://www.suicidecallbackservice.org.au/

**Call 1300 659 467**

**Hours:** 24 hours a day, 7 days a week (phone and online chat); video counselling must be scheduled

WHAT IT DOES

Professional counsellors give immediate telephone counselling and support in a crisis, by phone, online chat or video. No referral is needed, and eligible callers can have free multi-session counselling. Call 1300 659 467. If it is an emergency, dial 000.

WHO IT HELPS

People living in Australia aged 15 or older who are feeling suicidal, worried about someone, bereaved by suicide, or having emotional or mental health issues (18+ for video).

Free ('a free nationwide service').

### 1737 Need to Talk? — free call or text 1737 to talk with a trained counsellor, 24/7 (New Zealand)

https://1737.org.nz/

**Call 1737** **Text 1737**

**Hours:** 24/7 (call or text); 1737 Peer Support by phone, daily 2pm–10pm

WHAT IT DOES

Call or text 1737 any time for brief emotional support from trained counsellors and peer support workers. Between 2pm and 10pm you can choose 1737 Peer Support (phone only) to talk with someone who has been through similar challenges. If someone is in immediate danger, call 111.

WHO IT HELPS

Anyone in New Zealand who needs to talk — the service offers 'free, confidential 24/7 support for anyone in New Zealand'.

Free ('free, confidential 24/7 support', as the service states).

### Lifeline Aotearoa — call 0800 543 354 or text 4357, 7am–midnight daily (New Zealand)

https://lifeline.org.nz/services/lifeline-helpline

**Call 0800 LIFELINE (0800 543 354)** **Text HELP (4357)**

**Hours:** 7.00am – midnight, seven days per week (helpline and text, per Lifeline's 6 November 2025 notice); no service between midnight and 7.00am

WHAT IT DOES

Trained staff and volunteers answer calls and texts and give confidential support with suicidal thoughts, emotional distress, relationship and whānau problems, domestic violence, and work or money worries. Call 0800 LIFELINE (0800 543 354) or text HELP (4357). If you are in immediate danger, call 111.

WHO IT HELPS

Anyone in New Zealand who is struggling with their mental health or in distress; Lifeline says text support suits people who may not feel safe speaking aloud.

Free. 'Calls to our helplines are free and confidential' (Lifeline). Note: Not 24/7: because of funding limits Lifeline says its lines run 7am–midnight, with no service from midnight to 7am (1737 is open overnight).

### Suicide Crisis Helpline (TAUTOKO) — call 0508 828 865, 7am–midnight daily (New Zealand)

https://lifeline.org.nz/services/suicide-crisis-helpline

**Call 0508 TAUTOKO (0508 828 865)**

**Hours:** 7.00am – midnight, seven days per week (per Lifeline's 6 November 2025 notice; the service page says 'available 7 days a week')

WHAT IT DOES

A free, nationwide helpline for people thinking about suicide, answered by trained and experienced social service practitioners who have had suicide prevention training. Call 0508 TAUTOKO (0508 828 865). If you or someone you know is in immediate danger, call 111.

WHO IT HELPS

Anyone in New Zealand who is thinking about suicide.

Free ('A free, nationwide service', as Lifeline states; 'Calls to our helplines are free'). Note: Not 24/7: Lifeline says the line runs 7am–midnight, with no service from midnight to 7am — call or text 1737 overnight, or 111 in an emergency.

### New Zealand Samaritans — call 0800 726 666, 24/7 confidential listening line (New Zealand)

https://www.samaritans.org.nz/

**Call 0800 726 666**

**Hours:** 24 hours a day, 7 days a week, 365 days a year

WHAT IT DOES

Volunteers answer and listen in confidence, without judgement, to anyone in emotional distress, including people who feel depressed, lonely or are thinking about suicide. Callers can stay anonymous. Call 0800 726 666 at any time.

WHO IT HELPS

Anyone in New Zealand in emotional distress who wants to talk to someone.

Free service; call costs depend on your phone plan. Note: A volunteer listening service, not counselling or an emergency response; if someone's life is in danger call 111.

### NHS 111 mental health option — call 111 and select the mental health option for urgent help, 24/7 (England)

https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/

**Call 111 (mental health option)**

**Hours:** 24/7 (NHS England)

WHAT IT DOES

If you need urgent help for your mental health, call 111 and select the mental health option, or use 111 online. You may be able to speak to a trained mental health professional, and 111 will tell you the right place to get help. Call 999 or go to A&E if someone's life is at risk – for example after serious self-injury or an overdose – or if you cannot keep yourself or someone else safe.

WHO IT HELPS

People of all ages in England, including children, and anyone worried about someone else.

Free (NHS England describes it as 'a free universal package of support'). Note: England only. The NHS page says 'select the mental health option' and does not give an option number – listen to the menu.

### NHS 111 Wales — call 111 and press 2 for urgent mental-health support, 24/7 (Wales)

https://111.wales.nhs.uk/AboutUs/callnhsdirectwales

**Call 111, then press 2**

**Hours:** Press 2 mental-health support: 24 hours a day, 7 days a week, 365 days a year; hours for other 111 Wales services are not stated on this page

WHAT IT DOES

Call NHS 111 and select option 2 to be placed in direct contact with a mental health worker in your area if you need to talk urgently about your mental health or are worried about a family member. For other urgent health problems, stay on the line: a call handler can put you through to a nurse adviser, health information adviser or dental health adviser.

WHO IT HELPS

People of all ages in all areas of Wales.

Free: 'free to call from a landline or mobile, even if you have no credit left'. Note: Wales only. In a life-threatening emergency call 999.

### Samaritans — call 116 123 free, 24/7; Welsh Language Line 0808 164 0123 in the evenings (UK)

https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/

**Call 116 123** **Welsh line 0808 164 0123**

**Hours:** 116 123: 24 hours a day, 365 days a year; Welsh Language Line: every day 7pm–11pm

WHAT IT DOES

A trained volunteer answers ('Samaritans, can I help you?') and listens without judging or telling you what to do, whatever you are going through. Calls go to volunteers at more than 200 branches across the UK and Ireland. Call 116 123 any time; emotional support in Welsh on 0808 164 0123.

WHO IT HELPS

Anyone in the UK or Ireland who needs to talk, including people having thoughts of suicide and people worried about someone else.

Free from landlines and mobiles, including pay-as-you-go with no credit (as Samaritans states). Note: Samaritans' UK email service has closed and its web chat is a small pilot not yet open to everyone – phone is the main route. Welsh line evenings only.

### Shout 85258 — text SHOUT to 85258 for free, confidential text support, 24/7 (UK)

https://giveusashout.org/get-help/how-shout-works/

**Text SHOUT to 85258**

**Hours:** 24/7

WHAT IT DOES

Text the word SHOUT to 85258. After four automated messages you are connected to a trained Shout Volunteer who listens and helps you reach a calm, safe place, with a plan for next steps and links to further support. You can text about anything – anxiety, loneliness, relationships, bullying, self-harm or suicidal thoughts.

WHO IT HELPS

Anyone in the UK who is struggling to cope. If your life is at imminent risk, call 999.

Free; messages won't appear on your phone bill (as Shout states).

### CALM — call 0800 58 58 58, webchat or WhatsApp, 5pm–midnight every day (UK)

https://www.thecalmzone.net/suicide-prevention-helpline

**Call 0800 58 58 58**

**Hours:** 5pm–midnight every day

WHAT IT DOES

CALM's suicide prevention helpline is answered by paid, professionally qualified staff who talk things through without judgement and give practical advice if you are struggling with suicidal thoughts, have lost someone to suicide, or are worried about someone. All calls are answered if you hold. Translation is available.

WHO IT HELPS

Anyone over 18 affected by suicide or suicidal thoughts, including people bereaved by suicide and those worried about someone.

Free (CALM: 'Free • Confidential • Anonymous'). Note: Open 5pm–midnight only and for over-18s; outside these hours call Samaritans (116 123), or 999 in an emergency.

### C.A.L.L. Mental Health Helpline — call 0800 132 737 free, 24/7 (Wales)

https://callhelpline.org.uk/about-us/

**Call 0800 132 737**

**Hours:** 24 hours a day, 7 days a week, 365 days a year

WHAT IT DOES

C.A.L.L. is the all-Wales mental health helpline. Trained staff give emotional support and a listening ear to people with mental-health issues or concerns about suicide or self-harm, and to their family, friends and carers, and signpost to local and national services from a large database. Free self-help leaflets by post. Bilingual (English and Welsh).

WHO IT HELPS

Anyone living in Wales, including friends, family and carers of someone with mental-health concerns.

Free: 'All calls are free and confidential'. Note: Wales only. The email service is not for emergencies – for urgent help call 111 and press 2, or 999.

### Lifeline — call 0808 808 8000 free, crisis response helpline, 24/7 (Northern Ireland)

https://www.lifelinehelpline.info/

**Call 0808 808 8000**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Calls are answered by trained counsellors, who can offer an initial assessment, help to de-escalate the crisis and signposting to other services; follow-up calls and short-term crisis counselling may be offered. Textphone 18001 0808 808 8000; British and Irish Sign Language users can use the SignVideo app; translators available.

WHO IT HELPS

People of every age in Northern Ireland who are in distress or despair (Lifeline is Northern Ireland's crisis response helpline).

Free ('Calls are free'). Note: Northern Ireland only. If someone is at immediate risk, call 999.

### Samaritans Ireland — call 116 123 free, day or night, 365 days a year (Ireland)

https://www.samaritans.org/samaritans-ireland/

**Call 116 123**

**Hours:** Day or night, 365 days a year (phone); email replies may take several days

WHAT IT DOES

A trained Samaritans volunteer answers and listens. They won't judge or tell you what to do. You can talk about whatever is troubling you, including thoughts of suicide, or about someone you are worried about. Call 116 123 free, any time. If you live in the Republic of Ireland you can also email jo@samaritans.ie, which suits d/Deaf callers; replies may take several days.

WHO IT HELPS

Anyone in Ireland who is having a difficult time, struggling to cope or feeling suicidal, and people worried about someone else.

Free. Samaritans says 116 123 is free from landlines and mobiles, including pay-as-you-go with no credit, and emailing is free. Note: From 9 November 2026, calls from withheld or private numbers will not be connected: show your number before calling 116 123 (volunteers still cannot see it).

### Pieta 24-Hour Crisis Helpline — call 1800 247 247 or text HELP to 51444, 24/7 (Ireland)

https://www.pieta.ie/how-we-can-help/helpline/

**Call 1800 247 247** **Text HELP to 51444**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Qualified, experienced therapists answer calls and texts and give crisis intervention support to anyone having suicidal thoughts or self-harming. They also support people bereaved by suicide and those supporting a loved one in crisis. Call 1800 247 247 or text HELP to 51444.

WHO IT HELPS

Anyone in the Republic of Ireland experiencing suicidal thoughts or self-harm, people bereaved through suicide, and family or friends supporting someone in crisis.

Free. Pieta describes free therapeutic support; standard text message rates apply to texts to 51444. Note: Texts to 51444 are charged at standard rates; the service covers the Republic of Ireland.

### 988 Suicide & Crisis Lifeline — call or text 988, or chat online, 24/7 (United States)

https://988lifeline.org/

**Call 988** **Text 988**

**Hours:** 24/7/365

WHAT IT DOES

Call, text or chat to reach a trained 988 Lifeline counsellor for suicide prevention and mental-health crisis support — whether you're facing mental-health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, for yourself or someone you care about. When you call you hear options: press 1 for the Veterans Crisis Line, press 2 for Spanish, or stay on for your local 988 centre.

WHO IT HELPS

Anyone in the United States who is struggling or worried about someone. Spanish speakers can press 2 or text AYUDA; phone interpreters cover more than 240 other languages. The site says the LGBTQ+ youth 'Press 3 option' has been restored.

Free. 'Your conversations are free and confidential' (as the service states).

### 988 Lifeline in Spanish (Línea 988) — call 988 and press 2, or text AYUDA to 988, 24/7 (United States)

https://988lifeline.org/es/servicios-de-traduccion/servicios-en-espanol/

**Llama al 988 y presiona 2** **Envía AYUDA al 988**

**Hours:** Las 24 horas del día, los 7 días de la semana (24 hours, 7 days)

WHAT IT DOES

Spanish-language crisis support from the 988 Lifeline. Call 988 and press 2 to be transferred to a trained Spanish-speaking counsellor, text the word AYUDA to 988, or choose 'Español' on the website and open the chat. The counsellor listens, supports you and shares resources; you can also call about a loved one you're worried about.

WHO IT HELPS

Spanish speakers anywhere in the United States — 'No tiene que hablar inglés para recibir ayuda' (you don't need to speak English to get help).

Free ('servicios gratuitos en español', as the service states).

### 988 Lifeline for Deaf and hard of hearing people — videophone 988, TTY via 711 then 988, text or chat, 24/7 (United States)

https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/

**Videophone: call 988 from a VP  TTY: dial 711 then 988  Text 988**

**Hours:** 24/7

WHAT IT DOES

Deaf, hard of hearing and hearing-loss users can reach a 988 counsellor by videophone (call 988 from a videophone number), by TTY (use your preferred relay service, or dial 711 then 988), by sending any text message to 988, or by online chat. Veterans and service members can text 838255 for the Veterans Crisis Line.

WHO IT HELPS

People in the United States who are Deaf, hard of hearing or have hearing loss and are struggling, or worried about someone. You don't need to reveal your condition unless you choose to.

Free (the 988 Lifeline says conversations are free and confidential).

### Crisis Text Line — text HOME to 741741, 24/7 (United States)

https://www.crisistextline.org/

**Text HOME to 741741**

**Hours:** 24/7

WHAT IT DOES

Text HOME to 741741 (or HOLA for Spanish) and a live, trained volunteer Crisis Counselor will reply, listen and help you move from a 'hot moment' to a calmer place. You can also start a web chat or use WhatsApp from the website.

WHO IT HELPS

Anyone in the United States who would rather text than talk. Spanish speakers can text HOLA to 741741.

Free ('24/7, free, confidential', as the service states); message and data rates may apply.

### Disaster Distress Helpline — call or text 1-800-985-5990, 24/7 (United States)

https://www.samhsa.gov/find-help/helplines/disaster-distress-helpline

**Call 1-800-985-5990  Text 1-800-985-5990**

**Hours:** 24/7, year-round

WHAT IT DOES

Year-round crisis counselling for emotional distress related to any natural or human-caused disaster. Trained counsellors from a network of US crisis call centres listen with patience and without judgement and link you to support. For Spanish, call or text 1-800-985-5990 and press 2; interpreters cover over 100 languages.

WHO IT HELPS

All residents of the US and its territories experiencing emotional distress related to a disaster. Deaf and hard-of-hearing ASL users can call or text using their preferred relay provider.

Toll-free (as the service states); standard text and data rates apply when texting from mobiles.

### 9-8-8: Suicide Crisis Helpline — call or text 9-8-8, 24/7 (Canada)

https://988.ca/

**Call 9-8-8** **Text 9-8-8**

**Hours:** 24 hours, 7 days (24/7/365), call or text

WHAT IT DOES

Call or text 9-8-8 to reach a trained crisis responder who will listen without judgement and can tell you about helpful resources. Choosing the First Nations, Inuit and Métis option connects you to Hope for Wellness. 9-8-8 says it involves emergency services only if you are at risk of dying or seriously harming yourself. If your safety is at risk right now, call 9-1-1.

WHO IT HELPS

Anyone in Canada thinking about suicide, or worried about someone else. Available in English and French, other languages may be available by phone via an interpreter; Deaf and hard-of-hearing people can text or use Canada VRS, TTY or IP relay.

Calling 9-8-8 is toll-free (free from anywhere in Canada). Texting is free with an unlimited text plan; you may be charged if you go over a monthly text limit.

### Línea Nacional de Orientación y Apoyo en la Urgencia de Salud Mental — call 0800-999-0091 free, 24/7 (Argentina)

https://www.argentina.gob.ar/salud/hospitalbonaparte/hospital-en-red/dispositivo-0800

**Call 0800-999-0091**

**Hours:** 24 hours, 365 days a year

WHAT IT DOES

Trained professionals listen, guide and assess risk and, when needed, activate local emergency services and refer you on; for significant but not imminent risk they may arrange a referral and contact you again within 24–48 hours. It covers emotional crisis, intense anxiety, hopelessness, thoughts of death or self-harm, suicide risk, substance-use crises, violence, abuse and trauma. Call 0800-999-0091.

WHO IT HELPS

Anyone in Argentina going through a mental-health emergency, and family members, friends, institutions and health teams who need guidance to help someone in crisis. Calls from children and adolescents have their own procedures.

Free and confidential (as the service states). Note: The service says it does not replace in-person assessment, hospital emergency departments or emergency medical services; information is in Spanish.

### Telefonseelsorge Österreich — Notruf 142, free and confidential, around the clock (Austria)

https://www.telefonseelsorge.at/

**Call 142**

**Hours:** Phone 0–24 every day; chat daily 16:00–23:00; email reply within 48 hours

WHAT IT DOES

Call 142 at any hour to talk confidentially with a counsellor who is bound by confidentiality. Calls are free and do not appear on your phone bill. There is also an instant chat every evening, a messenger and email counselling.

WHO IT HELPS

Anyone in Austria in crisis or emotional difficulty.

Free ('kostenlos'); calls do not show on your phone bill.

### Zelfmoordlijn 1813 — call 1813, 24/7, anonymous and free; evening chat and email (Belgium, Dutch-speaking)

https://www.zelfmoord1813.be/

**Call 1813**

**Hours:** Phone 24/7; chat every day 17:00–24:00 (Wednesday from 12:00); email reply within 5 working days

WHAT IT DOES

Someone is ready to talk with you at the Zelfmoordlijn 1813, and every conversation is anonymous and free. Call 1813 at any time, chat in the evenings, or email. The site also has self-help advice, guidance if you are worried about someone, and support after losing someone to suicide.

WHO IT HELPS

Dutch-speaking people in Belgium thinking about suicide, people worried about someone, and people bereaved by suicide.

Free ('Elk gesprek is anoniem en gratis'). Note: Dutch-language service; French speakers can call the Centre de Prévention du Suicide on 0800 32 123.

### CVV – Centro de Valorização da Vida — call 188, free, 24 hours a day; chat and email too (Brazil)

https://cvv.org.br/

**Call 188**

**Hours:** Phone 188: 24 hours a day; chat and email as shown on the site

WHAT IT DOES

Volunteers offer emotional support and suicide prevention, free and in confidence, to anyone who feels lonely or needs to talk without judgement. Call 188 from anywhere in Brazil at any hour with no call cost, or use chat, email, or face-to-face support at some locations.

WHO IT HELPS

Anyone in Brazil who is struggling, lonely or thinking about suicide.

Free. Calls to 188 have no call cost ('sem custo de ligação').

### Salud Responde — call 600 360 7777 (option 2) for mental-health support, 24/7; suicide-prevention line *4141 (Chile)

https://saludresponde.minsal.cl/que-es-salud-responde/

**Call 600 360 7777**

**Hours:** 24 hours, 365 days (phone); digital channels Mon–Thu 09:30–17:00, Fri 09:30–16:00; *4141 hours not stated on a page we could open

WHAT IT DOES

The Ministry of Health's national phone line, answered by doctors, psychologists, nurses, midwives and other health professionals. Its services include mental-health counselling and support in crisis situations. Call 600 360 7777; MINSAL's suicide-prevention guide lists option 2 for this and the separate suicide-prevention line *4141 (dial *4141). Chilean Sign Language service is also offered.

WHO IT HELPS

Anyone in Chile who needs health guidance, including people in emotional distress or crisis and those worried about someone at risk of suicide.

Free service; call costs depend on your phone plan. Note: The option-2 menu choice and *4141 come from MINSAL's suicide-prevention guide; the *4141 page itself could not be opened, so its hours are unconfirmed. Spanish.

### Beijing Psychological Aid Hotline — 800-810-1117 from landlines, 010-82951332 from mobiles, free, 24/7 (China)

https://www.crisis.org.cn/lists/44.html

**Call 800-810-1117 (landline)** **Call 010-82951332 (mobile)**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

A free psychological crisis intervention hotline run by the Beijing Psychological Crisis Research and Intervention Center since 2002 and designated the Beijing Psychological Aid Hotline in 2010. From a landline dial 800-810-1117; from a mobile dial 010-82951332.

WHO IT HELPS

People in psychological crisis; the hotline is run from Beijing and the page sets no other eligibility rules.

Free (the centre calls it a free hotline); mobile call costs depend on your phone plan. Note: Chinese-language pages; landline and mobile callers use different numbers.

### Linka první psychické pomoci — call 116 123, free and anonymous crisis support for adults, nonstop (Czechia)

https://www.linkapsychickepomoci.cz/

**Call 116 123**

**Hours:** Nonstop (at night it runs in standby mode). Chat Tue–Thu 1pm–6pm; Fri–Mon and public holidays 8am–1pm

WHAT IT DOES

Crisis workers listen, support and advise adults who cannot manage a situation alone — panic, anxiety, depression, thoughts of ending it all, bereavement, an accident, assault or rape, relationship breakdown or domestic violence — and people close to them. Call 116 123 from anywhere in Czechia; chat is available at set hours.

WHO IT HELPS

Adults in Czechia and those close to them. The only condition is being able to talk in Czech or Slovak.

Free (zdarma) by phone and chat (as the service states). Note: Czech or Slovak only; not a replacement for psychiatric or psychotherapeutic care.

### Livslinien — call 70 201 201 every day 09:00–05:00; anonymous suicide-prevention counselling (Denmark)

https://www.livslinien.dk/

**Call 70 201 201**

**Hours:** Phone every day of the year 09:00–05:00; chat Mon–Fri 17:00–21:00 and Sat–Sun 13:00–17:00

WHAT IT DOES

If you are in crisis or thinking about suicide, call Livslinien on 70 201 201 or use the chat; you are always anonymous. Relatives and people bereaved by suicide can also get advice. It can be hard to get through at busy times; if you are at acute risk of suicide, call 112.

WHO IT HELPS

Anyone in Denmark in crisis or with suicidal thoughts, and relatives or people bereaved by suicide.

Free service; call costs depend on your phone plan. Note: Closed 05:00–09:00, and the page does not state call costs.

### MIELI Crisis Helpline — call 09 2525 0111, every day, 24 hours a day, in Finnish; Swedish service too (Finland)

https://mieli.fi/tukea-ja-apua/kriisipuhelin/

**Call 09 2525 0111**

**Hours:** Every day, 24 hours (Finnish); the line also has Swedish-language shifts

WHAT IT DOES

Call 09 2525 0111 for one-off support talking through a crisis, anonymously and in confidence. Crisis-work professionals and trained volunteers help you look for ways to ease your situation and find your own strengths. If you need help from the authorities, call 112 instead.

WHO IT HELPS

Anyone in Finland going through a crisis who needs someone to talk to.

The call costs only what your phone operator charges; MIELI does not charge for conversations (as stated). Note: Normal call charges apply, and the page notes some Finnish operators no longer include landline calls in free packages.

### Centre de Prévention du Suicide — listening line 0800 32 123, free, anonymous, 24/7 (French-speaking Belgium)

https://www.preventionsuicide.be/la-ligne-decoute-0800-32-123

**Call 0800 32 123**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

A specialist suicide-prevention listening line. Trained, supervised volunteers take calls one by one from people in suicidal crisis, helping them get through moments of extreme tension. The line is in high demand — if it is busy, call again. It is not an emergency service: in immediate danger call 112.

WHO IT HELPS

French speakers in Belgium in suicidal crisis, and people worried about someone close to them.

Free ('anonyme, gratuite'). Note: Not an emergency service; French-language line for French-speaking Belgium.

### TelefonSeelsorge — free crisis and emotional support day and night, call 0800 1110111, 0800 1110222 or 116 123 (Germany)

https://www.telefonseelsorge.de/

**Call 0800 1110111** **Call 0800 1110222** **Call 116 123**

**Hours:** Day and night ('Tag und Nacht'); chat and email times not stated on the home page

WHAT IT DOES

Talk anonymously with a trained volunteer about anything weighing on you — crisis, loneliness, grief or thoughts of suicide. Call 0800 1110111, 0800 1110222 or 116 123; you can also email, chat or visit a local centre.

WHO IT HELPS

Anyone in Germany who is struggling and wants to talk.

Free. 'Ihr Anruf ist kostenfrei' (your call is free). Note: German-language service; the home page does not give chat or email hours.

### Klimaka Suicide Intervention Line — call 1018, 24 hours, 7 days, from anywhere in Greece (Greece)

https://www.klimaka.org.gr/kentro-imeras-gia-tin-prolipsi-tis-autoktonias/

**Call 1018**

**Hours:** 24 hours, 7 days a week

WHAT IT DOES

Mental-health professionals answer calls anonymously and in confidence. If the line rings without a busy signal, the service asks you to keep trying, as staff may be on another call. The line is part of Klimaka's Day Centre for Suicide Prevention, which also offers assessment, therapy, crisis intervention and groups for people bereaved by suicide. Call 1018.

WHO IT HELPS

People thinking about suicide, people who have attempted suicide or self-harm, and people coping with a loss or worried about someone close to them, anywhere in Greece.

Free service; calls from mobiles or landlines are charged at the local call rate, as the service states. Note: Calls are charged at the local call rate; the page is in Greek and does not state other languages.

### The Samaritan Befrienders Hong Kong — 24-hour emotional support hotline 2389 2222; English line 2389 2223, weekday evenings (Hong Kong)

https://sbhk.org.hk/

**Call 2389 2222 (24 hours)** **Call 2389 2223 (English, Mon–Fri eve)** **Call 2319 1177 (family & friends)**

**Hours:** 24-Hour Emotional Support Hotline 2389 2222: 24 hours. English Emotional Support Hotline 2389 2223: Monday to Friday 6:30pm–10pm. Relatives and friends consultation line 2319 1177: Mon–Fri 9am–1pm and 2pm–6pm; Sat, Sun and public holidays 9am–1pm

WHAT IT DOES

Call 2389 2222 at any hour to talk with a hotline volunteer if you are distressed or thinking about suicide. The English Emotional Support Hotline, 2389 2223, is open Monday to Friday, 6:30pm–10pm. Relatives and friends of someone at risk of suicide can call the consultation line 2319 1177 in daytime hours, and there is a peer line, 2389 2227 or WhatsApp 5779 7356.

WHO IT HELPS

Anyone in Hong Kong in emotional distress or suicidal crisis, and the family and friends of someone at risk.

Free service; call costs depend on your phone plan. Note: The English line is open only Monday to Friday, 6:30pm–10pm; the relatives' line 2319 1177 is for consultation only — for emotional support SBHK points to the 24-hour line 2389 2222.

### Suicide Prevention Services (生命熱線) — call 2382 0000, 24-hour suicide prevention hotline (Hong Kong)

https://www.sps.org.hk/

**Call 2382 0000**

**Hours:** 24 hours (the page says '24小時預防自殺熱線', 24-hour suicide prevention hotline)

WHAT IT DOES

A 24-hour emotional support and suicide prevention phone line. Trained volunteers answer, listen without judging, and aim to ease the caller's distress and reduce the risk of suicide, so no one has to carry it alone. Call 2382 0000.

WHO IT HELPS

Anyone in Hong Kong who feels hopeless, distressed or is thinking about suicide. The website is mainly in Chinese and does not say which languages the hotline uses.

Free service; call costs depend on your phone plan. Note: The page does not state which languages the hotline uses (the website is mainly in Chinese).

### Lelki Elsősegély 116-123 — free emotional first-aid line, 24 hours, from all networks (Hungary)

https://sos116-123.hu/

**Call 116-123**

**Hours:** 24 hours a day (0–24h)

WHAT IT DOES

Hungary's federation of emotional first-aid (lelki elsősegély) telephone services answers people who need someone to talk to. Call 116-123 free from any domestic network at any time. The federation also lists numbers that can be called from abroad and email addresses, including one for English.

WHO IT HELPS

Anyone in Hungary who is struggling and needs someone to talk to.

Free (térítésmentesen) from every domestic network (as the service states). Note: Mainly in Hungarian; English-language help is by email (englishhelp@gmail.com, reply within 72 hours), as the page lists.

### Tele-MANAS — call 14416, free 24x7 national mental-health helpline in multiple languages (India)

https://jipmer.edu.in/Tele-MANAS

**Call 14416**

**Hours:** 24x7 (as stated)

WHAT IT DOES

Call the toll-free number 14416 for confidential, professional counselling about any mental-health concern, with referral to further support if needed. The service is available from anywhere in India in multiple languages, and there is a Tele MANAS app.

WHO IT HELPS

All citizens, anywhere in India, who want support with their mental health.

Free. The page calls 14416 a 'Toll-Free Mental Health Helpline Number' and the service 'free, 24x7'. Note: The page does not list which languages are available or say who answers; in an emergency dial 112.

### ERAN — emotional first aid, call 1201 or WhatsApp 052-8451201, anonymous, 24/7 (Israel)

https://www.eran.org.il/services/

**Call 1201** **WhatsApp 052-8451201**

**Hours:** 24/7 (phone and online)

WHAT IT DOES

Call 1201 to talk anonymously with an ERAN volunteer about any distress or crisis, at any age. You can also reach ERAN on WhatsApp (052-8451201) or by chat, email and SMS through its website. Dedicated lines serve groups such as young people, soldiers, new immigrants (with an English line) and Holocaust survivors.

WHO IT HELPS

Anyone in Israel, from every community and of any age, in emotional distress; support is offered in several languages.

Free. ERAN's English page says it offers 'free and anonymous emotional support'; call costs depend on your phone plan. Note: ERAN says its services are not a substitute for professional treatment; in immediate danger call emergency services.

### Telefono Amico Italia — call 02 2327 2327 every day; WhatsApp Amico 324 011 72 52 daily 18:00–21:00 (Italy)

https://www.telefonoamico.it/cosa-facciamo/come-contattarci/

**Call 02 2327 2327** **WhatsApp 324 011 72 52**

**Hours:** Phone: every day — the contact and home pages say 24 hours a day, but other pages on the same site still say 10:00–24:00 or 9:00–24:00; WhatsApp: every day 18:00–21:00

WHAT IT DOES

Volunteers trained in active listening take calls from anyone in emotional crisis, lonely or thinking about suicide, anonymously and in confidence. Call 02 2327 2327 any day, use WhatsApp Amico (324 011 72 52) daily 18:00–21:00, or write through the Mail@micaTAI form. In imminent danger, call 112 or 118.

WHO IT HELPS

Anyone in Italy in emotional distress, crisis or loneliness.

The service is free; the call costs what your operator charges for a national landline call (as the service states). Note: Night-time cover is uncertain: the contact page says 24 hours, but other pages on the site say 10:00–24:00 and an April 2026 appeal said the lines went quiet at night; calls cost a normal landline call.

### TELL Lifeline — free English-language phone and chat support, call toll-free 0800-300-8355 (Japan)

https://telljp.com/lifeline/

**Call 0800-300-8355**

**Hours:** Phone (JST): Mon 05:30–23:00; Tue–Fri 09:00–16:00 and 19:30–23:00; Sat 09:00–23:00; Sun 05:30–23:00. Chat: Mon–Thu 16:00–23:00; Fri 16:00–02:00; Sat–Sun 16:00–05:30 (TELL's weekly schedule; it may change at short notice)

WHAT IT DOES

Trained Lifeline Support Workers give confidential emotional support in English by phone or chat to people living in Japan — you don't have to be suicidal to reach out. The phone line is toll-free and chat is free (age 13+). If you have already taken steps to end your life or cannot stay safe, call 119 (ambulance) or 110 (police).

WHO IT HELPS

English speakers living in Japan, and people in Japan worried about someone else.

Free. The number is toll-free and the chat service is free (as TELL states). Note: Not 24/7 — phone and chat hours differ by day and may change at short notice, so check TELL's hours page before calling.

### Inochi no Denwa — free-dial 0120-783-556 daily 16:00–21:00; volunteer suicide-prevention listening line in Japanese (Japan)

https://inochinodenwa.org/

**Call 0120-783-556 (free dial)** **Call 0570-783-556 (Navi Dial)**

**Hours:** Free dial 0120-783-556: every day 16:00–21:00, and on the 10th of each month from 08:00 to 08:00 the next day; Navi Dial 0570-783-556: 10:00–22:00 every day of the year

WHAT IT DOES

Trained volunteers listen to anyone who needs to talk, anonymously and in confidence; Inochi no Denwa centres in 53 places across Japan take calls, and email counselling is also offered. The free-dial number costs nothing to call; Navi Dial calls are charged and are not covered by mobile free-call plans.

WHO IT HELPS

Anyone in Japan who is struggling, lonely or thinking about suicide; people bereaved by suicide can also find sharing groups.

Free service. The 0120 free-dial line has no call charge; the 0570 Navi Dial line is charged and excluded from mobile free-call plans (as the page states). Note: Japanese-language service; the free line is open only 16:00–21:00 on most days and the Navi Dial line costs money to call.

### Skalbes crisis line — call 116123, state-funded 24-hour crisis line for psychological first aid (Latvia)

https://www.skalbes.lv/

**Call 116123** **Call +371 67222922**

**Hours:** 24 hours (diennakts)

WHAT IT DOES

Skalbes answers people in emotional crisis around the clock and offers psychological first aid. Call 116123; Skalbes also lists +371 67222922 and +371 27722292 as crisis numbers. The organisation also runs free support for crime victims (116006) and for people whose relative has cancer.

WHO IT HELPS

Anyone in Latvia in emotional crisis.

116123 is described as state-paid (valsts apmaksāts); the page does not state call costs for the +371 numbers. Note: The page does not state which languages the crisis line works in.

### Embrace National Lifeline — call 1564, 24/7 emotional support and suicide prevention (Lebanon)

https://embracelebanon.org/what-we-do/the-national-lifeline/

**Call 1564**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Lebanon's National Lifeline for emotional support and suicide prevention. Operators give immediate emotional support and crisis intervention through active listening, assess suicide risk, point callers to community services near them, and can dispatch national mobile crisis teams in mental health emergencies in Beirut, Tripoli and Tyre. Calls are anonymous (recorded for quality).

WHO IT HELPS

Anyone in Lebanon in emotional distress or thinking about suicide, and people bereaved by suicide. The page does not state which languages are used.

Free service; call costs depend on your phone plan. Note: The page does not state which languages the line uses.

### Befrienders KL — 24-hour free emotional support helpline +603-7627 2929 (Malaysia)

https://befrienders.org.my/

**Call +603-7627 2929**

**Hours:** 24 hours a day, every day

WHAT IT DOES

Trained volunteers offer a free, confidential and non-judgemental listening ear to anyone feeling lonely, overwhelmed or having thoughts of suicide. Call +603-7627 2929 at any time; people worried about someone, and those who have lost someone to suicide, can also call.

WHO IT HELPS

Anyone in Malaysia who is lonely, in distress or thinking about suicide, and people supporting them.

Free service (as stated); it is a Kuala Lumpur landline number, so call costs depend on your phone plan. Note: A Kuala Lumpur-based charity line rather than a government national service; normal call charges may apply.

### Consejo Ciudadano Línea de Seguridad y Chat de Confianza — call or WhatsApp 55 5533 5533, emotional support 24/7 (Mexico)

https://consejociudadanomx.org/asi-te-ayudamos/contencion-emocional

**Call 55 5533 5533**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A psychology team gives free psychological first aid by phone or WhatsApp chat to people with anxiety, depression, stress or grief, or who have thought about ending their life. Call or message 55 5533 5533 (Línea de Seguridad y Chat de Confianza). The same line also gives legal guidance and help with reporting a crime.

WHO IT HELPS

Anyone who needs emotional support; the council says it helps everyone who needs it, free, 24/7 and 'sin fronteras' (without borders).

Free (the service says 'Servicio gratuito'); call costs depend on your phone plan. Note: Run from Mexico City (a 55 number); the page is in Spanish and does not state other languages.

### 113 Zelfmoordpreventie — call 113 free or chat anonymously, 24 hours a day (Netherlands)

https://www.113.nl/heb-je-nu-hulp-nodig/hulplijn

**Call 113**

**Hours:** 24 hours a day (phone and chat)

WHAT IT DOES

If you are thinking about suicide, call 113 free or start an anonymous chat, day or night. You only need to give a first name, which can be made up. Helpers listen and help you share or interrupt your thoughts; when it is very busy calls may be kept shorter. In life-threatening danger, call 112.

WHO IT HELPS

Anyone in the Netherlands thinking about suicide, and people worried about someone else.

Free ('Bel gratis 113').

### Kirkens SOS — crisis line 22 40 00 40, open day and night every day; SOS chat too (Norway)

https://www.kirkens-sos.no/

**Call 22 40 00 40**

**Hours:** Phone: 24 hours a day, every day, including weekends, holidays and public holidays; chat and written-message hours not stated

WHAT IT DOES

Call 22 40 00 40 to talk to a volunteer about whatever is hard — someone always answers, every day and night, including holidays. You can also write through SOS chat or send an SOS message.

WHO IT HELPS

Anyone in Norway in crisis, despair or with thoughts of suicide.

Free service. Calls cost the same as calling an ordinary landline number — free on some phone plans, a small cost on others (as Kirkens SOS states). Note: Calls are charged like a landline call, and because of demand each person can have up to three calls per 24 hours; for acute suicide risk Kirkens SOS says to contact the legevakt (out-of-hours doctor) or call 113.

### Centrum Wsparcia — free 24/7 psychologist line 800 70 2222 for people in mental crisis (Poland)

https://centrumwsparcia.pl/centrum-wsparcia/

**Call 800 70 2222**

**Hours:** Psychologist: 24 hours, 7 days a week; psychiatrist, lawyer, social worker and other specialists on set duty hours

WHAT IT DOES

Call 800 70 2222 free to talk to a psychologist at any time if you feel constantly low, overwhelmed, in a 'no way out' situation, are facing violence or no longer want to live. They listen and help you find specialist services in your region. Chat and email are also offered.

WHO IT HELPS

Anyone in Poland in emotional or mental crisis.

Free ('LINIA JEST BEZPŁATNA'). Note: The site states Ministry of Health funding but does not name the organisation operating the line.

### SOS Voz Amiga — call 213 544 545 or 912 802 669, daily 3:30pm–12:30am, emotional support and suicide prevention (Portugal)

https://www.sosvozamiga.org/contactos

**Call 213 544 545** **Call 912 802 669** **Call 963 524 660** **Call 930 712 500**

**Hours:** Daily 15:30–00:30

WHAT IT DOES

Volunteers from a specialised team listen anonymously and in confidence to people suffering from loneliness, anxiety, depression or at risk of suicide. You can also call if you are worried about a friend or family member. Call 213 544 545 (landline) or 912 802 669, 963 524 660 or 930 712 500 (mobile numbers).

WHO IT HELPS

Anyone in Portugal in emotional distress or having suicidal thoughts who wants to talk, and people supporting someone at risk.

Free service; calls are charged as normal calls to a Portuguese landline (213 544 545) or mobile (other numbers), as the service indicates. Note: Not open 24 hours (daily 15:30–00:30) and calls are charged at normal landline or mobile rates; Portuguese-language service.

### Línea PAS — call 1-800-981-0023 for crisis counselling and emotional support, 24/7 (Puerto Rico)

https://lineapas.assmca.pr.gov/

**Call 1-800-981-0023** **VRS (Deaf/hard of hearing) 787-615-4112**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Counsellors offer a chance to talk things through, crisis counselling and emotional support, an initial psychosocial screening, help arranging psychiatric or psychological assessment, and referrals. Call 1-800-981-0023 (ext. 988) or use live chat on the Línea PAS website; video relay on 787-615-4112.

WHO IT HELPS

People in Puerto Rico with suicidal thoughts or behaviour, depression, anxiety, domestic violence or other mental-health problems, and those worried about them.

Free (ASSMCA says 'libre de costo las 24 horas'). Note: Website in Spanish; the page does not state other languages.

### Samaritans of Singapore — 24-hour hotline 1767 or WhatsApp CareText 9151 1767 for emotional and crisis support (Singapore)

https://www.sos.org.sg/

**Call 1767** **WhatsApp CareText 9151 1767**

**Hours:** 24 hours (hotline and CareText)

WHAT IT DOES

Call the 24-hour hotline 1767 or message the 24-hour CareText service on WhatsApp at 9151 1767 to reach trained volunteers for emotional support or crisis-related concerns, including thoughts of suicide. If you or someone else is in immediate harm, call 995 or go to the nearest A&E.

WHO IT HELPS

Anyone in Singapore thinking about suicide or in emotional crisis, people worried about someone, and people who have lost someone to suicide.

Free service; call costs depend on your phone plan.

### National mindline 1771 — call 1771 or WhatsApp +65-6669-1771, round-the-clock mental-health helpline and textline (Singapore)

https://www.mindline.sg/

**Call 1771** **WhatsApp +65-6669-1771**

**Hours:** 24 hours (round-the-clock)

WHAT IT DOES

Singapore's first national mental-health helpline and textline, running since 18 June 2025. Call 1771, WhatsApp +65-6669-1771 or use the webchat on mindline.sg to talk with trained counsellors about any mental-health worry; they can also refer you on to other services.

WHO IT HELPS

Anyone in Singapore who wants mental-health support or information.

Free service; call costs depend on your phone plan.

### Krízová linka pomoci IPčko — call 0800 500 333, free and anonymous crisis help from psychologists, nonstop (Slovakia)

https://ipcko.sk/

**Call 0800 500 333**

**Hours:** 24 hours a day, 7 days a week, 365 days a year

WHAT IT DOES

Psychologists give crisis psychological help to people in difficult life situations — feeling alone, in pain or not knowing how to go on — by phone, chat or email. Call 0800 500 333; lines can be busy, so try again if you cannot get through.

WHO IT HELPS

Anyone in Slovakia going through a crisis or a difficult time.

Free (bezplatne) and anonymous (as the service states). Note: Lines are often busy — the page asks callers to try again.

### SADAG Suicide Crisis Helpline — call 0800 567 567, 24-hour toll-free (South Africa)

https://www.sadag.org/

**Call 0800 567 567** **Call 0800 456 789 (mental health)** **SMS 31393 (mental health)**

**Hours:** 24 hours (listed under '24-HOUR TOLL-FREE EMERGENCY HELPLINES')

WHAT IT DOES

Call 0800 567 567 if you are thinking about suicide or worried about someone. SADAG also lists the 24-hour toll-free Cipla Mental Health Helpline (0800 456 789, or SMS 31393), and you can ask online for a counsellor to call you back. Its office line (011 234 4837) is open 8am–8pm.

WHO IT HELPS

Anyone in South Africa in suicidal crisis or emotional distress, and family or friends supporting them.

Free. Listed as toll-free.

### Suicide prevention counselling line 109 — Ministry of Health and Welfare, open 24 hours (South Korea)

https://www.kfsp.or.kr/

**Call 109** **Call 1577-0199 (mental-health crisis)**

**Hours:** 24 hours ('24 HOURS OPEN')

WHAT IT DOES

Call 109, the Ministry of Health and Welfare's suicide prevention counselling line, at any hour if you are thinking about suicide. The mental-health crisis counselling line 1577-0199 is also listed. The foundation also runs 마들랜 (Madeullaen), an online space for real-time chat with suicide-prevention counsellors.

WHO IT HELPS

Anyone in South Korea having thoughts of suicide or in a mental-health crisis.

Free service; call costs depend on your phone plan. Note: The page is in Korean and does not state call costs or which languages are supported.

### Línea 024 — suicide-behaviour support line, free, confidential, 24 hours, 365 days a year (Spain)

https://www.sanidad.gob.es/linea024/home.htm

**Call 024**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Call 024 if you have suicidal thoughts or are worried about a family member or friend. 024 professionals listen and offer emotional support, encourage contact with health services and pass emergencies to 112. Online chat and sign-language video interpretation are available. It does not replace in-person care; in an imminent emergency call 112.

WHO IT HELPS

People in Spain with suicidal thoughts or behaviour, and the families and friends of people at risk or bereaved by suicide.

Free ('gratuito', as the Ministry states).

### Sumithrayo — call 011 2696666, 011 2692909 or 011 2683555, 9am–8pm every day (Sri Lanka)

https://sumithrayo.org/the-organization/

**Call 011 2696666** **Call 011 2692909** **Call 011 2683555**

**Hours:** Every day (365 days a year), 9.00am–8.00pm

WHAT IT DOES

Confidential emotional support from trained volunteers for people feeling distressed or in despair, including feelings that may lead to suicide. Sumithrayo listens and befriends; you can also visit or write to the centre at 60B Horton Place, Colombo 07. The service is non-religious, non-political and free of charge.

WHO IT HELPS

Anyone in Sri Lanka feeling distressed, despairing or suicidal. The page does not state which languages are used.

Free of charge (as the service states); call costs depend on your phone plan. Note: Not 24 hours (9am–8pm), and the page does not state which languages are used.

### Självmordslinjen — call 90101 or chat, open around the clock every day of the year (Sweden)

https://mind.se/hitta-hjalp/sjalvmordslinjen/

**Call 90101**

**Hours:** Open around the clock, 365 days a year (phone and chat)

WHAT IT DOES

Call 90101 or chat anonymously with Mind's volunteers if you are having thoughts of suicide. Both phone and chat are open day and night, every day of the year.

WHO IT HELPS

Anyone in Sweden with thoughts of suicide, and people close to someone who has such thoughts.

Calls are free apart from your operator's connection fee (as Mind states). Note: Calls may carry your phone operator's connection fee; in acute suicide risk call 112.

### Die Dargebotene Hand / La Main Tendue — call 143, round the clock; English line 0800 143 000, 6–11 pm (Switzerland)

https://www.143.ch/hilfesuchende/hilfesuchende-kontakt/

**Call 143** **Call 0800 143 000 (English)**

**Hours:** Phone 143: around the clock, 365 days a year; chat daily 10:00–22:00; email reply within 48 hours; English line 6–11 pm

WHAT IT DOES

Talk to someone by phone, chat or email, anonymously and in confidence, about anything weighing on you. Call 143 day or night in German, French or Italian; English support is on 0800 143 000 in the evenings. If you reach a region that does not speak your language, you can be transferred.

WHO IT HELPS

Anyone in Switzerland or Liechtenstein in emotional difficulty or crisis.

Services are free; depending on your phone provider, charges may apply (as stated). Chat and email have no charge. Note: 143 and 0800 143 000 work only in Switzerland and Liechtenstein; English support is evenings only.

### 1925 Peace of Mind Line (安心專線) — free 24-hour psychological counselling, call 1925 (Taiwan)

https://dep.mohw.gov.tw/DOMHAOH/cp-4906-54077-107.html

**Call 1925**

**Hours:** 24 hours

WHAT IT DOES

The Ministry of Health and Welfare's national counselling line for anyone under psychological stress or emotional distress. Call 1925 any time of day for free psychological counselling. The Ministry's list of national helplines also gives Lifeline 1995 and Teacher Chang 1980.

WHO IT HELPS

Anyone in Taiwan feeling psychological pressure or emotional distress.

Free (toll-free, as the Ministry states). Note: The Ministry's page is in Chinese and does not state which languages are offered; in an emergency call 110 (police) or 119, as the Ministry's national helpline list gives them.

### Department of Mental Health hotline 1323 — free mental-health counselling, 24 hours (Thailand)

https://dmh.go.th/

**Call 1323**

**Hours:** 24 hours

WHAT IT DOES

The government's mental-health hotline gives free, confidential counselling to ease stress, worry, sadness and loss, with an emphasis on listening. Call 1323. The Department also runs an online system where you can register and book a time for a psychologist to call you back.

WHO IT HELPS

Anyone in Thailand with stress, anxiety, low mood, grief or other mental-health worries; the callback service says it serves all ages.

Free (as the service states). Note: The Department's pages are in Thai and do not state which languages the hotline offers.

### Samaritans of Thailand — call 02-113-6789 (press 1; press 2 for English call-back), 12pm–10pm daily (Thailand)

https://www.samaritansthai.com/contactus/

**Call 02-113-6789** **Call 098-815-9011 (Chiang Mai)**

**Hours:** Bangkok centre (press 1): every day 12.00–22.00; English line (press 2): leave a message and they call you back, hours not stated; Chiang Mai centre: every day 19.00–22.00

WHAT IT DOES

A befriending telephone service whose main aim is to prevent suicide. Volunteers from many walks of life take turns to listen to whatever you want to talk about. Call 02-113-6789 and press 1 for the Bangkok centre. For English, press 2 and leave a message in the call system; they will call you back. The Chiang Mai centre answers 098-815-9011 in the evenings.

WHO IT HELPS

Anyone in Thailand who needs someone to listen.

Free service; call costs depend on your phone plan. Note: Not 24 hours (Bangkok 12pm–10pm, Chiang Mai 7pm–10pm); the English line is a leave-a-message call-back service with no stated hours.

### Línea de Prevención del Suicidio — call 0800 0767 or *0767, 24/7 (Uruguay)

https://www.gub.uy/ministerio-salud-publica/salud-mental

**Call 0800 0767**

**Hours:** 24 hours, every day

WHAT IT DOES

A free, confidential suicide prevention line answered by professionals. Call 0800 0767 or *0767. The same Ministry page lists 0800 1920 for emotional support and *1020 for problem drug use.

WHO IT HELPS

Anyone in Uruguay having thoughts of suicide, and people worried about someone else.

Free (the Ministry says the lines are 'Gratuitas'). Note: Spanish; the pages do not state other languages.

### 3114 — national suicide prevention number, free, 24/7, across France

https://3114.fr/

**Call 3114**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

If you are in distress or having suicidal thoughts, or want to help someone who is suffering, call 3114. A healthcare professional specifically trained in suicide prevention will listen and help. The service also supports people affected by a suicide.

WHO IT HELPS

Anyone in France — people in suicidal crisis, worried family and friends, and people affected by a suicide.

Free ('gratuitement', as the service states).

## Mental-Health Support & Information Lines

### Beyond Blue Support Service — call 1300 22 4636 or chat online with a counsellor, 24/7 (Australia)

https://www.beyondblue.org.au/get-support/talk-to-a-counsellor

**Call 1300 22 4636**

**Hours:** 24/7 (phone and webchat)

WHAT IT DOES

A counsellor answers your call or chat, listens, points you in the right direction and can support you to take the next steps. Call 1300 22 4636, use webchat, or email (a counsellor replies within 24 hours). If you're at risk of harming yourself right now, call 000 for an ambulance.

WHO IT HELPS

Everyone in Australia — 'No matter who you are, or how you're feeling'.

Free, confidential counselling ('local call costs apply' for phone calls, as the service states); webchat is free.

### SANE Support Services — call 1800 187 263 or webchat, weekdays, for people with complex mental health needs (Australia)

https://www.sane.org/get-support/sane-support-services

**Call 1800 187 263**

**Hours:** Monday to Friday, 10am–8pm (Melbourne/Sydney time), excluding public holidays (phone and webchat)

WHAT IT DOES

The support line helps you navigate SANE's free psychosocial, recovery-focused services and find mental health information and resources. It does not provide counselling, assessment, diagnosis or prescriptions. Callers must be identifiable by phone number and calls are recorded. Since 10 August 2026, calls to Griefline's number also connect here.

WHO IT HELPS

Adults (18+) with complex mental health needs, and their family, friends and carers; also people with intellectual disability, autism or acquired brain injury seeking mental health support. No referral or diagnosis needed.

Free (government-funded). SANE says the 1800 number is generally free from mobiles, though some smaller or older plans may charge. Note: Not a crisis service ('not designed for acute mental health crises'); weekdays only; callers must be identifiable by phone number and calls are recorded.

### Medicare Mental Health phone service — call 1800 595 212 to find local mental health services, weekdays (Australia)

https://www.medicarementalhealth.gov.au/phone-service

**Call 1800 595 212**

**Hours:** 8:30am to 5:00pm weekdays (excl. public holidays); time zone not stated on the page

WHAT IT DOES

A trained professional and a peer worker work with you to understand your situation and needs, then connect you to local services, such as your nearest Medicare Mental Health Centre or another trusted mental health provider. The line can also book an appointment at a Medicare Mental Health Centre (or a Head to Health Clinic in Victoria).

WHO IT HELPS

Anyone in Australia seeking mental health support or guidance, including family members and carers.

Free ('The phone service is free'). Note: Not a crisis or emergency service and open weekday business hours only; for urgent help call Lifeline 13 11 14 or 000.

### MensLine Australia — call 1300 78 99 78 or chat online with a professional counsellor, 24/7 (Australia)

https://mensline.org.au/phone-and-online-counselling/

**Call 1300 78 99 78**

**Hours:** 24/7 (phone and online chat); video counselling by appointment

WHAT IT DOES

Free professional counselling for men by phone, online chat (sessions up to 30 minutes) or booked video. Calls are answered by qualified professional counsellors, social workers, mental health nurses or psychologists. Call 1300 78 99 78. If it is an emergency, call 000 immediately.

WHO IT HELPS

Men in Australia aged 15 and over with concerns including mental health, relationships, anger, family violence, stress and suicidal thoughts; video counselling is for ages 18 and over.

Free ('The service is free').

### 1300 MH CALL (1300 642 255) — Queensland's mental health access line, 24/7 (Queensland, Australia)

https://www.qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help/1300-mh-call

**Call 1300 MH CALL (1300 642 255)**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

The main entry point to Queensland's public mental health services. Clinicians triage your call and give support, information and advice — including in a mental health emergency or crisis — and can refer you to acute care teams. Calls go to your nearest Queensland public mental health service. In an emergency always dial 000.

WHO IT HELPS

Queenslanders who think they may need mental health support, especially if they have not used a mental health service before. Interstate callers are directed to their local provider or healthdirect (1800 022 222).

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Queensland only; the page does not state call costs.

### NSW Mental Health Line — call 1800 011 511 for mental health advice, assessment and referral, 24/7 (NSW, Australia)

https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx

**Call 1800 011 511**

**Hours:** 24/7

WHAT IT DOES

Trained mental health professionals give advice, do a brief assessment and recommend the right care, including referral to NSW Health mental health services. You can call about yourself or someone else. The line is in English; for an interpreter call TIS on 131 450 and ask them to ring 1800 011 511. If someone is at immediate risk of harm, call 000.

WHO IT HELPS

Anyone in NSW, of any age, worried about their own or someone else's mental health; health professionals, NGO workers and first responders can also call.

Free ('It is a free service'). Note: NSW statewide service, provided in English only (use TIS National on 131 450 for an interpreter).

### Mental Health Triage Service — call 13 14 65 in a mental health crisis, 24/7 (South Australia)

https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Services/Where+to+get+care/healthcare+options/Mental+health+support

**Call 13 14 65**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

A trained mental health professional provides immediate advice and support and connects you with immediate and ongoing care. Call 13 14 65 if you're experiencing a mental health crisis or need urgent support. In a life-threatening emergency, call 000 or go to your nearest emergency department.

WHO IT HELPS

People in South Australia experiencing a mental health crisis or needing urgent support.

Free (as SA Health states). Note: South Australia only.

### Mental Health Emergency Response Line — call 1300 555 788 (Perth metro) or 1800 676 822 (Peel), 24/7 (Western Australia)

https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-emergency-response-line

**Perth metro: 1300 555 788  Peel: 1800 676 822  Rurallink (country): 1800 552 002**

**Hours:** Metro line: 24 hours a day. Rurallink (regional and remote WA): 4.30pm to 8.30am weeknights, and 24 hours at weekends and public holidays

WHAT IT DOES

Trained mental health clinicians provide assessment, crisis support, crisis planning and brief intervention, help navigating the mental health system, and information and advice. Rurallink offers an equivalent service for country WA overnight and on weekends. The line is not an emergency service — in an emergency call 000.

WHO IT HELPS

People in WA in a mental health crisis who feel they need urgent help, families and carers, members of the public who witness a crisis, health professionals and community welfare providers.

Free service; Healthy WA lists the 1300 metro number as a local call and the 1800 Peel and Rurallink numbers as free from a landline only. Note: WA only; Rurallink runs only outside weekday business hours; 1800 numbers are free from landlines only.

### Access Mental Health — call 1800 332 388 for mental health support, 24/7 (Tasmania, Australia)

https://www.health.tas.gov.au/contact-us

**Call 1800 332 388**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Tasmania's Department of Health line for anyone seeking mental health support, delivered in partnership with Lifeline Tasmania. Call 1800 332 388 at any time; the same number is listed for Tasmania's public Mental Health Services. In an emergency, always dial 000 or go to your nearest hospital emergency department.

WHO IT HELPS

People in Tasmania seeking mental health support.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Tasmania only; the Department's page gives few details about what the line offers or call costs.

### Access Mental Health — call 1800 629 354 for mental health advice and referral, 24/7 (ACT, Australia)

https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/access-mental-health

**Call 1800 629 354**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

The Access Mental Health team gives information and advice, suggests next steps and refers you on — for example to the Home Assessment and Acute Response Team, Access Comprehensive, other Canberra Health Services mental health services or a GP. If they are worried about your immediate safety, they will contact police or ambulance. In a life-threatening emergency dial 000.

WHO IT HELPS

People of any age in the ACT concerned about their mental health; carers, family, friends, GPs, health professionals and members of the public can also call for advice or to refer someone.

Free call. Note: ACT only; phone-only line.

### Northern Territory mental health line — call 1800 682 288 (NT, Australia)

https://nt.gov.au/wellbeing/mental-health/24-hour-mental-health-hotlines

**Call 1800 682 288**

**Hours:** Listed on the NT Government's '24 hour mental health hotlines' page; no other hours detail is given

WHAT IT DOES

NT Government pages list this as the 'Northern Territory mental health line'; its suicide-prevention page says 'For help over the phone now call the NT mental health crisis line on 1800 682 288'. NT pages give no further detail about the service. In an emergency where there is a risk to life or personal safety, call 000.

WHO IT HELPS

People in the Northern Territory who need mental health help.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: NT only; NT Government pages list the number but give no details of hours, staffing or what the line provides.

### Depression Helpline — call 0800 111 757 or text 4202 to talk with a trained counsellor, 24/7 (New Zealand)

https://www.depression.org.nz/get-help

**Call 0800 111 757** **Text 4202**

**Hours:** 24/7 ('Call the helpline to talk to a trained counsellor 24/7')

WHAT IT DOES

Trained counsellors offer free support by phone, text or the website's email form, day or night. Call 0800 111 757 or text 4202. If it is an emergency, call 111 or go to your closest emergency department.

WHO IT HELPS

Anyone in New Zealand struggling with depression or anxiety who needs to reach out. The site says this support is only available within Aotearoa New Zealand.

Free ('FREE CALL NOW', 'FREE TEXT NOW'; 'we have options available free, 24/7').

### Rural Support Trust — call 0800 787 254 (8am–6pm) for free, confidential support for rural people (New Zealand)

https://www.rural-support.org.nz/

**Call 0800 787 254**

**Hours:** 8am – 6pm (days not stated on the page)

WHAT IT DOES

Your call is directed to your local Rural Support Trust, where rural people who know the pressures of rural life offer a free, confidential chat and help with stress and wellbeing, financial pressure, employment issues and adverse events such as weather events, including linking you to agencies like Civil Defence.

WHO IT HELPS

Farmers, growers and other rural New Zealanders — and anyone worried about someone rural who is doing it tough.

Free ('a free, always confidential chat'; 'Call our freephone number'). Note: Phone line staffed 8am–6pm only (days not stated); it routes you to a local trust. For urgent help after hours use 1737, or 111 in an emergency.

### Asian Helpline (Asian Family Services) — call 0800 862 342 or text 832, weekdays, 8 languages (New Zealand)

https://www.asianfamilyservices.nz/services

**Call 0800 862 342** **Text 832**

**Hours:** Phone Monday to Friday 9am–8pm; text Monday to Friday 9am–5pm

WHAT IT DOES

Counsellors and operators give confidential emotional support, information on gambling harm, depression and anxiety, and help finding your way around New Zealand's health and social systems, in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi. Call 0800 862 342 or text 832.

WHO IT HELPS

Asian people living anywhere in New Zealand, and their families, who would like support in their own language.

Free. The service describes the helpline as 'nationwide free and confidential'. Note: Not a crisis helpline (as it states) and weekday hours only; some other Asian Family Services counselling is fee-paying.

### Breathing Space — call 0800 83 85 87 or webchat, weekday evenings and weekends (Scotland)

https://www.breathingspace.scot/

**Call 0800 83 85 87**

**Hours:** Monday to Thursday 6pm to 2am; Friday 6pm until Monday 6am (phone and webchat)

WHAT IT DOES

A free, confidential phone and webchat service. Advisors listen and give information and advice if you are feeling low, stressed, anxious or depressed, at times when family, friends or GPs may be unavailable, and can tell you about helpful resources in your area.

WHO IT HELPS

Anyone in Scotland over the age of 16.

Free ('A free, confidential phone and web based service'). Note: For people not in immediate crisis (NHS 24) – in a crisis phone 111 (Mental Health Hub) or 999. Evenings and weekends only; Scotland only.

### Mind Infoline 0300 123 3393 and Support line 0300 102 1234 — mental health information and support, weekdays (England and Wales)

https://www.mind.org.uk/information-support/helplines/

**Infoline 0300 123 3393** **Support line 0300 102 1234**

**Hours:** 9am to 6pm, Monday to Friday (except bank holidays)

WHAT IT DOES

The Infoline gives information on mental-health problems, treatment options, advocacy and finding local help. The Support line offers a confidential space to talk about your mental health, emotional support and help working out next steps. Ask for Language Line for an interpreter; Relay UK users dial 18001 first.

WHO IT HELPS

People in England and Wales (Mind's helplines operate there; Mind points people in Scotland to SAMH).

Calls from UK landlines are charged at local rates; charges from mobiles vary (as Mind states). Note: Not a crisis service (as Mind states); weekdays only; England and Wales; calls may cost.

### Rethink Mental Illness Advice Service — freephone 0808 801 0525, weekdays (England)

https://www.rethink.org/advice-and-information/about-our-advice-service/contacting-the-advice-service/

**Call 0808 801 0525**

**Hours:** Normally 9.30am to 4pm, Monday to Friday, excluding bank holidays; webchat hours subject to change

WHAT IT DOES

Advisors – real people, not chatbots – give practical advice and information on mental illness, diagnosis and treatment, mental health law and carers' rights, by phone, webchat and letter. They do not provide emotional support, counselling, crisis support or form filling.

WHO IT HELPS

Adults 18+ in England with a diagnosis or symptoms of mental illness, and their carers, loved ones and professionals.

Free ('Freephone 0808 801 0525'; 'Our service is free'). Note: Advice and information only – not a crisis or emotional-support line; England only; weekday daytime hours.

### SANEline — call 0300 304 7000, 4pm–10pm every day, out-of-hours mental health support (UK)

https://www.sane.org.uk/how-we-help/emotional-support/saneline-services

**Call 0300 304 7000** **Call Back service 0300 124 7900**

**Hours:** 4pm to 10pm, 365 days a year

WHAT IT DOES

Trained helpline volunteers offer specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers – particularly at a moment of crisis. For ongoing support, leave a voicemail on 0300 124 7900 with your first name and number and SANE will call back within a few days (the Call Back service is not a crisis line).

WHO IT HELPS

Anyone aged 16 or over in Great Britain and Northern Ireland affected by mental illness, including carers.

SANE does not charge, but your phone provider may (0300 number, charged like a call to an 01/02 number). Note: Evenings only (4pm–10pm); lines can be busy; calls may cost under your phone plan.

### 310 Mental Health Support — call 310-6789 (no area code), 24/7 (British Columbia, Canada)

https://www.crisiscentre.bc.ca/get-support/crisis-lines/

**Call 310-6789 (no area code)**

**Hours:** 24 hours, 7 days (crisis responders 'available around the clock, every day of the year')

WHAT IT DOES

Call 310-6789 from anywhere in B.C. — no area code needed — for emotional support, information and resources about mental health, or if you are experiencing a mental health crisis. Crisis responders listen without judgement. For thoughts of suicide, the same pages say to call or text 9-8-8.

WHO IT HELPS

Anyone in British Columbia.

Free service; call costs depend on your phone plan. Note: B.C. only; for thoughts of suicide, call or text 9-8-8.

### Text About It (50808) — text HELLO to 50808 or message on WhatsApp, free and anonymous, 24/7 (Ireland)

https://www.textaboutit.ie/

**Text HELLO to 50808** **Text HELLO to 086 1800 280**

**Hours:** 24/7

WHAT IT DOES

A trained volunteer, supervised by trained professionals, texts with you about anything on your mind, such as anxiety, stress, loneliness, self-harm or suicidal thoughts, until you feel calmer. You talk to a person, not a chatbot. If someone is at imminent risk, the team will contact emergency services. Text HELLO to 50808 (the home page also says 'Text TALK').

WHO IT HELPS

Anyone who wants to talk something through by text. Customers of 48, An Post and Clear Mobile should use WhatsApp or text HELLO to 086 1800 280.

Free on all major Irish networks and on WhatsApp; standard SMS rates may apply to 086 1800 280. Note: It says it is not a crisis intervention or clinical treatment service; in an emergency call 112 or 999.

### HSE Your Mental Health information line — freephone 1800 111 888, any time (Ireland)

https://www2.hse.ie/mental-health/services-support/your-mental-health-information-line/

**Call 1800 111 888**

**Hours:** Any time (the HSE says it is 'a phone service you can call any time'; the page summary says 24/7)

WHAT IT DOES

A member of the HSE team tells you what mental health supports and services are available to you and how to access HSE services and services the HSE funds. It is an information line, not a counselling service. Freephone 1800 111 888.

WHO IT HELPS

Anyone in Ireland looking for mental health services or supports, for themselves or for someone else.

Free. The HSE lists it as Freephone 1800 111 888. Note: Information and signposting only, not a counselling service; in a crisis call Pieta (1800 247 247) or 112/999.

### Aware Support Line — freephone 1800 80 48 48 for depression, bipolar disorder and anxiety (Ireland)

https://www.aware.ie/support/support-line/

**Call 1800 80 48 48**

**Hours:** 7 days a week, 10am to 10pm

WHAT IT DOES

Trained Aware volunteers offer a listening ear, support and information to people affected by anxiety, depression or bipolar disorder, whether for themselves or a loved one. The volunteers are not counsellors or therapists. Call 1800 80 48 48, 10am to 10pm, every day.

WHO IT HELPS

Anyone aged 18 or over seeking support and information. Under-18s are directed to Childline on 1800 66 66 66.

Free. Aware says calls to the Support Line are free of charge; from outside Ireland use +353 1 676 6166, which is not a freephone number. Note: Adults 18+ only, 10am–10pm; volunteers are not counsellors or therapists. For crisis support, Pieta is 24/7.

### NAMI HelpLine — call 1-800-950-NAMI (6264) or text NAMI to 62640, Mon–Fri 10am–10pm ET (United States)

https://www.nami.org/nami-helpline/

**Call 1-800-950-NAMI (6264)** **Text NAMI to 62640**

**Hours:** Monday–Friday, 10:00 AM–10:00 PM ET; closed on federal holidays

WHAT IT DOES

Trained HelpLine Specialists offer one-on-one emotional support, mental-health information and help finding resources for you, your family or friends, by phone, text, email or post. There are specialist services for family caregivers, for teens and young adults (answered by young people with lived experience) and in Spanish (Línea de Ayuda de NAMI).

WHO IT HELPS

Anyone in the US affected by mental-health conditions — people living with them, family members, caregivers and friends.

Free ('a free, confidential nationwide service', as NAMI states). Note: Not a crisis line — NAMI says it is 'not a hot line, crisis line, or suicide prevention line'; in a crisis call or text 988. Weekday hours only.

### Physician Support Line — call 1-888-409-0141, free peer support for physicians and medical students (United States)

https://www.physiciansupportline.com/

**Call 1-888-409-0141**

**Hours:** Mon–Fri 8:00am–11:00pm ET (except federal holidays)

WHAT IT DOES

Volunteer psychiatrists offer free, confidential and anonymous peer support to US physicians and medical students about any personal or professional issue, not only crises. No appointment needed: call 1-888-409-0141.

WHO IT HELPS

Physicians and medical students in the United States.

Free (as the service states). Note: Only for physicians and medical students; weekdays only. Outside these hours, in a crisis call or text 988.

### Kamatsiaqtut Nunavut Helpline — call 1-800-265-3333 or 867-979-3333, 24/7 (Nunavut, Canada)

https://nunavuthelpline.ca/helpline

**Call 1-800-265-3333 (toll-free)** **Call 867-979-3333 (Iqaluit)**

**Hours:** 24 hours a day, every day

WHAT IT DOES

Trained volunteers listen to anyone who needs to talk — about suicidal thoughts or emotional distress, loneliness, problems at home, work or school, or drugs and alcohol — anonymously and confidentially. They help you find your own answers in a safe, non-judging space. Call 1-800-265-3333 (toll-free) or 867-979-3333 in Iqaluit. Family and friends worried about someone can also call.

WHO IT HELPS

Anyone in Nunavut and the North. All volunteers speak English and many speak Inuktitut and French.

Toll-free (the page says the help line is toll-free). Note: Answered by volunteers; the About page says Iqaluit volunteers take calls 6–11 pm and the Distress Centre of Ottawa answers at other times.

### Télé-Accueil — call 107, free and anonymous listening line, 24/7 (Belgium, French-speaking)

https://tele-accueil.be/

**Call 107**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Trained volunteer listeners, supervised by professionals, take turns to answer day and night so anyone who is struggling has someone to talk to, anonymously and confidentially. Call 107 from anywhere in Belgium; the site also offers a chat.

WHO IT HELPS

Anyone in Belgium who needs someone to talk to. The service's website is in French.

Free (as the service states). Note: A volunteer listening service supervised by professionals; not a clinical or emergency service.

### Línea 106 — call 106 free, 24 hours, 7 days, to be listened to and supported (Bogotá, Colombia)

https://www.saludcapital.gov.co/Paginas2/llamanos_Linea106.aspx

**Call 106**

**Hours:** 24 hours a day, 7 days a week (phone); email hours not stated

WHAT IT DOES

A team of professionals from Bogotá's health department listens and gives psychological support and guidance on anything troubling you — including sadness, loneliness, relationships, bullying, sexual abuse, drugs and suicide. Dial 106 from any mobile, landline or Avantel phone, or email linea106@saludcapital.gov.co.

WHO IT HELPS

Children, adolescents and adults of all ages in Bogotá, and carers; the line has separate pages for children, adolescents and carers.

Free from any mobile, landline or Avantel phone (as the service states). Note: A Bogotá city service — the page does not say whether 106 connects from elsewhere in Colombia; a national line could not be confirmed. Spanish.

### 18111 Mental Health Support Hotline (Hong Kong Government) — call or WhatsApp 18111, 24 hours (Hong Kong)

https://www.shallwetalk.hk/en/get-help/mental-health-support-hotline-18111/

**Call 18111**

**Hours:** 24 hours a day, all year round (phone and WhatsApp)

WHAT IT DOES

Government-funded one-stop mental health support line. Dedicated staff answer the phone and WhatsApp 24 hours a day, give immediate support and counselling, and refer callers to the most suitable of about 20 partner organisations. You can also book a callback. Call 18111, or WhatsApp (852) 18111 (texts, photos, audio and video clips; no WhatsApp calls).

WHO IT HELPS

Anyone in Hong Kong of any age or background with mental health needs, and carers. Support in 12 languages: Cantonese, Mandarin, English, Hindi, Nepali, Urdu, Punjabi, Bahasa Indonesia, Tagalog, Vietnamese, Bengali and Thai.

Free service; call costs depend on your phone plan.

### Hjálparsíminn 1717 (Red Cross helpline) — call 1717 or web chat, free and anonymous support, 24/7 (Iceland)

https://www.raudikrossinn.is/verkefni/innanlandsverkefni/heilbrigdi-og-velferd/hjalparsiminn-1717-og-netspjallid/

**Call 1717**

**Hours:** 24 hours, every day of the year (phone and web chat)

WHAT IT DOES

Trained volunteers offer active listening, psychological support and information about services available in Iceland — no problem is too small or too big. Call 1717 or use the web chat on the same page. All conversations are anonymous and confidential.

WHO IT HELPS

Anyone in Iceland who needs someone to talk to or information about where to get help.

Free — you do not even need credit on your phone (as the service states). Note: Not a substitute for professional treatment. For safety reasons 1717 can no longer be called from a hidden number.

### Yorisoi Hotline (よりそいホットライン) — call 0120-279-338, press 2 for foreign languages, 10am–10pm (Japan)

https://www.since2011.net/yorisoi/en/

**Call 0120-279-338** **Call 0120-279-226 (Fukushima)**

**Hours:** Foreign-language service every day 10am–10pm (languages vary by time); hours of the Japanese line are not stated

WHAT IT DOES

A free helpline for any worry about daily life. After the recorded guidance, press 2 for help in English, Tagalog, Korean, Chinese, Spanish, Portuguese, Thai, Vietnamese, Nepali, Indonesian and other languages — about visas, nationality, family, work, discrimination, domestic violence, confinement or human trafficking. The Japanese menu also covers DV, LGBT concerns and people who feel like dying.

WHO IT HELPS

Anyone in Japan, including foreign residents who need help in their own language. 0120-279-226 is the line for callers in Fukushima prefecture.

Free (toll-free number, as the page states). Note: Foreign-language help runs 10am–10pm and the languages available vary by time of day.

### Vilties Linija — call 116 123, free and anonymous emotional support for adults, 24/7 (Lithuania)

https://www.viltieslinija.lt/

**Call 116 123**

**Hours:** 24 hours, 7 days a week

WHAT IT DOES

Professional counsellors and trained volunteers give anonymous emotional support to adults dealing with loneliness, anxiety, relationship problems, depression, addictions, health problems or crisis. Call 116 123 at any time, write to laiskai@viltieslinija.lt (answered within 3 working days) or use the live chat on the site.

WHO IT HELPS

Adults living anywhere in Lithuania.

Free from any network (as the service states). Note: The page does not state which languages are available.

### SOS Détresse — call 45 45 45, free and anonymous listening line, daily 11am–11pm (Luxembourg)

https://454545.lu/notre-offre/telephone/

**Call 45 45 45**

**Hours:** Every day 11am–11pm; Fridays and Saturdays until 3am. English line Wed, Sat and Sun 11am–11pm. Chat Mon and Thu 5pm–9pm

WHAT IT DOES

Trained volunteers listen without judgement to anyone going through a difficult time, anonymously and confidentially; calls are not recorded. Call 45 45 45 (+352 45 45 45 from abroad). Chat and email are also offered, but the service says to phone in a crisis.

WHO IT HELPS

Anyone in Luxembourg who needs to talk. An English-language line runs three days a week.

Free support (as the service states); call costs depend on your phone plan. Note: Not 24/7; you may have to wait to be connected. In an acute emergency call 112.

### Macao Social Welfare Bureau (社會工作局) — 24-hour counselling line 2826 1126 and family violence line 2823 3030 (Macau)

https://www.ias.gov.mo/zh/swb-services/other-services/hotlines

**Call 2826 1126 (counselling)** **Call 2823 3030 (family violence)** **Call 2852 5222 (Caritas Life Hotline)**

**Hours:** 24 hours (all three lines, as listed)

WHAT IT DOES

The Macao Government's welfare bureau runs two 24-hour lines. On the counselling line (2826 1126) social workers or counsellors give immediate emotional support, counselling or guidance to people in distress. On the family violence line (2823 3030) social workers help people who are, or may be, facing domestic violence. The bureau also lists Caritas Macau's 24-hour Life Hotline (2852 5222).

WHO IT HELPS

Anyone in Macau in emotional distress, in despair, or affected by family violence, and their family members. The page (in Chinese) does not state which languages are used.

Free service; call costs depend on your phone plan. Note: The page does not state which languages the lines use (the page is in Chinese).

### Rozan Counseling Help Line — toll-free 0800-22-444, Mon–Fri 9:30am–5pm (Pakistan)

https://rozan.org/rozan-counseling-helpline/

**Call 0800-22-444 (toll-free)** **Call 0304-111-1741**

**Hours:** Monday–Friday 9:30am–5:00pm (Ramadan: 9:30am–3:00pm)

WHAT IT DOES

Confidential, non-judgemental telephone and email counselling about emotional health, sexual and reproductive health, violence against women and girls, and child sexual abuse. Counsellors can refer callers to a trained network of lawyers, psychiatrists, psychologists and doctors in cities including Islamabad, Rawalpindi, Lahore, Karachi and Peshawar.

WHO IT HELPS

Young people, women and children in Pakistan, and since 2010 people of any age and gender.

Toll-free on 0800-22-444; the mobile number 0304-111-1741 is charged at regular rates (as the page states). Note: Weekday office hours only.

### Línea 113 Salud — call 113 free and choose option 5 for mental health and psychology, 24 hours (Peru)

https://www.gob.pe/555-linea-113-salud-recibir-orientacion-e-informacion-en-salud

**Call 113, then option 5** **WhatsApp 955557000**

**Hours:** 24 hours (phone line); WhatsApp, Telegram and email hours not stated

WHAT IT DOES

The Ministry of Health's national health line. Dial 113 from any landline or mobile and choose option 5 (Salud mental y psicología) for mental-health support from its team, which includes psychologists. Other options cover medical advice, SIS health insurance and more. You can also message 955557000 or 952842623 on WhatsApp or Telegram, or email infosalud@minsa.gob.pe.

WHO IT HELPS

Anyone in Peru — the page says the service is for everyone and asks people to use the line responsibly so those who most need it can get through.

Free from any landline or mobile nationwide (as the service states). Note: A health guidance line, not an emergency service — MINSA lists SAMU 106 for medical emergencies; the menu and page are in Spanish.

### National Mental Health Helpline (Hamad Medical Corporation) — call 16000, free, Sun–Thu 8am–6pm (Qatar)

https://www.hamad.qa/EN/Hospitals-and-services/HMC-Mental-Health-Service/Pages/Home1.aspx

**Call 16000**

**Hours:** Sunday–Thursday, 8am–6pm

WHAT IT DOES

Qatar's primary access point for psychological support, treatment and care. Calling 16000 gives free, confidential phone consultations with HMC's Mental Health Service, which runs specialist clinics, outpatient services and community mental health care across Qatar.

WHO IT HELPS

People in Qatar who need mental health support. The page does not state which languages are used.

Free (as the page states). Note: Office hours only (Sunday–Thursday 8am–6pm); not a 24-hour crisis line.

### National Mental Health Helpline 1926 (National Institute of Mental Health) — call 1926 (Sri Lanka)

https://nimh.health.gov.lk/

**Call 1926**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Sri Lanka's National Institute of Mental Health lists 1926 as the National Mental Health Helpline. NIMH is the government mental health institute at Mulleriyawa; its page also lists a separate Dementia Hotline (+94113140844).

WHO IT HELPS

People in Sri Lanka looking for mental health help. The page does not describe the service or its languages.

Free service; call costs depend on your phone plan. Note: The NIMH page gives only the number — it does not state hours, languages or what the line offers.

### Teacher Chang Foundation (張老師) — call 1980 for telephone counselling (Taiwan)

https://www.1980.org.tw/

**Call 1980**

**Hours:** Mon–Sat 9:00–12:00, 14:00–17:00, 18:00–21:30; Sun 9:00–12:00, 14:00–17:00 (local times may vary with staffing)

WHAT IT DOES

Telephone counselling on the short number 1980. Counsellors help callers deal with emotions and everyday adjustment problems and can respond to immediate issues. Email counselling is also offered. The page says free face-to-face counselling is currently paused.

WHO IT HELPS

Anyone in Taiwan who wants to talk through emotional or life difficulties. The page is in Chinese and does not state other languages.

Free service; call costs depend on your phone plan. Note: Not a 24-hour crisis line — set daytime and evening hours only, which may vary by area.

### Línea de apoyo emocional — call 0800 1920, free emotional support line, 24/7 (Uruguay)

https://www.asse.com.uy/home

**Call 0800 1920**

**Hours:** 24 hours, every day

WHAT IT DOES

A free, confidential emotional support line answered by professionals, for when you need to talk. Call 0800 1920. For thoughts of suicide, the suicide prevention line is 0800 0767; for drug use, *1020.

WHO IT HELPS

Anyone in Uruguay who is struggling emotionally and wants to talk to a professional.

Free (the page says 'Gratuita'). Note: Spanish; the pages do not state other languages.

## Domestic & Family Violence, Sexual Assault & Abuse

### 1800RESPECT — call 1800 737 732 or text 0458 737 732, 24/7 domestic, family and sexual violence support (Australia)

https://1800respect.org.au/contact-us

**Call 1800 737 732** **Text 0458 737 732**

**Hours:** 24 hours a day, 7 days a week (phone, text and online chat)

WHAT IT DOES

A counsellor listens and supports you, helps you work out what you can do, and helps you find the right services or support. Call 1800 737 732, text 0458 737 732 or chat online. Interpreter: TIS 13 14 50. National Relay Service: 1800 555 677. If you are in danger now, call 000.

WHO IT HELPS

Anyone in Australia experiencing, or at risk of, domestic, family or sexual violence, and people supporting someone they know. The phone, text and chat services only work from within Australia.

Free to call from a landline, payphone and most mobile phones; some mobile companies charge, so check with your provider. 1800RESPECT is free, but your network may charge for text messages. Note: Works only from within Australia; texting is in English only, and texts and chats are recorded. Call 000 if you are in immediate danger.

### DVConnect Womensline — call 1800 811 811, 24/7 domestic and family violence helpline (Queensland, Australia)

https://www.dvconnect.org/womensline/

**Call 1800 811 811**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Womensline can provide information and referrals, safety planning, specialist crisis counselling, emergency transport, crisis accommodation and more. Call 1800 811 811 at any time. If you are in danger, call 000.

WHO IT HELPS

People in Queensland experiencing domestic and family violence. Non-binary or gender-fluid people can call whichever DVConnect line they feel most comfortable with; men can also call DVConnect Mensline on 1800 600 636.

Free (DVConnect describes Womensline as a free helpline). Note: Queensland only. DVConnect webchat was shown as currently unavailable when checked.

### DVConnect Mensline — call 1800 600 636, 9am–midnight 7 days, for men affected by family violence (Queensland, Australia)

https://www.dvconnect.org/mensline/

**Call 1800 600 636**

**Hours:** 9am – midnight, 7 days

WHAT IT DOES

A free, confidential helpline that can help men find safety or change abusive behaviours, including safety planning for men experiencing abuse and referrals to specialist behaviour change programs. Call 1800 600 636. If you are in danger, call 000.

WHO IT HELPS

Men in Queensland who are using, or experiencing, abuse in intimate partner, ex-partner or family relationships. Non-binary or gender-fluid people can call the DVConnect line they feel most comfortable with.

Free (as DVConnect states). Note: Queensland only, and not 24 hours (9am to midnight).

### Safe Steps Family Violence Response Centre — call 1800 015 188, 24/7 family violence crisis line (Victoria, Australia)

https://safesteps.org.au/contact/

**Call 1800 015 188**

**Hours:** 24/7, every day of the year including public holidays (phone); emails answered as soon as possible; live chat hours not stated

WHAT IT DOES

Victoria's 24/7 family and domestic violence crisis response phone line. Call 1800 015 188, use live chat, or email safesteps@safesteps.org.au and a support worker will reply as soon as possible. You do not need a referral. If you, a child or a family member are threatened or afraid, call 000.

WHO IT HELPS

All people in Victoria experiencing family and domestic violence.

Free (Safe Steps states it is a free service for all people experiencing family and domestic violence). Note: Victoria only; email is not for emergencies.

### NSW Domestic Violence Line — call 1800 65 64 63, 24/7 counselling and referral for women (New South Wales, Australia)

https://dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence/domestic--family-and-sexual-violence-support-contacts/nsw-domestic-violence-line.html

**Call 1800 65 64 63**

**Hours:** Available 24/7 — any time, day or night

WHAT IT DOES

A trained female caseworker listens without blame and can help with counselling and referrals, a safety plan, emergency accommodation and transport for you and your children, AVOs, and dealing with police, courts and lawyers. Call 1800 65 64 63; interpreters available; hearing impaired: NRS 133 677. In danger, call 000.

WHO IT HELPS

Women in NSW experiencing domestic and family violence, including Aboriginal women, women from other cultures and women in rural and remote areas. The page points men to other services.

Free call (as the NSW Government states). Note: For women in New South Wales; men are directed to other services.

### Domestic Violence Crisis Line (Women's Safety Services SA) — call 1800 800 098, 24 hours (South Australia)

https://womenssafetyservices.com.au/contact/

**Call 1800 800 098**

**Hours:** 24 hours

WHAT IT DOES

Phone counselling for domestic and family violence, safety strategies, help to reach safe accommodation for you and your children, and referrals to housing, police, legal, counselling and financial supports. Because of call volumes, you are asked to leave a message rather than stay on hold; a specialist counsellor returns your call at a safe time you nominate. In danger, call 000.

WHO IT HELPS

People in South Australia experiencing domestic and family violence; Women's Safety Services SA supports women and their children.

Free call, 24 hours (as the SA Commissioner for Victims' Rights page states; the operator's page does not mention cost). Note: South Australia only; callers are asked to leave a message for a call-back rather than hold, and the service cannot attend emergencies.

### WA Women's and Men's Domestic Violence Helplines — call 1800 007 339 or 1800 000 599, 24/7 (Western Australia)

https://www.wa.gov.au/organisation/department-of-communities/family-and-domestic-violence-helplines-and-support-services

**Women's line 1800 007 339** **Men's line 1800 000 599**

**Hours:** 24 hours a day, seven days a week (both lines)

WHAT IT DOES

Women's Domestic Violence Helpline (1800 007 339): support for Western Australians, including women with or without children, experiencing family and domestic violence, including referral to women's refuges. Men's Domestic Violence Helpline (1800 000 599): information and referral for men worried about their own violence and for male victims.

WHO IT HELPS

People in Western Australia affected by family and domestic violence. If you need an interpreter, first call TIS on 13 14 50.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Western Australia only; calls are answered by a Department of Communities child protection worker.

### Safe at Home Family Violence Response and Referral Line — call 1800 633 937, 24/7 (Tasmania, Australia)

https://www.safeathome.tas.gov.au/services/police-emergency-services

**Call 1800 633 937**

**Hours:** Available 24 hours a day, 7 days a week

WHAT IT DOES

An information and referral line for family violence. If your safety is at risk, the call is transferred to police radio dispatch for an immediate police response; if not, you are actively transferred to a counselling or support service. Call 1800 633 937. In an emergency call 000.

WHO IT HELPS

Anyone in Tasmania affected by family violence, including people calling about someone they know.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Tasmania only; it is a police-operated referral line rather than a counselling line.

### Domestic Violence Crisis Service (DVCS) — call 02 62 800 900, 24/7 crisis line (ACT, Australia)

https://www.dvcs.org.au/

**Call 02 62 800 900**

**Hours:** 24 hours a day, 365 days a year; if you can't get through, leave a message if it is safe and DVCS will call you back as soon as possible

WHAT IT DOES

A domestic and family violence practitioner listens, assesses any risks and works with you on a safety plan, and can connect you with other ACT services or help you find a safe place to stay in an emergency. You do not need to give your name. Call 02 62 800 900; if you cannot call safely, email crisis@dvcs.org.au. In an emergency call 000.

WHO IT HELPS

Anyone living in the ACT region affected by domestic and family violence — children, young people and adults.

Free (DVCS says it provides free and specialist support). Note: ACT region only; if the line is busy, leave a message (if safe) and DVCS calls back. In an emergency call 000.

### National Disability Abuse and Neglect Hotline — call 1800 880 052 to report abuse or neglect of a person with disability (Australia)

https://www.health.gov.au/topics/disability-and-carers/funding/help-and-support

**Call 1800 880 052**

**Hours:** Hours not stated on the current government page

WHAT IT DOES

A free, independent and confidential service for reporting abuse and neglect of people with disability. The Hotline works with callers to find appropriate ways of dealing with reports of abuse or neglect through referral, information and support. Call 1800 880 052.

WHO IT HELPS

Anyone in Australia who wants to report abuse or neglect of a person with disability — people with disability, family, friends, workers and services.

Free (a free, independent and confidential service, as the department states). Note: Hours are not stated on the current government page (the hotline's own page now redirects); in immediate danger call 000.

### 1800 ELDERHelp elder abuse phone line — call 1800 353 374 to reach your state or territory service (Australia)

https://www.health.gov.au/contacts/elder-abuse-phone-line

**Call 1800 353 374**

**Hours:** Hours vary across states and territories (as the page states)

WHAT IT DOES

A free call number that automatically redirects you to the elder abuse phone service in your state or territory for information and advice on elder abuse. Elder abuse phone lines are not crisis support services, and hours and services vary across states and territories. In an emergency or life-threatening situation, call 000. Call 1800 353 374.

WHO IT HELPS

Anyone in Australia seeking information and advice on elder abuse.

Free call (as the Department of Health, Disability and Ageing states). Note: Not a crisis service; opening hours depend on your state or territory.

### NSW Sexual Violence Helpline (Full Stop Australia) — call 1800 424 017 or webchat, 24/7 (New South Wales, Australia)

https://fullstop.org.au/get-help/nsw-sexual-violence-helpline

**Call 1800 424 017**

**Hours:** 24 hours a day, 7 days a week (phone and webchat)

WHAT IT DOES

Trauma-specialist counsellors give free, confidential counselling and practical support by phone or webchat: information on your rights and options (including reporting to police), safety planning, support while you wait for other services, and referrals to medical, legal and counselling services. Counsellors cannot give legal advice. Call 1800 424 017.

WHO IT HELPS

Anyone of any age impacted by sexual violence in NSW — victim-survivors, supporters and professionals — regardless of visa status or cultural background.

Free ('A free confidential Helpline'). Note: New South Wales only; the site header also shows Full Stop's general number 1800 385 578, but the helpline's own number is 1800 424 017.

### Sexual Assault Helpline (DVConnect) — call 1800 010 120, 7.30am–11.30pm, 7 days (Queensland, Australia)

https://www.dvconnect.org/sexual-assault-helpline/

**Call 1800 010 120**

**Hours:** 7.30am – 11.30pm, 7 days a week

WHAT IT DOES

Specialist counsellors listen, believe you and help with counselling, information, general advice and referrals, including your options for medical care, forensic examination and reporting. Calling does not mean you have to report to police. Family and friends can call too. An interpreter can be arranged, or call TIS on 131 450. If you are in immediate danger or injured, call 000.

WHO IT HELPS

People over 14 who have experienced sexual assault, any gender or sexuality, who are in Queensland (any visa status) or were assaulted there and now live interstate; also family and friends. For a child under 14, parents, carers or professionals can call.

Free ('Queensland's dedicated free helpline'). Note: Queensland only; for people over 14 (parents, carers or professionals can call about a younger child); not 24/7 (7.30am–11.30pm); webchat showed 'Currently Unavailable' when checked.

### Sexual Assault Crisis Line (SACL) — call 1800 806 292, 24/7 counselling support (Victoria, Australia)

https://www.sacl.com.au/

**Call 1800 806 292** **After-hours crisis: 1800 577 011**

**Hours:** 1800 806 292: '24/7 counselling support'. SACL itself runs 5pm–9am weekdays and 24 hours on weekends and public holidays; in business hours you are directed to your local CASA. 1800 577 011: 5pm–9am weekdays, 24 hours weekends and public holidays

WHAT IT DOES

Trained counsellor/advocates give confidential phone crisis counselling, information and referrals after past or recent sexual assault; you can stay anonymous. After a recent assault SACL coordinates the after-hours crisis care response, including help to get a forensic medical exam and advocacy with police and doctors. 1800 577 011 is for recent assaults, police and health professionals.

WHO IT HELPS

Anyone in Victoria affected by sexual assault or abuse, recently or many years ago, of any gender, sexuality or background; also parents, partners, family, friends and professionals supporting someone.

'The 1800 number is a free-call from landlines, but not from a mobile'; from a mobile you can ask the worker to call you back. Note: Victoria only; SACL is an after-hours service (business-hours calls go to your local Centre Against Sexual Assault), and 1800 calls are not free from mobiles.

### Yarrow Place Rape and Sexual Assault Service — call 1800 817 421, 24/7 after a recent assault (South Australia)

https://www.wchn.sa.gov.au/our-network/yarrow-place

**Call 1800 817 421**

**Hours:** 24/7 for urgent enquiries after a recent sexual assault (up to 10 days); non-urgent enquiries Monday–Friday, 9am–5pm

WHAT IT DOES

South Australia's lead health agency for sexual assault. After a recent assault (up to 10 days), call any time for a 24-hour response: support from a social worker, medical care by a doctor or nurse, and collection of forensic evidence if you are considering legal action. Trauma counselling and advocacy are also offered. Appointments are needed before visiting. In an emergency, call 000.

WHO IT HELPS

Anyone living in South Australia who was aged 16 or over at the time of the rape or sexual assault, of any gender, and their support people.

Free ('free, gender inclusive, confidential support'); 1800 817 421 is 'Toll-free in SA'. Note: South Australia only, for people aged 16+ at the time of the assault; the 24/7 line is for assaults within the last 10 days.

### Sexual Assault Resource Centre (SARC) — call 1800 199 888 or (08) 6458 1828, 24/7 after a recent assault (Western Australia)

https://www.kemh.health.wa.gov.au/Other-Services/SARC

**Freecall 1800 199 888 (landlines)** **Call (08) 6458 1828**

**Hours:** Crisis Line: 24 hours, 7 days for recent sexual assaults (last 2 weeks); crisis counselling 8.30am to 11pm, 7 days. Counselling appointment requests: 8.30am to 4.30pm on (08) 6458 1828

WHAT IT DOES

A free service in Perth. After a sexual assault in the last two weeks, call the 24-hour Crisis Line for crisis counselling and, for people in Perth and Peel, crisis medical care and forensic evidence collection by SARC doctors. SARC is not connected to the police and respects your decision about reporting. It also offers counselling for recent or past sexual assault or abuse (waitlist may apply).

WHO IT HELPS

People of all sexualities and gender identities aged 13 and over. Crisis medical care is for people living in Perth and Peel; people in regional WA are advised to see a local doctor or hospital.

Free service; 1800 199 888 is 'freecall from landlines'. Note: Western Australia; in-person crisis care is for Perth and Peel residents, the 24-hour line is for assaults in the last two weeks, and it is for ages 13+.

### Sexual Assault Support Service (SASS) — call 1800 697 877, 24/7 crisis helpline (Tasmania, Australia)

https://www.sass.org.au/contact

**Call 1800 697 877** **Non-urgent: 03 6231 0044**

**Hours:** 24/7 helpline; outside business hours a messaging centre takes your details and a counsellor calls back within 15 minutes. Office: 9am to 5pm Monday to Friday

WHAT IT DOES

Confidential crisis support, guidance and a listening ear for anyone affected by sexual violence. Outside business hours a messaging centre asks for a name (first name only or anonymous is fine) and number, and a SASS counsellor calls you back within 15 minutes. If the violence happened in the past seven days, call 1800 697 877 for urgent support. In immediate danger, call 000.

WHO IT HELPS

Adults, children and families in Tasmania affected by sexual violence, and the friends and family supporting them.

Free and confidential service (SASS); the page does not state call costs, so they depend on your phone plan. Note: Tasmania; after hours it is a call-back service through a messaging centre (counsellor rings back within 15 minutes).

### Canberra Rape Crisis Centre — call (02) 6247 2525, 7am–11pm every day (ACT, Australia)

https://crcc.org.au/our-services/crisis-support/

**Call (02) 6247 2525**

**Hours:** 7am to 11pm, every day of the week, including weekends and public holidays

WHAT IT DOES

One call connects you to free, confidential support from professional counsellors who are experts in sexual violence. They support you in the moment, help you work out what to do next, and handle intake for CRCC counselling, SAMSSA (for male-identifying survivors), ISVA and police-reporting support. If busy, leave a name and number. Outside hours the page points to 1800RESPECT and Lifeline (13 11 14).

WHO IT HELPS

Anyone impacted by sexual violence, recently or in the past — people of all genders; adults, young people and children — plus family, partners, friends, witnesses and professionals, in the ACT and surrounds.

Free ('all crisis and clinical services are completely free of charge'); it is an ordinary Canberra (02) number, so call costs depend on your phone plan. Note: ACT and surrounds; not 24/7 (7am–11pm), and at busy times you may need to leave a message for a call-back.

### Sexual Assault Referral Centres — Darwin 08 8922 6472 or Alice Springs 08 8955 4500, 24 hours (Northern Territory, Australia)

https://nt.gov.au/wellbeing/hospitals-health-services/sexual-assault-referral-centres

**Darwin: 08 8922 6472  Alice Springs: 08 8955 4500  Katherine: 08 8973 8524  Tennant Creek: 08 8962 4361**

**Hours:** Darwin and Alice Springs: 24 hours a day for recent incidents of sexual assault. Katherine and Tennant Creek: hours not stated on the service's page

WHAT IT DOES

NT Government centres offering counselling for adults and children sexually assaulted at any time in their life, support for non-offending parents, family and partners, and support through legal processes. Darwin and Alice Springs also give 24-hour medical help after a recent assault, including STI and pregnancy prevention, forensic evidence collection and drug screening where drink spiking is suspected.

WHO IT HELPS

Adults and children in the Northern Territory affected by sexual assault, and their non-offending parents, family members and partners.

The page does not state cost; these are ordinary 08 numbers, so call costs depend on your phone plan. Note: Four regional centres, not one helpline: only Darwin and Alice Springs are stated as 24-hour and the page does not mention cost; 1800RESPECT covers the whole NT.

### Men's Referral Service (No to Violence) — call 1300 766 491 or chat online, 24/7 (Australia)

https://mrs.org.au/about/about-mrs/

**Call 1300 766 491**

**Hours:** 24 hours, 7 days a week (phone and online chat)

WHAT IT DOES

A national counselling, information and referral service for men who have used abusive or controlling behaviour, or are at risk of using violence, and want to change. Counsellors listen with respect, offer short-term strategies and refer you to local services. You can stay anonymous. Call 1300 766 491 or chat online.

WHO IT HELPS

Men using or at risk of using family violence; family members affected by a man's abusive behaviour; friends, colleagues and professionals supporting someone.

Free and confidential (as the service states).

### Blue Knot Helpline — call 1300 657 380 (press 1), counselling for adult survivors of childhood trauma, 9am–5pm daily (Australia)

https://blueknot.org.au/survivors/blue-knot-helpline/

**Call 1300 657 380, press 1**

**Hours:** 9am–5pm AEST/AEDT, 7 days a week (including public holidays)

WHAT IT DOES

Trauma-specialist counsellors give brief, single-session phone counselling (one session a week), information, support and referrals for adults living with complex trauma from abuse in childhood, and for people supporting them. Email and webchat give information and referral only. Press 2 instead for the Redress Support Service. Call 1300 657 380.

WHO IT HELPS

Adults affected by complex trauma from abuse in childhood, and partners, family, friends and professionals supporting them.

Free (Blue Knot says Helpline sessions are free of charge); calls to 1300 numbers may cost a little from some landlines or mobile plans, as its FAQ explains. Note: Not a crisis service (Blue Knot directs crisis calls to Lifeline 13 11 14 or 000); calls are recorded unless you opt out; no voicemail.

### Bravehearts Information & Support Line — call 1800 272 831 about child sexual abuse, weekdays (Australia)

https://bravehearts.org.au/get-help/information-support-line/

**Call 1800 272 831**

**Hours:** 8:30am to 4:30pm, Monday to Friday AEST (hours may vary on public holidays)

WHAT IT DOES

Specially trained operators give advice and help about child sexual abuse, including what to do if your child or someone you know has disclosed abuse and how to report concerns to police or child protection, and give information about Bravehearts and other support services. Call 1800 272 831; NRS users can ask for this number.

WHO IT HELPS

Anyone seeking advice or help about child sexual abuse, including parents and carers whose child has disclosed abuse.

Toll-free (the service describes it as a toll-free phone service). Note: Weekday business hours only; if a child is in immediate danger call 000; after hours the page lists Kids Helpline, Lifeline and 13YARN.

### Full Stop Australia — call 1800 FULL STOP (1800 385 578); Rainbow line 1800 497 212, 24/7 (Australia)

https://fullstop.org.au/get-help/our-services

**Call 1800 FULL STOP (1800 385 578)** **Rainbow line (LGBTQ+): 1800 497 212** **Redress support: 1800 211 028**

**Hours:** 24/7 (all three national lines)

WHAT IT DOES

Trauma-specialist counsellors give phone support, information and referral on the impacts of sexual, domestic or family violence, reporting and safety planning. The Rainbow Sexual, Domestic and Family Violence Helpline (1800 497 212) is for LGBTQ+ people; the National Sexual Abuse and Redress Support Service (1800 211 028) supports adults sexually abused in childhood who are involved in the National Redress Scheme.

WHO IT HELPS

Anyone in Australia affected by sexual, domestic or family violence, and their supporters; the Rainbow line is for LGBTQ+ communities and people supporting them.

Free and confidential (as the service states).

### Women's Refuge Crisisline — call 0800 733 843 (0800 REFUGE), 24 hours (New Zealand)

https://womensrefuge.org.nz/

**Call 0800 REFUGE (0800 733 843)**

**Hours:** 24 hours ('24hr crisis-line')

WHAT IT DOES

The free Crisisline connects women experiencing family violence with Women's Refuge, whose 41 refuges around the country provide support, information and safe housing for women and children. Call 0800 REFUGE (0800 733 843). If your situation is urgent, you can also phone 111.

WHO IT HELPS

Women, young people and children experiencing family violence or abuse anywhere in New Zealand.

Free ('our free Crisisline').

### Shine domestic abuse helpline — call 0508 744 633 or chat online, 24/7 (New Zealand)

https://2shine.org.nz/what-we-do/shine-helpline

**Call 0508 744 633**

**Hours:** 24 hours a day, seven days a week (phone and live webchat)

WHAT IT DOES

Trained professionals give free, confidential family violence support, information and referrals by phone or live webchat, any time; interpreters and NZ Relay are available. Call 0508 744 633 or chat online. If you're in danger, call 111 and ask for Police; if it's unsafe to speak, push 55 on a mobile.

WHO IT HELPS

Anyone in New Zealand feeling controlled or abused by a partner, ex-partner or family member, anyone worried about someone else, and anyone concerned about their own harmful behaviour — of any gender, age or culture.

Free ('0508 744 633 (free from any phone in New Zealand)'; 'Our helpline is free').

### Safe to talk sexual harm helpline — call 0800 044 334 or text 4334, 24/7 (New Zealand)

https://www.safetotalk.nz/

**Call 0800 044 334** **Text 4334**

**Hours:** 24/7

WHAT IT DOES

Trained specialists give free, confidential, non-judgemental support to anyone affected by sexual harm, by phone, text, webchat or email, day or night. They can also explain how free therapy may be available through ACC's Sensitive Claims Service. Call 0800 044 334 or text 4334. If this is an emergency, call 111.

WHO IT HELPS

Anyone affected by sexual harm — survivors, people helping someone else, family, friends and whānau, and people worried about their own sexually harmful thoughts or behaviour.

Free ('24/7. Confidential. Free.'; 'phone us toll free').

### Are You OK family violence helpline — call 0800 456 450 or chat with a specialist, 24/7 (New Zealand)

https://www.areyouok.org.nz/

**Call 0800 456 450**

**Hours:** 24/7 (helpline and live chat)

WHAT IT DOES

A family violence specialist talks with you about your next steps, or about whether what you or someone else is experiencing is family violence. Call 0800 456 450 or start a webchat on the website, which also has a finder for support services in your area.

WHO IT HELPS

Anyone worried about safety in a relationship, people worried about someone they know, and people worried they are frightening or hurting others.

Free ('Services are free and the helpline and chat are available 24/7').

### Elder Abuse Response Service — call 0800 32 668 65 or text 5032, 24 hours (New Zealand)

https://www.officeforseniors.govt.nz/our-work/raising-awareness-of-elder-abuse/elder-abuse-response-service

**Call 0800 32 668 65** **Text 5032**

**Hours:** 24 hours a day

WHAT IT DOES

A trained coordinator who works in your region answers and, with your consent, assesses your situation, works with you on safety and liaises with police, health providers, lawyers, banks and government agencies. Call 0800 32 668 65, text 5032 or email support@elderabuse.nz. In immediate danger, call 111 and ask for Police.

WHO IT HELPS

Older people in New Zealand who are worried about how they are being treated, or who feel scared, frightened or at risk of abuse or neglect.

Free ('a free, confidential 24-hour helpline').

### Oranga Tamariki — worried about a child? Call 0508 326 459, free 24/7 (New Zealand)

https://www.ot.govt.nz/worried-about-a-child-tell-us/

**Call 0508 326 459**

**Hours:** 24/7 ('Call us free 24/7')

WHAT IT DOES

A social worker listens to your worries about a child or young person — even if you are not sure abuse is happening — records what you have seen or heard, and decides the next steps to support the child and their whānau. Call 0508 326 459 or report online. If a child is in immediate danger, call Police on 111.

WHO IT HELPS

Anyone worried about a child or young person. Children and young people can call themselves if an adult is hurting them, or if a parent or sibling is being hurt.

Free ('Call us free 24/7').

### Victim Support — call 0800 842 846 (0800 VICTIM), 24/7, after crime, trauma or sudden death (New Zealand)

https://www.victimsupport.org.nz/contact-us/our-contact-details

**Call 0800 VICTIM (0800 842 846)**

**Hours:** 24/7

WHAT IT DOES

The Contact Service asks some basic information about your situation and connects you with the support you need after a crime or traumatic event — including family harm, sexual violence, homicide and other sudden deaths — and with practical matters such as the coronial process. Call 0800 VICTIM (0800 842 846). In immediate danger, call 111.

WHO IT HELPS

People directly affected by crime and traumatic events anywhere in New Zealand, including their whānau and witnesses.

Free ('Free, nationwide support for people affected by crime and traumatic events').

### Shakti crisis line for migrant and refugee women — call 0800 SHAKTI (0800 742 584), 24/7, multilingual (New Zealand)

https://www.shakti.org.nz/

**Call 0800 SHAKTI (742 584)**

**Hours:** 24/7

WHAT IT DOES

A free, confidential crisis line for migrant and refugee women facing domestic or family violence, answered in several Asian, Middle Eastern and African languages as well as English. Shakti can also arrange safe housing, advocacy (e.g. with WINZ, health and housing) and counselling. Call 0800 742 584; in immediate danger call 111.

WHO IT HELPS

Women of Asian, African and Middle Eastern backgrounds anywhere in New Zealand, and their children, who are experiencing domestic violence.

Free. The page calls it a 'free Crisisline' and 'national toll-free'. Note: Only for women of Asian, African and Middle Eastern backgrounds (migrant and refugee women) and their children; in immediate danger call 111.

### National Domestic Abuse Helpline (Refuge) — freephone 0808 2000 247, 24/7 (UK)

https://www.nationaldahelpline.org.uk/

**Call 0808 2000 247**

**Hours:** Phone 24 hours a day, 365 days a year; live chat Mon–Fri 10am–10pm and 10am–6pm at weekends; BSL Mon–Fri 10am–6pm

WHAT IT DOES

Highly trained, female advisers give confidential support, safety planning and information on your rights and options, and can help you find a refuge place or other specialist services – in many languages, 24 hours a day. Live chat offers emotional support and information but cannot make refuge referrals: call 0808 2000 247 for that.

WHO IT HELPS

Women experiencing domestic abuse, whether physical or not, and people supporting a survivor.

Free ('Call for free and in confidence, 24 hours a day').

### Men's Advice Line — freephone 0808 8010327, weekdays, for male victims of domestic abuse (UK)

https://mensadviceline.org.uk/contact-us/

**Call 0808 8010327**

**Hours:** Phone Monday–Friday 10am–5pm; webchat Monday–Friday 9am–10am

WHAT IT DOES

Advisors give confidential support and advice to men experiencing domestic abuse, and to friends and family supporting them. Calls don't appear on itemised bills; Relay UK users can call through the Relay UK service.

WHO IT HELPS

Male victims of domestic abuse in the UK, and people concerned about them.

Free from UK landlines and mobiles and BT payphones; calls don't appear on itemised bills. Note: Weekday daytime hours only. If you are in immediate danger, call 999.

### Respect Phoneline — freephone 0808 8024040, weekdays, for people worried about their own abusive behaviour (UK)

https://respectphoneline.org.uk/

**Call 0808 8024040**

**Hours:** Phone Mon–Fri 10am–5pm; webchat Mon–Fri 9am–10am

WHAT IT DOES

Confidential, non-judgemental support to help you understand harmful behaviour in your relationships and take the next step to change. Advisers have honest conversations about your use of violence and abuse and help you explore options for support. Friends, family and frontline workers can also get advice.

WHO IT HELPS

People who are using, or worried they may be using, abuse towards a partner or family member and want to change.

Free to call; calls don't appear on itemised bills. Note: This line is for people using abuse, not victims – victims can call the National Domestic Abuse Helpline (0808 2000 247) or the Men's Advice Line (0808 8010327).

### Scotland's Domestic Abuse and Forced Marriage Helpline — call 0800 027 1234, 24/7 (Scotland)

https://www.sdafmh.org.uk/en/

**Call 0800 027 1234** **Text or WhatsApp 07401288595**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Trained specialists listen and believe you without judgement, and give emotional support, information about domestic abuse and forced marriage, crisis intervention, practical help such as housing support, and referrals to other agencies. Interpreters on request; BSL via Contact Scotland BSL; text relay such as Relay UK.

WHO IT HELPS

Anyone in Scotland experiencing domestic abuse or forced marriage, and their family, friends, colleagues and the professionals supporting them.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Scotland. If you are in immediate danger, phone 999.

### Live Fear Free Helpline — call 0808 80 10 800, text, chat or email, 24/7 (Wales)

https://www.gov.wales/live-fear-free/contact-live-fear-free

**Call 0808 80 10 800** **Text 07860077333**

**Hours:** 24 hours a day, 7 days a week (phone, text, email and live chat)

WHAT IT DOES

Highly experienced, fully trained staff listen, believe you and give confidential help and support on domestic abuse and sexual violence – including safety planning, referral to emergency safe accommodation and to local support services. You will not be judged or blamed. Calls are welcomed in Welsh.

WHO IT HELPS

Anyone experiencing domestic abuse or sexual violence, anyone worried about someone (friend, family member or colleague), and practitioners seeking advice.

Free: 'free of charge by phone, online chat, text or email' and the number won't show on phone bills – but texts are charged at your standard network rate and some mobile networks may charge for calls (as GOV.WALES states). Note: Run for Wales; texts, and calls from some mobile networks, may cost. If you are in immediate danger, call 999.

### Domestic and Sexual Abuse Helpline — call 0808 802 1414, chat or email, 24/7 (Northern Ireland)

https://dsahelpline.org/

**Call 0808 802 1414**

**Hours:** 24/7, 365 days a year (phone and live chat)

WHAT IT DOES

Trained helpline staff give free, confidential information, advice and support to anyone affected by domestic or sexual abuse, and to people worried about someone. If it isn't safe to call, you can email or use webchat, or ask someone you trust to contact the helpline for you. A translation service can be arranged.

WHO IT HELPS

Anyone aged 18+ in Northern Ireland affected by domestic or sexual abuse.

Free ('Call us for FREE'; 'We offer completely free and accessible support'). Note: Ages 18+ only; Northern Ireland. Under-18s can call Childline (0800 1111); in immediate danger call 999.

### Rape Crisis 24/7 Rape and Sexual Abuse Support Line — call 0808 500 2222 or chat, 24/7 (England and Wales)

https://247sexualabusesupport.org.uk/

**Call 0808 500 2222**

**Hours:** 24 hours a day, seven days a week, all year round

WHAT IT DOES

A specialist team gives free, confidential emotional support by phone or online chat (chats up to 45 minutes) to anyone affected by rape, child sexual abuse, sexual assault, sexual harassment or any other sexual violence, at any time in their life. BSL interpretation and other languages available.

WHO IT HELPS

Anyone of any gender aged 16 or over living in England or Wales; under-16s and people elsewhere are pointed to other services.

Free ('Call free on 0808 500 2222'; 'free online chat'). Note: Not an emergency service – if you feel unsafe or need urgent medical help, call 999. Ages 16+, England and Wales.

### Rape Crisis Scotland Helpline — call 08088 01 03 02, text, email or webchat, 5pm–midnight every day (Scotland)

https://www.rapecrisisscotland.org.uk/help-helpline/

**Call 08088 01 03 02** **Text 07537 410 027**

**Hours:** Every day, 5pm–midnight

WHAT IT DOES

Confidential short-term, crisis and initial support by phone, text, email and webchat for anyone affected by sexual violence, whatever happened and however long ago – you don't have to talk about anything you don't want to. Free language interpreters, including British Sign Language. Emails answered within 4 days.

WHO IT HELPS

People of all genders aged 13+ living in Scotland, and their family, friends and supporters.

Phone, email and webchat free; texts charged at your normal network rate; calls don't show on your bill. Note: Evenings only (5pm–midnight); Scotland only; texts may cost.

### NSPCC Helpline — call 0808 800 5000 or email if you're worried about a child (UK)

https://www.nspcc.org.uk/about-us/our-services/nspcc-helpline/

**Call 0808 800 5000**

**Hours:** Phone 10am–4pm, Monday to Friday; email 11am–4pm, seven days a week; BSL via SignVideo Mon–Fri 8am–8pm, Sat–Sun 9am–6pm

WHAT IT DOES

Help for adults concerned about a child – it doesn't have to be an emergency. A call handler asks a few questions, then a child protection specialist listens, advises and, if needed, makes a report and shares information with social services. BSL users can contact the helpline through SignVideo. Emails sent when the service is closed won't be received.

WHO IT HELPS

Adults who are concerned about a child.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Limited hours (phone weekdays 10am–4pm). If you haven't had a response and your concerns for a child's safety increase, contact the police (999) or local Children's Services directly, as the NSPCC advises.

### Seniors Abuse & Information Line (SAIL) — call 1-866-437-1940 or 604-437-1940, weekdays (British Columbia, Canada)

https://seniorsfirstbc.ca/programs/sail/

**Call 1-866-437-1940 (toll-free)** **Call 604-437-1940 (Lower Mainland)**

**Hours:** Until further notice: weekdays 8:00 a.m. to 4:30 p.m. (usual hours Monday to Friday 8am to 8pm), excluding statutory holidays

WHAT IT DOES

A confidential line where older adults and those who care about them can speak to a professional intake worker about abuse, mistreatment, neglect and other issues affecting an older person's health and well-being. Workers give information and referrals, help with reporting abuse, and make follow-up calls to callers at risk. Lower Mainland: 604-437-1940; elsewhere: 1-866-437-1940.

WHO IT HELPS

Older adults in B.C. and the people who care about them. Interpretation is available, including for people who are Deaf, hard of hearing or have a speech impairment.

Free service; call costs depend on your phone plan. Note: Reduced weekday daytime hours until further notice; you can press 2 to leave a voicemail for a callback.

### Hourglass helpline — call 0808 808 8141 or free text 078 6005 2906, 24/7, abuse of older people (UK)

https://wearehourglass.org/contact-us

**Call 0808 808 8141** **Text 078 6005 2906**

**Hours:** 24 hours, 7 days (helpline; the site shows '247 Helpline' and calls it a 'free-to-call 24/7 helpline'); text hours not stated

WHAT IT DOES

The helpline team gives support and advice to anyone affected by the harm or abuse of an older person — whether the older person feels threatened or unsafe at home, or a friend or relative is worried about a loved one. Call 0808 808 8141 or send a free text to 078 6005 2906.

WHO IT HELPS

Older people who feel threatened or unsafe, or are experiencing harm or abuse, and friends or family members concerned about an older person, anywhere in the UK.

Free (the site calls it a 'free-to-call 24/7 helpline' and shows 'Free text 078 6005 2906'). Note: Not an emergency service — call 999 if someone is in immediate danger.

### Karma Nirvana national Honour Based Abuse helpline — call 0800 5999 247, weekdays (UK)

https://karmanirvana.org.uk/get-help/helpline/

**Call 0800 5999 247**

**Hours:** Mon–Fri 9am–5pm

WHAT IT DOES

Helpline staff listen and help anyone affected by honour-based abuse or forced marriage: they explain what services are available, help find safe temporary accommodation, plan for safety, and advise on divorce or injunctions. Call 0800 5999 247. In an emergency, call 999.

WHO IT HELPS

Anyone affected by honour-based abuse or forced marriage — the page says 'We are here for everyone, regardless of age, gender, sexuality or faith' — and statutory and voluntary sector professionals.

Free (the page says 'Free / 0800 5999 247'). Note: Weekday office hours only and not an emergency service — call 999 if you are in danger.

### National Stalking Helpline (Suzy Lamplugh Trust) — freephone 0808 802 0300, weekdays (England and Wales)

https://www.suzylamplugh.org/how-can-the-helpline-help

**Call 0808 802 0300**

**Hours:** Mon and Wed 9:30am–8pm; Tue, Thu and Fri 9:30am–4pm

WHAT IT DOES

Advocates give practical information, support and advice on risk, safety planning and the law. Some callers are offered advocacy: help to get the police to investigate and collect evidence, risk assessment and safety plans, and speaking up for you with police, housing or employers. Call 0808 802 0300 (press 1 for the national service, 2 for London).

WHO IT HELPS

Victims of stalking in England and Wales, and their friends, family and the professionals supporting them.

Free (freephone, as the page states). Note: England and Wales only, set hours, and not an emergency service — call 999 if you are in danger.

### Revenge Porn Helpline — call 0345 6000 459 or email, weekdays, intimate image abuse (UK)

https://revengepornhelpline.org.uk/how-can-we-help/how-to-get-in-touch/

**Call 0345 6000 459**

**Hours:** Mon–Fri 10am–4pm, excluding bank holidays

WHAT IT DOES

Helpline staff advise and support adults whose intimate images have been shared without consent, or who are being threatened with this (including sextortion, voyeurism and deepfakes), and help with getting content reported and removed. Call 0345 6000 459, email help@revengepornhelpline.org.uk, or ask for a call back.

WHO IT HELPS

Adults (18+) in the UK experiencing intimate image abuse. Under-18s are pointed to other services on the site.

Free service. The page says calls cost the same as standard 01/02 landline numbers and are included in inclusive landline minutes; there is no call queue. Note: Adults only, weekdays only; an automated chatbot (Reiya) gives 24/7 advice but is not a person.

### NAPAC support line — call 0808 801 0331 for adult survivors of childhood abuse, Mon–Fri (UK)

https://napac.org.uk/calling-our-support-line/

**Call 0808 801 0331**

**Hours:** Mon–Thu 10am–9pm; Fri 10am–6pm; closed Sat and Sun

WHAT IT DOES

Trained volunteers and staff offer up to 30 minutes of supportive, non-judgemental listening about any abuse-related issue — memories, triggers, coping, recovery — and signpost to longer-term help such as therapy. Call 0808 801 0331 or email support@napac.org.uk. It is a small team, so try different times if you cannot get through.

WHO IT HELPS

Survivors living in the UK who are over 18 and were abused in childhood (any type of abuse), and supporters of survivors, including professionals.

Free (the page calls it a 'free, confidential support line'). Note: Not therapy, counselling or ongoing support; no call-backs; calls last up to 30 minutes and it is a small team, so lines can be busy.

### The Survivors Trust helpline — call 0808 801 0818, 7 days, rape and sexual abuse support, ages 16+ (UK)

https://thesurvivorstrust.org/our-helpline/

**Call 0808 801 0818**

**Hours:** Mon–Thu 10am–12.30pm, 1.30pm–3pm and 6pm–8pm; Fri 10am–12.30pm and 1.30pm–3pm; Sat 10am–12.30pm; Sun 6pm–8pm; bank holidays 10am–12.30pm

WHAT IT DOES

Specially trained helpline workers listen and give you time and space to talk, no matter when the abuse happened. Call 0808 801 0818; when it is busy or closed you can leave a voicemail for a call back. Outside these hours the page points to the 24/7 Rape and Sexual Abuse Support Line (0808 500 2222) and Samaritans (116 123).

WHO IT HELPS

Survivors of rape, sexual abuse or sexual violence aged 16 and over, plus their supporters and professionals; an inclusive service for everyone.

Free (the page calls it a 'free, confidential helpline'). Note: Ages 16+; set sessions each day, not a 24-hour line; voicemail call-backs aim to be within 5 working days.

### Stop It Now helpline — call 0808 1000 900 if worried about child sexual abuse, weekdays (UK)

https://www.stopitnow.org.uk/helpline/

**Call 0808 1000 900**

**Hours:** Phone Mon–Thu 9am–9pm, Fri 9am–5pm, closed weekends; live chat has shorter set times listed on the page

WHAT IT DOES

Advisors give anonymous, confidential support and advice to anyone with concerns about child sexual abuse — about someone else's behaviour, a child, or their own thoughts or behaviour — and help callers take steps that protect children. Caller numbers are hidden from advisors. Call 0808 1000 900; interpreters are available in 200+ languages.

WHO IT HELPS

Anyone concerned about the safety of children: parents, carers, friends and family, survivors, professionals, and people worried about their own sexual thoughts or behaviour towards children.

Free (the page says the helpline is 'free and available to anyone concerned about the safety of children'). Note: Not an emergency service: if a child is in immediate danger, call 999. Weekdays only; first calls are limited to 45 minutes.

### ManKind Initiative helpline — freephone 0808 800 1170 for male victims of domestic abuse, weekdays (UK)

https://mankind.org.uk/contact-us/

**Call 0808 800 1170** **Call 01823 334 244**

**Hours:** Mon–Fri 10am–4pm, excluding bank holidays

WHAT IT DOES

A confidential national helpline run by a charity that supports male victims of domestic abuse. Call freephone 0808 800 1170 (it does not show on your bill), or 01823 334 244 if you have inclusive minutes. Support is not given by email.

WHO IT HELPS

Men who are victims or survivors of domestic abuse; the charity calls it its national helpline.

Free on 0808 800 1170 ('FREEPHONE (will not show on your bills)'); 01823 334 244 is a normal geographic number for people with inclusive minutes. Note: Weekday daytime only and not an emergency service — call 999 in an emergency.

### Women's Aid National Freephone Helpline — call 1800 341 900, 24 hours, 7 days (Ireland)

https://www.womensaid.ie/get-help/talk-to-us/

**Call 1800 341 900**

**Hours:** 24 hours a day, 7 days a week (phone); instant message Mon–Fri 10am–10pm, Sat 12pm–3pm and 7pm–10pm, Sun 11am–1pm and 7pm–10pm

WHAT IT DOES

A free, confidential and non-judgmental helpline for women subjected to domestic abuse, including coercive control and stalking, by a current or former partner. If you can't speak when you call, they will still listen and support you when you are ready. Support is available in 240 languages. Call 1800 341 900.

WHO IT HELPS

Anyone over 18 who feels they have experienced domestic abuse, people worried someone they know is being abused, and professionals supporting them. Instant message is for users in the Republic of Ireland only.

Free. If a mobile network charges you, tell the support worker and they will call you back if it is safe (as Women's Aid states).

### Men's Aid National Confidential Helpline — call 01 554 3811 for men experiencing domestic abuse (Ireland)

https://www.mensaid.ie/national-helpline/

**Call 01 554 3811**

**Hours:** Monday – Friday: 9am – 5pm

WHAT IT DOES

Support workers offer a safe, confidential space where men experiencing domestic violence or coercive control are listened to, believed and supported. You don't have to give your name. The helpline is the first point of contact for other Men's Aid services. Call 01 554 3811 or email hello@mensaid.ie.

WHO IT HELPS

Men, and their families, experiencing domestic violence and coercive control anywhere in Ireland.

Free service; call costs depend on your phone plan. Note: Weekday office hours only; if you are in danger call 112 or 999.

### Dublin Rape Crisis Centre National 24-Hour Helpline — freephone 1800 77 8888, 24/7 (Ireland)

https://www.drcc.ie/services/helpline/

**Call 1800 77 8888  Text 086-8238443 (Deaf/hard of hearing)**

**Hours:** 24 hours a day, 365 days a year (phone); webchat Mon–Fri 10am–5pm (excluding bank holidays) plus Tue and Wed 0:00–3:00; Deaf/hard-of-hearing text service Mon–Fri 9am–6pm; email answered in office hours

WHAT IT DOES

Telephone counsellors listen and offer support and information to anyone who has been raped, sexually assaulted, sexually harassed or sexually abused at any time in their life, and to family, friends and professionals. Calls are not recorded. Phone interpreting in more than 240 languages is available at set times. Call 1800 77 8888.

WHO IT HELPS

Anyone in Ireland affected by sexual violence, recent or in the past, and people supporting them. Webchat is for adults over 18; under-18s are helped and pointed to youth services.

Free. DRCC describes a free and confidential freephone listening and support service.

### One in Four Support Line — call 01 662 4070 (adult survivors of child sexual abuse), weekdays (Ireland)

https://oneinfour.ie/contact-us/

**Call 01 662 4070**

**Hours:** Monday – Friday: 9:30am – 5:30pm

WHAT IT DOES

You can call simply to ask a question or explore support, without sharing your whole story. One in Four offers confidential support, counselling and group therapy, help with reporting abuse, Garda contact and court, and support for family members. For your safety it only takes inbound calls and does not ring out unless arranged. Call 01 662 4070.

WHO IT HELPS

Adults in Ireland who were sexually abused as children, and their partners, parents, siblings and other family members.

Free service; call costs depend on your phone plan. Note: Weekday office hours only; it does not ring callers back unless this has been arranged with you.

### Ruhama — freephone 1800 020202 or text REACH to 50100 (women affected by prostitution and sex trafficking) (Ireland)

https://www.ruhama.ie/contact/

**Call 1800 020202** **Text REACH to 50100** **From abroad (+353) 1 836 0292**

**Hours:** Office hours, 9am to 5pm (days not stated); texts get a reply and call-back as soon as possible

WHAT IT DOES

A free, confidential service for women who are or have been involved in prostitution or sexually exploited through trafficking: emotional support, help to exit, legal and immigration support, housing, addiction, health and education help. You do not need a visa or to speak English. Call 1800 020202 or text REACH to 50100 for a reply and call-back.

WHO IT HELPS

Women in Ireland affected by prostitution or human trafficking for sexual exploitation, at any time in their lives.

Free. 'Text is free of charge' and 'call us for free on 1800 020202' (as the service states). Note: Women only; phone line in office hours (days not stated); not an emergency service — in danger call 112 or 999.

### National Domestic Violence Hotline — call 1-800-799-SAFE (7233), text START to 88788 or chat, 24/7 (United States)

https://www.thehotline.org/get-help/

**Call 1-800-799-SAFE (7233)** **Text START to 88788** **Deaf Hotline videophone 855.812.1001**

**Hours:** 24/7

WHAT IT DOES

Trained advocates offer free, confidential support if you are experiencing domestic violence or relationship abuse, help you plan for safety and connect you with local providers, legal help and real-time shelter bed availability. A Deaf Hotline (videophone 855.812.1001) serves people who are Deaf, DeafBlind or hard of hearing. If you are in immediate danger, call 911.

WHO IT HELPS

Anyone in the United States affected by domestic violence or relationship abuse. A Spanish-language site is linked from the page ('En Español').

Free ('free, confidential support 24/7', as the service states); message and data rates may apply to texts.

### National Sexual Assault Hotline (RAINN) — call 800.656.HOPE (4673), text HOPE to 64673 or chat, 24/7 (United States)

https://rainn.org/help-and-healing/hotline/

**Call 800.656.HOPE** **Text HOPE to 64673**

**Hours:** 24/7

WHAT IT DOES

Connect with a real, live person trained to support survivors of sexual violence, in English or Spanish. The hotline is anonymous — you never need to give your name or location — and calls and chats are never recorded. If you do share your name and location and are under 18 or a vulnerable adult, RAINN is required by law to report to authorities.

WHO IT HELPS

Anyone in the United States affected by sexual assault or abuse.

Free ('Free. Confidential. 24/7.', as RAINN states).

### Childhelp National Child Abuse Hotline — call or text 1-800-422-4453, 24/7 (United States and Canada)

https://childhelphotline.org/

**Call (800) 422-4453** **Text GO to 800.422.4453**

**Hours:** 24 hours a day, 7 days a week (as stated on Childhelp's 'Our Story' page)

WHAT IT DOES

Professional crisis counsellors offer a safe, non-judgemental space for anyone concerned about or affected by child abuse, with interpreters in over 170 languages. The site also lists each state's child-protection reporting number. Counsellors may have to share information if a child under 18 is being harmed or you say you intend to act on suicidal thoughts.

WHO IT HELPS

Anyone in the US or Canada concerned about or affected by child abuse.

Free service; call costs depend on your phone plan. Note: Not a reporting line and not connected to 911 or emergency services (as Childhelp states) — in an emergency call 911.

### love is respect — call 1-866-331-9474, text LOVEIS to 22522 or chat, 24/7 for dating abuse (United States)

https://www.loveisrespect.org/get-relationship-help-24-7-365/

**Call 1-866-331-9474** **Text LOVEIS to 22522**

**Hours:** 24/7/365

WHAT IT DOES

Advocates trained in dating abuse, healthy relationships and crisis intervention listen to your situation, check how you're feeling and help you work out the best next steps, by phone, text or live chat. Support is one-on-one, real-time and confidential. The site also lists Deaf services and Native American services.

WHO IT HELPS

Teens, young adults and their loved ones in the US with questions or worries about dating abuse or healthy relationships.

Free service; call costs depend on your phone plan. Message and data rates may apply to texts.

### National Human Trafficking Hotline — call 1-888-373-7888, text 233733 or chat, 24/7 (United States)

https://humantraffickinghotline.org/en

**Call 1-888-373-7888** **Text 233733** **TTY: 711**

**Hours:** 24/7

WHAT IT DOES

Confidential help for people experiencing sex or labour trafficking and for anyone who suspects it. You can call, text or chat for support and connections to services, or report a tip. The site also has a national referral directory of anti-trafficking services.

WHO IT HELPS

Anyone in the United States who is, or knows someone who may be, a victim of human trafficking.

Free service; call costs depend on your phone plan. Message and data rates may apply to texts.

### VictimConnect Resource Center — call or text 1-855-4VICTIM (855-484-2846) or chat, 24/7 (United States)

https://victimconnect.org/

**Call 1-855-4VICTIM (855-484-2846)** **Text 855-484-2846**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

An anonymous, confidential hotline where victims and survivors of any crime can learn about their rights and options and get support, information and referrals. They can only talk, text or chat with you if you are currently physically safe; if you are in immediate danger, call 911.

WHO IT HELPS

Victims and survivors of crime anywhere in the United States.

Free service; call costs depend on your phone plan. Note: Not an emergency service — you must be physically safe to use it; in immediate danger call 911.

### DoD Safe Helpline — call 877-995-5247 or chat online, 24/7 sexual assault support for the military community (United States)

https://safehelpline.org/telephone

**Call 877-995-5247** **Call 202-540-5962 (non-toll-free)**

**Hours:** 24 hours, 7 days (phone and online chat)

WHAT IT DOES

Trained staff give anonymous, confidential crisis intervention, emotional support, information on military reporting options and referrals to military and civilian responders, and can transfer you to your local SARC if you ask. Call 877-995-5247 (same number in the US and worldwide via DSN) or chat online. Calls are not recorded and nothing is shared with your chain of command.

WHO IT HELPS

Adult service members (active duty, Guard, Reserve, Coast Guard) and dependants aged 18+, plus some DoW civilians and contractors overseas, affected by sexual assault, recent or long ago.

Free; overseas service members can call free through the Safe Helpline app (as the service states). Use 202-540-5962 only if you cannot call toll-free or DSN. Note: For the US military community only (see eligibility); civilians can use RAINN's National Sexual Assault Hotline, 800.656.HOPE.

### Assaulted Women's Helpline — call 1-866-863-0511 (24/7) or text #SAFE (#7233), for women facing abuse (Ontario, Canada)

https://www.awhl.org/

**Call 1-866-863-0511** **Call 416-863-0511 (GTA)** **TTY 1-866-863-7868**

**Hours:** 24 hours, 7 days a week, 365 days a year (phone and TTY); text hours not stated

WHAT IT DOES

Call 1-866-863-0511 (GTA 416-863-0511) for anonymous, confidential crisis counselling, emotional support, safety planning, and information and referrals. You can also text #SAFE (#7233) from Bell, Rogers, Fido or Telus mobiles. TTY 1-866-863-7868. French speakers are referred to Fem'aide (1-877-336-2433).

WHO IT HELPS

Women in Ontario who have experienced any form of abuse. Deaf and hard-of-hearing women can use TTY or relay.

Free. The helpline describes its service as free, anonymous and confidential. Note: Ontario only; the #SAFE text short code works only on Bell, Rogers, Fido and Telus mobiles.

### SOS violence conjugale — call 1 800 363-9010 (24/7) or text 1 438-601-1211, domestic violence line (Québec, Canada)

https://sosviolenceconjugale.ca/en/i-need-help

**Call 1 800 363-9010 (in Québec)** **Call 514-873-9010 (outside Québec)** **Text 1 438-601-1211**

**Hours:** 24/7 by phone; text, chat and email are not available at all times

WHAT IT DOES

Call 1 800 363-9010 from Québec at any time, or text 1 438-601-1211, chat or email, about intimate partner (conjugal) violence. A worker answers every call, checks that you are safe and can connect you directly to shelters and other help. The service is bilingual, free, anonymous and confidential. From elsewhere in Canada or abroad, call 514-873-9010.

WHO IT HELPS

Victims of intimate partner violence in Québec (current or past, including after separation) and the people supporting them, whatever their sex, sexual orientation or age; Quebecers outside the province can also contact it.

Free. The service describes itself as bilingual, free, anonymous and confidential. Note: Québec only: the 1-800 number works only from Québec (elsewhere call 514-873-9010), and text, chat and email are not staffed at all times.

### VictimLinkBC — call or text 1-800-563-0808, 24/7 support for victims of crime and violence (B.C. and Yukon, Canada)

https://victimlinkbc.ca/

**Call 1-800-563-0808** **Text 1-800-563-0808**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Call or text 1-800-563-0808, or email, for confidential information and referrals for victims of any crime or trauma, such as victim services, transition houses and counselling. Victims of family and sexual violence (including human trafficking) are also connected with crisis and emotional support. The phone service is available in 240 languages and dialects.

WHO IT HELPS

Victims of crime and trauma, including family and sexual violence, across British Columbia and Yukon.

Free to call: the service says it is toll-free and confidential. Note: British Columbia and Yukon only.

### Family Violence Info Line — call or text 211, 24/7, in 170+ languages (Alberta, Canada)

https://www.alberta.ca/family-violence-find-supports

**Call 211** **Text 211**

**Hours:** 24/7

WHAT IT DOES

Call or text 211, or chat online (English only), to get help and information about family violence at any time. The line is now part of the 211 Alberta network. Phone support is available in more than 170 languages. The same Alberta page lists the Abuse Helpline (1-855-443-5722) and the Sexual Violence One Line (1-866-403-8000, 9am–9pm).

WHO IT HELPS

People in Alberta experiencing or worried about family violence, and people supporting them.

Free to call (toll free). Standard text message rates may apply. Note: Alberta only; text messages may be charged at standard rates; online chat is English only.

### Canadian Human Trafficking Hotline — call 1-833-900-1010 or chat, 24/7, multilingual (Canada)

https://canadianhumantraffickinghotline.ca/

**Call 1-833-900-1010**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Call 1-833-900-1010 or use the website chat to talk confidentially with a trained response advocate. They help you weigh your options and, if you choose, connect you with local supports, services and law enforcement. The hotline is not the government or the police.

WHO IT HELPS

Anyone in Canada who is being trafficked, knows someone who is, or is a survivor; social service providers and law enforcement may also call.

Free service; call costs depend on your phone plan (the page does not state costs; 1-833 is a toll-free prefix).

### Seniors Safety Line — call 1-866-299-1011, 24/7 support for older adults facing abuse (Ontario, Canada)

https://seniorssafetyline.ca/

**Call 1-866-299-1011** **TTY 1-866-299-0008**

**Hours:** 24/7

WHAT IT DOES

Call 1-866-299-1011 at any time, or chat online with a counsellor, for confidential support if you are an older adult experiencing abuse, neglect or distress, or are worried about one. Counsellors offer emotional support, safety planning and connection to local resources, in over 200 languages. TTY 1-866-299-0008.

WHO IT HELPS

Older adults (seniors) in Ontario experiencing neglect, abuse or distress, and people concerned about them.

Free service; call costs depend on your phone plan (the page does not state costs; 1-866 is a toll-free prefix). Note: Ontario only.

### Sexual Violence Helpline (Info-aide violence sexuelle) — call 1 888 933-9007 or chat, 24/7 (Québec, Canada)

https://sexualviolencehelpline.ca/getting-help/sexual-violence-helpline/

**Call 1 888 933-9007** **Call 514 933-9007 (Montréal)**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Counsellors trained in sexual violence listen, believe and support you, whatever the form — assault, exploitation, harassment, cyberviolence — and however long ago it happened, and give information and referrals from a provincial directory (CALACS, designated medico-social centres, legal clinics, shelters). Call 1 888 933-9007 (514 933-9007) or chat online. Anonymous and confidential.

WHO IT HELPS

People of all ages (children to seniors) who have experienced sexual violence, their loved ones, and people who work with victims.

Free (as the service states). Note: Offered in French and English; referrals are to Québec resources.

### Mistreatment Helpline (Ligne Aide Maltraitance Adultes Aînés) — call 1-888-489-2287, 8am–8pm daily (Québec, Canada)

https://www.lignemaltraitance.ca/en

**Call 1-888-489-2287** **Call 514-489-2287**

**Hours:** 7 days a week, 8 a.m. to 8 p.m.; outside these hours leave a voicemail and they call back within 24 hours

WHAT IT DOES

Specialised practitioners listen, assess risk, give information and referrals and, with your consent, follow up by phone about mistreatment of older adults and adults in vulnerable situations, including financial or material abuse and fraud. Victims, witnesses, people worried about their own behaviour and professionals can call 1-888-489-2287 or 514-489-2287. The line does not investigate.

WHO IT HELPS

Older adults and other adults in vulnerable situations in Québec, their family and friends, and health, community and financial-sector workers; people outside Québec can call about someone living in Québec.

Free service; call costs depend on your phone plan. Note: Not an emergency service (call 9-1-1 in an emergency); Québec only; interpreters can be used for languages other than French and English.

### Fem'aide — call or text 1-877-336-2433 or chat, 24/7, French-language help for women facing violence (Ontario, Canada)

https://femaide.ca/

**Call 1-877-336-2433** **Text 1-877-336-2433**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A French-language support line for women in Ontario who have experienced gender-based violence, especially intimate partner violence and sexual assault. The counsellor first checks that you and your children are safe, then listens, helps you assess risks, makes a safety plan with you and refers you to French-language services near you. Call or text 1-877-336-2433 or chat online.

WHO IT HELPS

French-speaking women in Ontario affected by violence, and their family and friends. For English or other languages, the page refers to the Assaulted Women's Helpline (1-866-863-0511).

Free service; call costs depend on your phone plan. Note: French-language service for women in Ontario; if you are in immediate danger, call the police (as the page advises).

### Victim Support Line (Ontario) — call 1-888-579-2888 or 416-314-2447, 24/7 (Ontario, Canada)

https://www.ontario.ca/page/victim-services-ontario

**Call 1-888-579-2888 (toll-free)** **Call 416-314-2447**

**Hours:** 24/7 (as the page states); online chat through 211 Ontario is listed as Monday to Friday 7 a.m. – 9 p.m. ET in one place and 24/7 in another

WHAT IT DOES

An information and referral line for victims of crime in Ontario: it can tell you about victim services and help you find a service provider near you, with interpreters available if needed. Call 1-888-579-2888 (toll-free) or 416-314-2447, or chat online through 211 Ontario.

WHO IT HELPS

Victims of crime in Ontario and people supporting them.

Free service; the page lists 1-888-579-2888 as toll-free. Note: Information and referral, not an emergency line; Ontario only; the page gives conflicting chat hours.

### Alberta's ONE LiNE for Sexual Violence — call or text 1-866-403-8000 or chat, 9am–9pm daily (Alberta, Canada)

https://aasas.ca/get-support/

**Call 1-866-403-8000** **Text 1-866-403-8000**

**Hours:** 9 am to 9 pm daily (Alberta.ca); AASAS gives chat hours as 9am–9pm and says support is available seven days a week

WHAT IT DOES

Toll-free talk, text and chat support for anyone who has experienced or been affected by sexual violence: emotional support in the moment, information, and referral to the nearest sexual assault centre in Alberta. Call or text 1-866-403-8000 or use the chat box on the AASAS website. Phone calls can use interpretation in many languages; Alberta.ca says text and chat are in English only.

WHO IT HELPS

Anyone in Alberta who has experienced, or been affected by, sexual violence.

Toll-free (as the page states). Note: Not 24-hour (9 am–9 pm daily); text and chat in English only.

### Línea 144 — call 144 free or message on WhatsApp, 24 hours, 365 days, for people facing violence (Argentina)

https://www.argentina.gob.ar/linea-144

**Call 144**

**Hours:** 24 hours, 365 days a year

WHAT IT DOES

An interdisciplinary team of lawyers, psychologists and social workers gives support, containment and advice to people experiencing violence or at risk. It covers every form of violence in Argentina's Law 26.485, including physical, psychological, sexual, economic and domestic violence. Call 144, use WhatsApp or the Línea 144 app; video calls are available for Deaf and hard-of-hearing people.

WHO IT HELPS

People in Argentina experiencing violence or at risk of it — the line covers every type of violence recognised in Law 26.485.

Free (as the service states). Note: The page does not describe 144 as an emergency response service, and it is in Spanish.

### Línea 137 — call 137 (option 1) or WhatsApp, help for victims of family or sexual violence and grooming, 24/7 (Argentina)

https://www.argentina.gob.ar/justicia/violencia-familiar-sexual

**Call 137 (option 1)**

**Hours:** 24 hours, 365 days (option 1); option 2 (access to justice) Mon–Fri 8am–8pm

WHAT IT DOES

Psychologists and social workers give support and information to people experiencing family or sexual violence or grooming, and can link with local police and support services and follow up afterwards. Call 137 option 1 or WhatsApp (54–11) 3133-1000. Option 2 gives free legal advice.

WHO IT HELPS

Victims of family or sexual violence or grooming, and anyone who knows or suspects that a child is being abused or exploited.

Free service; call costs depend on your phone plan. Note: The page does not say the phone line covers every province (it says it also works in parts of Misiones and Chaco); WhatsApp (54–11) 3133-1000 is listed too. Spanish.

### Frauenhelpline gegen Gewalt — call 0800/222 555, free and anonymous for women affected by violence, 24/7 (Austria)

https://www.frauenhelpline.at/

**Call 0800/222 555**

**Hours:** 24 hours, 365 days. Online counselling Mon–Fri 6pm–8pm

WHAT IT DOES

Counsellors listen to women experiencing physical, psychological, sexual or other violence — or unsure whether what is happening is violence — and help them find next steps, shelters and counselling services. Call 0800/222 555. All counsellors speak English; Romanian, Spanish, Turkish and Arabic are offered at set times.

WHO IT HELPS

Women aged 18 and over affected by violence, of any origin, sexual orientation or religion, and their family and friends, anywhere in Austria.

Free (kostenlos), anonymous and confidential (as the service states). Note: If you are in immediate danger call the police (133 or 112). Other languages only at set times.

### Hulplijn 1712 — call 1712, free professional helpline for violence, abuse and child abuse, weekdays 9am–6pm (Belgium, Flanders)

https://www.1712.be/nl

**Call 1712**

**Hours:** Phone Mon–Fri 9am–6pm. Chat Mon–Fri 1pm–5pm, and Mon–Thu also 6pm–10pm. Emails answered within two working days

WHAT IT DOES

Professional social workers listen, give advice and refer you on for any form of violence or abuse — physical, psychological, sexual, financial, neglect, child abuse, elder abuse, partner violence or stalking. It is a helpline, not a reporting point. Call 1712; outside opening hours Tele-Onthaal (106) answers 24/7.

WHO IT HELPS

Children, young people, adults and older people — victims, witnesses and people who use violence. You do not have to give your name.

Free, and it does not appear on the phone bill (as the service states). Note: Not an emergency number — in danger call 101 (police) or 112. Weekday hours only.

### Ligue 180 — free 24/7 line for women facing violence; WhatsApp (61) 9610-0180 (Brazil)

https://www.gov.br/mulheres/pt-br/ligue180

**Call 180** **WhatsApp (61) 9610-0180**

**Hours:** 24 hours a day, every day of the week

WHAT IT DOES

Call 180 free from anywhere in Brazil for guidance on the law, women's rights and support services, information on specialist services near you, and to register and pass on reports to the authorities. You can also use WhatsApp (61) 9610-0180 or email. In an emergency, call the Military Police on 190.

WHO IT HELPS

Women experiencing violence in Brazil, and anyone who wants to report violence against a woman or find support.

Free ('A ligação é gratuita'). Note: Not an emergency service — in immediate danger call 190.

### Disque Direitos Humanos – Disque 100 — call 100 or WhatsApp, report abuse of children, older or disabled people, 24/7 (Brazil)

https://www.gov.br/pt-br/servicos/denunciar-violacao-de-direitos-humanos

**Call 100**

**Hours:** 24 hours, 7 days, including weekends and public holidays

WHAT IT DOES

The national human-rights reporting line takes reports, named or anonymous, of abuse and violations against children and teenagers, older people, disabled people, LGBTQIA+ people, homeless people and others, and passes them to the authorities that can act. Call 100 or WhatsApp +55 61 9 9611-0100; Libras video calls on the website.

WHO IT HELPS

Anyone in Brazil who is a victim of, or knows about, a human-rights violation, including child, elder and disability abuse.

Free from any landline or mobile anywhere in Brazil (as the service states). Note: A reporting and referral line rather than a counselling service; Portuguese, with Libras (Brazilian Sign Language) video calls.

### Línea 155 — call 155 for guidance for women experiencing violence, 24/7 (Colombia)

https://www.policia.gov.co/

**Call 155**

**Hours:** 24 hours, 7 days (as stated in the police's own Línea 155 articles; the home page lists 155 without hours)

WHAT IT DOES

Police staff trained in law and psychology listen to women affected by violence, explain their rights and the steps to take, and point them to legal and health services. Women can also simply talk about what is happening. Call 155; it is free and confidential.

WHO IT HELPS

Women in Colombia experiencing physical, sexual, psychological or economic violence, and people worried about them.

Free from any mobile or landline (as the police state). Note: A guidance line, not the emergency number (police emergencies: 123); hours come from police articles of 2016 and 2019; Spanish, other languages not stated.

### Lev Uden Vold national hotline — call 1888, free and anonymous counselling about domestic and sexual violence, 24/7 (Denmark)

https://levudenvold.dk/hjaelp-og-radgivning/den-nationale-hotline/

**Call 1888**

**Hours:** 24 hours a day, all year

WHAT IT DOES

Counsellors listen and give anonymous phone advice to people affected by violence in close relationships and to victims of sexual violence, including rape. People who are violent towards a partner, relatives and professionals can also call 1888. Counselling is in Danish or English, and an interpreter can be booked through the Danish Refugee Council.

WHO IT HELPS

Adults subjected to or using violence in close relationships, victims of sexual violence (in or outside a relationship), relatives, and professionals, anywhere in Denmark.

Free, anonymous counselling (as the service states); the page does not say whether the call itself is charged. Note: Counselling is in Danish or English; for other languages the hotline books an interpreter through the Danish Refugee Council.

### National Domestic Violence Helpline (Fiji Women's Crisis Centre) — call 1560, free, 24 hours (Fiji)

https://www.fijiwomen.com/

**Call 1560** **Call 3313300 (24 hours)** **Call 9209470 (24 hours)**

**Hours:** 24 hours

WHAT IT DOES

Fiji's National Domestic Violence Helpline, run by the Fiji Women's Crisis Centre: call 1560 free, 24 hours. FWCC also answers 3313300 and 9209470 around the clock and provides counselling and support services.

WHO IT HELPS

Women and children in Fiji who have experienced violence, including domestic violence, sexual assault, child abuse and sexual harassment.

Free (as the page states for 1560); call costs for the other numbers depend on your phone plan.

### Nollalinja — call 116 016, free helpline for domestic violence and violence against women, 24/7 (Finland)

https://nollalinja.fi/en/

**Call 116 016** **Old number 080 005 005**

**Hours:** Phone 24 hours, every day of the year. Chat Mon–Wed 9am–3pm, Thu–Fri 2pm–8pm

WHAT IT DOES

Crisis workers who specialise in violence listen, support you and can direct you to a shelter or other services. Your number is not shown to them and the call does not appear on your phone bill. Call 116 016 (the old number 080 005 005 still works). Phone help is in Finnish, Swedish and English, plus nine interpreted languages, 24/7.

WHO IT HELPS

Anyone who has experienced domestic violence or its threat, regardless of gender; people who have experienced violence against women; family members; and professionals who need advice.

Free (as the service states). Note: In immediate danger call 112. Workers may have to notify authorities in some cases (for example, a child's safety).

### 3919 Violences Femmes Info — national listening, information and referral line for women facing violence, free (France)

https://arretonslesviolences.gouv.fr/besoin-d-aide

**Call 3919** **Call 17 (police emergency)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Call 3919 to be listened to, get information and be directed to local support if you are a woman experiencing violence, someone close to her, or a professional. It is not an emergency number: in an emergency call 17 (police) or 112, and Deaf or hard-of-hearing people can use 114. Emergency numbers are free even from a blocked phone or one without credit.

WHO IT HELPS

Women experiencing violence in mainland France and the overseas departments, their family and friends, and professionals.

Free ('Anonyme et gratuit'). Note: Not an emergency line, and the government page does not state its opening hours.

### Hilfetelefon Gewalt gegen Frauen — call 116 016, free, 24/7, in 18 languages and sign language (Germany)

https://www.hilfetelefon.de/das-hilfetelefon/beratung/telefon-beratung/

**Call 116 016**

**Hours:** Around the clock, 365 days a year, including weekends and public holidays

WHAT IT DOES

A nationwide counselling line for women who have experienced or are experiencing violence. Call 116 016 at any time to speak anonymously with a counsellor; online counselling, phone counselling in 18 languages and German Sign Language are also offered. You can call even with no credit on your mobile.

WHO IT HELPS

Women affected by violence in Germany, of all nationalities, with or without disabilities, plus relatives, friends and professionals supporting them.

Free ('Ihr Anruf beim Hilfetelefon ist kostenlos'), even without mobile credit. Note: 116 016 works only within Germany; it is a new number, so older materials may show a different one.

### Hilfe-Telefon Sexueller Missbrauch — call 0800 22 55 530, free and anonymous, for anyone worried about sexual abuse (Germany)

https://www.hilfe-portal-missbrauch.de/hilfe-telefon

**Call 0800 22 55 530**

**Hours:** Mon, Wed, Fri 9am–2pm; Tue, Thu 3pm–8pm (closed on national public holidays and 24 and 31 December)

WHAT IT DOES

Psychologically and educationally trained counsellors listen, help you sort out the situation, explain next steps to protect a child and tell you about local support. They do not see your number and do not pass on what you say, except when someone is in acute danger. Call 0800 22 55 530; outside phone hours you can leave a written message.

WHO IT HELPS

Survivors of sexual abuse (however long ago), anyone worried about a child or with a suspicion, family members, partners and friends, and professionals who work with children.

Free (kostenfrei), as the service states. Note: Not a 24-hour or emergency line — limited weekday hours. Counselling is in German; interpreters for 19 languages and sign language are available.

### Harmony House (和諧之家) — call 2522 0434, 24-hour women's domestic violence hotline (Hong Kong)

https://www.harmonyhousehk.org/en/

**Call 2522 0434 (women, 24 hours)  Call 2295 1386 (MAN Hotline)  Call 2751 8822 (Children Hotline)**

**Hours:** 24 hours (Woman Hotline); hours for the MAN and Children hotlines are not stated on the page

WHAT IT DOES

Hong Kong's domestic violence prevention centre. Its 24 Hours Woman Hotline (2522 0434) is for women facing violence at home; it also runs a MAN Hotline for men (2295 1386) and a Children Hotline (2751 8822). Harmony House is a one-stop anti-domestic-violence agency with preventive and therapeutic services.

WHO IT HELPS

Women experiencing domestic violence in Hong Kong; men can call the MAN Hotline and children the Children Hotline.

Free service; call costs depend on your phone plan. Note: Only the women's line is stated as 24 hours; the page gives no hours for the men's and children's lines.

### RainLily (風雨蘭) — call 2375 5322, sexual violence crisis support hotline (Hong Kong)

https://rainlily.org.hk/chi/service

**Call 2375 5322**

**Hours:** Mon–Fri 9am–10pm; Sat 9am–1pm; closed on public holidays

WHAT IT DOES

Hong Kong's first sexual violence crisis support centre. Counsellors and trained women volunteers answer the hotline and help survivors of sexual violence and the people supporting them. Free services include immediate support, counselling, emergency contraception, STI checks, legal information and accompaniment for forensic examination and police statements. Online support via SafeChat (WhatsApp 2375 5322).

WHO IT HELPS

Women in Hong Kong who have experienced any form of sexual violence, and their supporters. The page is in Chinese and does not state other languages.

Free services (as the page states); call costs depend on your phone plan. Note: Not 24 hours (Mon–Fri 9am–10pm, Sat 9am–1pm, closed public holidays); for urgent medical care the page says to call 999.

### National Commission for Women Helpline — call 14490, 24×7 (India)

https://www.ncw.gov.in/

**Call 14490**

**Hours:** 24 hours, 7 days (24×7)

WHAT IT DOES

The National Commission for Women's helpline for immediate assistance and support for women. NCW also takes complaints online through its portal. For police, fire, health or other emergency help, NCW lists the national emergency number 112.

WHO IT HELPS

Women in India who need help with violence, discrimination or other violations of their rights.

Free service; call costs depend on your phone plan. Note: The page does not state which languages the helpline uses.

### SAPA 129 (Ministry of Women's Empowerment and Child Protection) — call 129 or WhatsApp 08-111-129-129 (Indonesia)

https://laporsapa129.kemenpppa.go.id/

**Call 129**

**Hours:** Hours not stated on the service's page (the online report form is always available)

WHAT IT DOES

Indonesia's government service for reporting violence against women and children — physical, psychological, sexual or other violence, including domestic violence — whether it happened to you or someone you know. After a report, victims are offered support such as psychological assistance. Call 129, WhatsApp 08-111-129-129, or fill in the online form.

WHO IT HELPS

Women and children in Indonesia experiencing violence, and anyone who sees or knows about it. The page is in Indonesian.

Free service; call costs depend on your phone plan. Note: Phone hours are not stated on the page, and the page is in Indonesian only.

### Sexual assault crisis lines 1202 (women) and 1203 (men) — Association of Rape Crisis Centers, 24/7 (Israel)

https://1202.org.il/en/support-and-information/

**Call 1202 (answered by women)** **Call 1203 (answered by men)**

**Hours:** Phone any day, any time; online chat and WhatsApp during set hours

WHAT IT DOES

Support after sexual assault or harassment: emotional support, emergency response, information on your options (including the first 72 hours, police complaints, legal steps and rights) and referral to specialist services. Call 1202 to speak with a woman or 1203 with a man. Anonymous chat and WhatsApp (052-8361202) are open at set hours; there is also an Arabic-language line, 04-6566813.

WHO IT HELPS

Anyone in Israel affected by sexual violence, of any gender, and people supporting them.

Free service; call costs depend on your phone plan.

### 1522 — free 24-hour anti-violence and stalking helpline for women, also by chat and app (Italy)

https://www.1522.eu/

**Call 1522**

**Hours:** 24 hours

WHAT IT DOES

Specialist women operators answer requests for help and support from women who are victims of violence or stalking. Call 1522 free, including from mobiles, at any hour — even just for advice — or chat online; there is also a 1522 app. The website is available in Italian, English, French, Spanish and Arabic.

WHO IT HELPS

Women in Italy experiencing violence or stalking, and anyone seeking advice about it.

Free, including from mobiles ('il numero è gratuito anche dai cellulari').

### Child abuse dial 189 (児童相談所虐待対応ダイヤル「189」, Children and Families Agency) — call 189, 24 hours (Japan)

https://kodomoshien.cfa.go.jp/no-gyakutai/

**Call 189  Call 0120-189-783 (consultation)**

**Hours:** 189: 24 hours, 365 days (as listed on the Ministry of Education's children's SOS page); hours of 0120-189-783 are not stated

WHAT IT DOES

A nationwide number that connects you straight to your local child guidance centre (児童相談所), where specialists respond. Call if you think a child may be being abused — it is fine even if you turn out to be wrong, and you can stay anonymous. The agency also lists a free child guidance centre line, 0120-189-783, for worries about childbirth and raising children.

WHO IT HELPS

Anyone in Japan worried that a child is being abused, including children and parents. The page is in Japanese and does not state other languages.

Free service; call costs depend on your phone plan (0120-189-783 is free to call, as the page states). Note: Some IP phones cannot connect to 189; the page is in Japanese only.

### DV Soudan Plus (DV相談＋, Cabinet Office) — call 0120-279-889, 24 hours; chat 12pm–10pm (Japan)

https://soudanplus.jp/

**Call 0120-279-889**

**Hours:** Phone 24 hours, 365 days; chat 12:00–22:00; message box 24 hours

WHAT IT DOES

Specialist counsellors help with any domestic violence from a spouse or partner — from 'is this DV?' to wanting to escape now or worrying about the children. If needed they arrange face-to-face meetings, accompaniment and a safe place to stay. Men can get help too (a dedicated line Sundays 3pm–9pm). In an emergency where you need police right away, call 110.

WHO IT HELPS

Anyone in Japan affected by violence from a spouse or partner, including men. Chat is offered in 10 languages.

Free service; call costs depend on your phone plan. Note: The page offers 10 languages for chat only; it does not say the phone line works in other languages.

### Talian Kasih 15999 (Ministry of Women, Family and Community Development) — call 15999 or WhatsApp 019-261 5999, 24/7 (Malaysia)

https://www.malaysia.gov.my/my/topics/talian-kasih-15999

**Call 15999**

**Hours:** 24 hours, 7 days a week

WHAT IT DOES

Malaysia's government care line, linking the public with the Ministry to ask questions, make complaints or ask for help about abuse, child neglect, sexual harassment and baby abandonment. It also offers counselling, welfare support, protection assistance, reproductive health services and social guidance for teenagers. Toll-free 15999, WhatsApp 019-261 5999, or the Talian Kasih app.

WHO IT HELPS

Anyone in Malaysia. The page (in Malay) does not state which languages the line uses.

Free (toll-free number — 'Talian Bebas Tol', as the page states). Note: The page does not state which languages the line uses.

### Women's Aid Organisation (WAO) — hotline +603 3000 8858; SMS/WhatsApp TINA +6018 988 8058, 24 hours (Malaysia)

https://wao.org.my/

**Call +603 3000 8858** **SMS TINA +6018 988 8058**

**Hours:** Hotline Mon–Fri 9am–5pm, Sat–Sun 8am–4pm; SMS/WhatsApp (TINA) 24 hours

WHAT IT DOES

Malaysia's largest service provider for domestic violence survivors. Call the WAO hotline, or SMS or WhatsApp 'TINA' at any time, for crisis support and information on your rights and options so you can decide what is best for you. WAO also provides shelter for women and children facing abuse.

WHO IT HELPS

Women and children in Malaysia facing domestic violence or other abuse, and people worried about them.

Free crisis support (as the page states); call and SMS costs depend on your phone plan. Note: The phone hotline has set hours; only SMS/WhatsApp (TINA) is answered 24 hours.

### Ministry of Gender Equality hotlines — call 139 (domestic violence), 113 (child abuse), 119 (family counselling), 24/7 (Mauritius)

https://gender.govmu.org/SitePages/Index.aspx

**Call 139 (domestic violence)** **Call 113 (child abuse)** **Call 119 (family counselling)**

**Hours:** 24 hours, 7 days

WHAT IT DOES

The ministry's 24/7 hotlines: 139 for domestic violence, 113 to report child abuse, and 119 for family counselling. Its Family Support Services office numbers are also listed on the page.

WHO IT HELPS

Anyone in Mauritius affected by domestic violence or family problems, or worried about a child being abused.

Free service; call costs depend on your phone plan. Note: The page gives only the numbers (no details on cost or languages); the page needs JavaScript to show them.

### Veilig Thuis — advice and reporting point for domestic violence and child abuse, call 0800-2000 free, 24/7 (Netherlands)

https://www.veiligthuis.nl/nl

**Call 0800-2000**

**Hours:** 24/7

WHAT IT DOES

Call 0800-2000 free, or chat with a staff member, to get advice straight away about domestic violence or child abuse — for yourself or for someone else. You can stay anonymous if you wish. In acute danger, call 112.

WHO IT HELPS

Anyone in the Netherlands experiencing, witnessing or worried about domestic violence or child abuse.

Free ('Bel gratis').

### Centrum Seksueel Geweld — call 0800-0188, free and anonymous help after sexual violence, 24/7 (Netherlands)

https://centrumseksueelgeweld.nl/

**Call 0800-0188**

**Hours:** Phone 24 hours, 7 days. Chat Mon–Fri 4pm–3am; Sat, Sun and holidays 8pm–3am (temporarily until 3am instead of 6am)

WHAT IT DOES

When you call 0800-0188 you are put through to the Centre for Sexual Violence in your region, where doctors, nurses, psychologists, police and support workers work together to give the care you need. Call as soon as possible after a recent assault, but you can also call about something long ago or online.

WHO IT HELPS

Anyone who has had an unwanted sexual experience or sexual abuse — online or offline, recently or long ago — and people supporting them. Deaf and hard-of-hearing people can call through Tolkcontact Teletolk.

Free and anonymous (as the service states). Note: The 0800 number does not work from abroad — from outside the Netherlands use the chat or call your regional centre directly.

### Línea 100 — call 100 free, 24 hours, about violence against women and family members; Chat 100 online (Peru)

https://www.gob.pe/479-linea-100

**Call 100**

**Hours:** 24 hours, every day (phone); Chat 100 available 24 hours

WHAT IT DOES

Gives information, guidance, counselling and emotional support in Quechua, Aymara and Spanish to people affected by violence against women and family members, or who know of a case. Call 100 free from any landline or mobile anywhere in Peru. Chat 100 offers confidential online guidance, including about violence in dating relationships.

WHO IT HELPS

Women, family members and people affected by sexual violence in Peru, and anyone who knows of a case of violence against women or within a family.

Free from landlines and mobiles anywhere in Peru (as the service states). Note: Offered in Spanish, Quechua and Aymara. The Chat 100 site's hidden page description says Mon–Fri 8am–10pm, while its banner and gob.pe say 24 hours; if the chat is offline, call 100 (24 hours).

### Niebieska Linia — call 800 120 002, free national helpline for people experiencing domestic violence, 24/7 (Poland)

https://niebieskalinia.info/

**Call 800 120 002**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Consultants listen and advise people experiencing domestic violence, witnesses, and people worried about a child or older person; the site also has a lawyer and psychologist Q&A and a directory of local help. Call 800 120 002 or email niebieskalinia@niebieskalinia.info. English is offered on Mondays 6pm–10pm and Russian on Tuesdays 6pm–10pm on the same number.

WHO IT HELPS

Anyone in Poland affected by domestic violence — victims, witnesses, family members — and professionals seeking consultation.

Free (bezpłatny), as the service states. Note: Help in English is only on Mondays 6pm–10pm and in Russian only on Tuesdays 6pm–10pm; Polish Sign Language is via WhatsApp only (510 404 333), Mondays 1pm–3pm.

### Linha de apoio a vítimas de violência doméstica — call 800 202 148 or text 3060, free, 24/7 (Portugal)

https://www.cig.gov.pt/area-portal-da-violencia/portal-violencia-domestica/apoio-vitimas-violencia-domestica/

**Call 800 202 148** **Text 3060**

**Hours:** 24 hours, 7 days

WHAT IT DOES

The national domestic-violence information and support line of Portugal's National Network for Victims of Domestic Violence. Call 800 202 148 or send a text message to 3060 if you need help or know about a situation of domestic violence. Questions, requests for support and emotional support can also be emailed to violencia@cig.gov.pt.

WHO IT HELPS

Anyone in Portugal experiencing domestic violence, and anyone who knows of a situation of domestic violence.

Free (gratuita), as the service states. Note: The page does not state which languages the line works in. Domestic violence can also be reported to the GNR or PSP police online (Portal Queixa Eletrónica), as the page says.

### Rwanda Investigation Bureau — call 3512 (gender-based violence), 3029 (Isange One Stop Centre) or 116 (child abuse) (Rwanda)

https://www.rib.gov.rw/contact-us

**Call 3512 (domestic/gender violence)** **Call 3029 (Isange One Stop Centre)** **Call 116 (child abuse)** **Call 166 (emergency / crime)**

**Hours:** Office hours Mon–Fri 8am–5pm; the page says 'Weekends & Public Holidays: Emergency hotlines available 24/7'

WHAT IT DOES

Lines to report domestic and gender-based violence (3512), reach the Isange One Stop Centre (3029), report child abuse (116) or report a crime in an emergency (166). RIB's home page lists 166, 3512 and 3029 as toll-free numbers.

WHO IT HELPS

Anyone in Rwanda experiencing or witnessing domestic or gender-based violence or child abuse.

Free for 166, 3512 and 3029 (listed under 'toll free numbers' on RIB's home page); the page does not say whether 116 is free. Note: Police reporting lines rather than counselling; 24/7 is stated only for 'emergency hotlines'; the pages are in Kinyarwanda and English, other languages not stated.

### AWARE Women's Helpline — call 1800 777 5555, Mon–Fri 10am–6pm (Singapore)

https://www.aware.org.sg/womens-care-centre/helpline/

**Call 1800 777 5555** **Call 6779 0282 (sexual assault)**

**Hours:** Mon–Fri 10am–6pm (Sexual Assault Care Centre line: Mon–Fri 10am–6pm, except public holidays)

WHAT IT DOES

Trained helpliners give emotional support and information, and the helpline is the way in to AWARE's counselling and legal clinic. If it is unsafe to phone (for example in an abusive situation), book an online text chat or a call-back. People who have faced sexual assault or harassment can call the Sexual Assault Care Centre on 6779 0282.

WHO IT HELPS

Women in Singapore, including those facing family violence, sexual assault or harassment; the Sexual Assault Care Centre supports survivors of all genders. Support in English, Mandarin, Malay and Tamil.

Free service; call costs depend on your phone plan. Note: Weekday office hours only; the walk-in service has been discontinued.

### National Anti-Violence and Sexual Harassment Helpline (NAVH) — call 1800-777-0000 (Singapore)

https://www.msf.gov.sg/what-we-do/break-the-silence/get-help/i-want-to-report-domestic-violence

**Call 1800-777-0000**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Singapore's national helpline for reporting violence or abuse, including domestic violence and sexual harassment, whether it is happening to you or someone else. Information is kept confidential, but a police report may be made where the law requires it. You can also report online. If there is imminent danger, call the police on 999 or SMS 70999.

WHO IT HELPS

Anyone in Singapore experiencing violence or abuse, or worried about someone who is.

Free service; airtime charges apply for mobile calls to 1800 lines (as the page states). Note: Hours are not stated on the page, and mobile calls to 1800 numbers incur airtime charges.

### Gender-Based Violence Command Centre — 24/7 emergency line 0800 428 428; please-call-me *120*7867# (South Africa)

https://gbv.org.za/about-us/

**Call 0800 428 428** **SMS 'help' to 31531 (disability)**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Call 0800 428 428 to speak to a social worker who gives immediate psychosocial support, refers you to services, and can refer calls directly to the police (SAPS 10111) and field social workers. Dial *120*7867# for a 'please call me'; people with disabilities can SMS 'help' to 31531, and video calls are offered in South African Sign Language.

WHO IT HELPS

Anyone in South Africa experiencing or witnessing gender-based violence, including women, children and people with disabilities.

Free service; call costs depend on your phone plan.

### 016 — call 016 free and in confidence, 24 hours, about any form of violence against women; or WhatsApp 600 000 016 (Spain)

https://violenciagenero.igualdad.gob.es/informacion-3/recursos/telefono016/

**Call 016** **WhatsApp 600 000 016**

**Hours:** Information and psychosocial support: 24 hours, Monday–Sunday; legal advice 08:00–22:00, Monday–Sunday

WHAT IT DOES

Call 016 for information, legal advice and immediate psychosocial support from specialist staff about any form of violence against women. Phone support is available in 53 languages, with WhatsApp, chat and email too. It is accessible for people with hearing or speech disabilities and low vision, and emergency calls are passed to 112.

WHO IT HELPS

Women experiencing violence anywhere in Spain, and the people around them. Calls from under-18s are passed to the ANAR child helpline (900202010).

Free ('Gratuito').

### Kvinnofridslinjen — call 116 016, free and anonymous support after violence or threats, 24/7 (Sweden)

https://kvinnofridslinjen.se/

**Call 116 016**

**Hours:** Phone 24 hours, 7 days. Chat Mon 3pm–9pm, Tue 8am–1pm, Thu 3pm–9pm, Fri 9am–4pm, Sun 11am–5pm

WHAT IT DOES

Counsellors give support and advice to anyone who has been subjected to physical, psychological or sexual violence or threats, and to people close to them. Call 116 016 at any time, or chat at set hours. Kvinnofridslinjen moved to 116 016 so the same number is used across the EU.

WHO IT HELPS

Anyone of any age who is or has been subjected to violence, people close to them, and professionals who meet victims in their work. The site has information in sign language.

Free and anonymous (as the service states). Note: You cannot send text messages to Kvinnofridslinjen. In an emergency call 112.

### 113 Protection Hotline (113保護專線, Ministry of Health and Welfare) — call 113, free, 24 hours (Taiwan)

https://www.mohw.gov.tw/cp-23-135-1.html

**Call 113**

**Hours:** 24 hours, all year (including Lunar New Year)

WHAT IT DOES

Taiwan's national protection hotline for advice and reports about family violence, child and youth protection and sexual assault; abuse of older people can also be reported. It runs 24 hours a day, all year. Phone service in 6 languages; help is also available by text message and online chat. If life is in danger, call 110.

WHO IT HELPS

Anyone in Taiwan facing or worried about family violence, sexual assault, or the abuse of a child or older person, including relatives and neighbours.

Free (the Ministry describes it as '24小時免付費', toll-free 24 hours, from mobile or landline).

### Children's Authority of Trinidad and Tobago — call 996 or 800-2014 free to report child abuse, 24/7 (Trinidad and Tobago)

https://ttchildren.org/

**Call 996** **Call 800-2014**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Report child abuse or maltreatment to the national child-protection authority, anonymously if you prefer. Its teams work around the clock on the safety of children who come to its attention. Call the free hotline 996 or 800-2014, or use the online report form.

WHO IT HELPS

Anyone in Trinidad and Tobago who is aware of, or worried about, a child being abused or neglected, including children themselves.

Free (the page says 'Call Our Hotline (Free 24/7)'). Note: A child-protection reporting line rather than a counselling line.

## Children, Young People & Students

### Kids Helpline — call 1800 55 1800 or webchat with a counsellor, 24/7, for ages 5 to 25 (Australia)

https://kidshelpline.com.au/

**Call 1800 55 1800**

**Hours:** Open 24/7, 365 days a year (phone); webchat 24/7

WHAT IT DOES

Free, private and confidential counselling by phone or webchat. After a short recorded message you are connected to the next available counsellor, who asks questions to understand your situation; you can choose the gender of the counsellor. If you or someone you care about is in immediate danger, call 000.

WHO IT HELPS

Children and young people in Australia aged 5 to 25.

Free — 'It's FREE to call - including from your mobile.'

### eheadspace — call 1800 650 890 or webchat with a youth mental health clinician, 3pm–10pm daily (Australia)

https://headspace.org.au/online-and-phone-support/connect-with-us/

**Call 1800 650 890**

**Hours:** 3pm–10pm every day (headspace says 'in your local time'); final chats accepted 30 minutes before closing

WHAT IT DOES

Free, confidential short-term support by phone, webchat or email from qualified mental health clinicians — social workers, mental health nurses, psychologists, occupational therapists and counsellors. Webchat and email need an account; emails are answered within 2 days. Waits can be 40 minutes or more at busy times.

WHO IT HELPS

Young people aged 12 to 25 in Australia, and family or friends worried about a young person in that age range.

Free ('completely free, confidential'). Note: Not an emergency service and open 3pm–10pm only; webchat and email need an account.

### Youthline — free call 0800 376 633, free text 234 or webchat, 24/7 (New Zealand)

https://youthline.co.nz/

**Call 0800 376 633** **Text 234**

**Hours:** 24/7 (call, text and webchat)

WHAT IT DOES

Youthline's 24/7 Helpline gives free support to young people who need someone to talk to, by phone, text or webchat; a WhatsApp option (09 886 56 96) is also listed. Free call 0800 376 633 or free text 234.

WHO IT HELPS

Young people in New Zealand, and anyone supporting a young person — Youthline has supported Kiwis aged 12–24 for more than 50 years.

Free ('Free call 0800 376 633', 'Free text 234').

### What's Up — free helpline for kids and teens, call 0800 942 8787, 11am–11pm daily (New Zealand)

https://whatsup.co.nz/

**Call 0800 942 8787**

**Hours:** Every day 11am–11pm (phone); online chat 11am–10.30pm

WHAT IT DOES

Counsellors listen to and support tamariki and rangatahi by free phone call or online chat, every day. Call 0800 942 8787 or chat on the website. If it's an emergency, call 111.

WHO IT HELPS

Children aged 5–12 and teenagers aged 13–19 in New Zealand.

Free ('Our free helpline is open every day'). Note: Not 24/7: phone 11am–11pm and chat 11am–10.30pm; at other times young people can use Youthline or 1737, or 111 in an emergency.

### Childline — call 0800 1111 free or chat 1-2-1 online, 24/7, for children and young people (UK)

https://www.childline.org.uk/get-support/contacting-childline/

**Call 0800 1111**

**Hours:** 24 hours a day, 7 days a week (phone and 1-2-1 chat; night-time chats may be shorter); BSL via SignVideo Mon–Fri 8am–8pm, Sat 8am–1pm

WHAT IT DOES

Trained counsellors listen and support you with whatever you're going through – by phone, 1-2-1 online chat, or email (usually a reply within a day). You can talk in Welsh, though there are fewer Welsh-speaking counsellors. There is a separate section for under-12s.

WHO IT HELPS

Children and young people in the UK, Channel Islands and Guernsey (the NHS says under-19s can call 0800 1111).

Free from most UK landlines and mobiles, and calls won't show on your phone bill; mobile calls from the Channel Islands are chargeable (as Childline states).

### Here2Talk — call 1-877-857-3397 or chat in the app, 24/7, for B.C. post-secondary students (British Columbia, Canada)

https://here2talk.ca/

**Call 1-877-857-3397 (toll-free)** **Call 604-642-5212** **Call +1-604-642-5212 (from abroad)**

**Hours:** 24 hours, 7 days, 365 days a year

WHAT IT DOES

Free, confidential counselling and community referral for students by phone, app or web chat, 24/7, with no appointment needed — for stress, anxiety, loneliness, depression, relationships, study pressure and more. Call 1-877-857-3397 (toll-free across Canada) or 604-642-5212; from outside Canada +1-604-642-5212 (international charges may apply). Some other languages on request.

WHO IT HELPS

All students registered at a public or private post-secondary institution in B.C., domestic or international, full- or part-time, online, or studying abroad.

Free (as the service states); international call charges may apply from outside Canada. Note: Only for students registered at a B.C. post-secondary institution; single-session counselling, not ongoing therapy (as the FAQ states); counsellors in other languages are limited.

### Childline (ISPCC) — call 1800 66 66 66 or chat online, 24 hours, every day (Ireland)

https://www.childline.ie/

**Call 1800 66 66 66**

**Hours:** 24 hours a day, every day (phone and online chat)

WHAT IT DOES

Trained staff and volunteers listen to children and young people about anything, from feelings, bullying and abuse to relationships and school, in confidence. You can stay anonymous and only need to give a first name and age. Call 1800 66 66 66 or use Live Chat on the website. From 1 November 2026 Childline records calls for safeguarding and training.

WHO IT HELPS

All children and young people in Ireland up to and including the age of 18.

Free. Childline says you can talk to it for free.

### ISPCC Teenline — call 1800 833 634, 24 hours a day, for young people up to 18 (Ireland)

https://www.ispcc.ie/teenline/

**Call 1800 833 634**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

A national active listening service for young people: confidential, non-directive and non-judgmental, so you can talk about whatever is on your mind without being told what to do. Call 1800 833 634 at any time.

WHO IT HELPS

Children and young people up to the age of 18 in Ireland.

Free. 'The service is free to contact' (as the ISPCC states). Note: For under-18s only; a listening service, not counselling. The ISPCC's Childline (1800 66 66 66) is listed separately.

### National Runaway Safeline — call or text 1-800-RUNAWAY (1-800-786-2929), 24/7 (United States)

https://www.1800runaway.org/

**Call 1-800-RUNAWAY (786-2929)** **Text 1-800-786-2929**

**Hours:** 24/7

WHAT IT DOES

Crisis Support Specialists listen, help you explore your options and support you in staying safe, by phone, text, chat, email or forum. The service has responded to runaway and homeless youth and families in crisis since 1974. The Home Free programme helps young people aged 12–21 return safely to a confirmed known adult or safe place at no cost.

WHO IT HELPS

Runaway and homeless young people and youth in crisis in the US, and the caregivers and service providers supporting them.

Free ('There is no charge for contacting us', as the service states).

### Teen Line — call (800) 852-8336 or text TEEN to 839863, teens listening every evening (United States)

https://didihirsch.org/teenline/

**Call (800) 852-8336** **Text TEEN to 839863**

**Hours:** Phone 6pm–10pm PST and text 6pm–9pm PST, every night; outside these hours calls go to Didi Hirsch adult counsellors for 24/7 support

WHAT IT DOES

Trained teen volunteers ('Listeners'), each with over 100 hours of training and supervised by adult mental-health professionals, offer peer support by phone or text. You don't have to be in crisis to reach out. Outside teen hours, calls go to adult counsellors at Didi Hirsch's Suicide Prevention Center. In immediate danger, call 911 or 988.

WHO IT HELPS

Young people up to age 19 in the US (people over 19 are directed to call or text 988). Support is in English only.

Free ('Teen Line is always free', as the service states). Note: Teen listeners only in the evening (Pacific time); for ages up to 19; English only.

### Boys Town National Hotline — call 800-448-3000, 24/7; teens can text VOICE to 20121 (United States and Canada)

https://www.boystown.org/child-family-services/crisis

**Call 800-448-3000** **Text VOICE to 20121**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Specially trained Boys Town counsellors support kids, teens and parents by phone, text or email, any day, any time. Spanish-speaking counsellors and translation in more than 100 languages are available 24 hours a day. People who are speech- or hearing-impaired can email hotline@boystown.org. Email replies can take 24–48 hours; if you are overwhelmed, thinking of hurting yourself or being abused, call instead.

WHO IT HELPS

Kids, teens and parents calling from any of the 50 states, DC, the US territories or Canada.

Toll-free calls (as the service states); message and data rates may apply to texts.

### Kids Help Phone — call 1-800-668-6868 or text CONNECT to 686868, 24/7 (Canada)

https://kidshelpphone.ca/

**Call 1-800-668-6868** **Text CONNECT to 686868**

**Hours:** 24 hours, 7 days (phone and text); live chat hours as stated on the page

WHAT IT DOES

Call 1-800-668-6868 to talk with a counsellor in multiple languages, or text CONNECT to 686868 to reach a trained volunteer crisis responder (supervised by professional staff). Indigenous young people can text FIRST NATIONS, INUIT or METIS to 686868 to ask for a First Nations, Inuk or Métis responder, if one is available.

WHO IT HELPS

Young people anywhere in Canada (kids, teens and young adults), about any issue. Services are offered in English and French.

Free. Kids Help Phone says the texting service is free and texts do not use up a plan's text allowance (the number may still show on your bill).

### Good2Talk — call 1-866-925-5454 (ON) or 1-833-292-3698 (NS), 24/7, for post-secondary students (Ontario and Nova Scotia, Canada)

https://good2talk.ca/

**Call 1-866-925-5454 (Ontario)** **Text GOOD2TALKON to 686868** **Call 1-833-292-3698 (Nova Scotia)** **Text GOOD2TALKNS to 686868**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Post-secondary students can talk to a professional counsellor by phone, or text a trained volunteer crisis responder, about anything affecting their mental health — stress, anxiety, depression, substance use, relationships or loneliness — and get referrals to campus and community services. Ontario: call 1-866-925-5454 or text GOOD2TALKON to 686868. Nova Scotia: call 1-833-292-3698 or text GOOD2TALKNS to 686868.

WHO IT HELPS

Students at colleges and universities in Ontario or Nova Scotia. Ontario students can get phone support in 100+ languages through interpreters.

Free (as the service states). Note: Only for post-secondary students in Ontario and Nova Scotia; text support is from trained volunteers.

### Línea 102 — call 102, free and confidential support line for children and teenagers (Argentina)

https://www.argentina.gob.ar/capital-humano/familia/ninez-y-familia/linea-102

**Call 102**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

A listening, support and guidance line for children and teenagers. Trained teams give information and advice when a child's rights are at risk and link with the child-protection system. Call 102. It is not an emergency service: in an urgent situation the page says to call 911.

WHO IT HELPS

Children and teenagers, family members and other adults (teachers, neighbours, agencies), or anyone who knows or suspects a child's rights are being violated, anywhere in Argentina.

Free (the page says 'Es un servicio sin costo y confidencial'). Note: Not an emergency service (call 911); answered by each province's own team, hours not stated; Spanish.

### 147 Rat auf Draht — call 147, free and anonymous help for children and young people, 24/7 (Austria)

https://www.rataufdraht.at/

**Call 147**

**Hours:** Phone 24 hours, 7 days. Chat Mon, Tue, Fri 6pm–7pm; Wed, Thu 6pm–8pm (chat closed on public holidays)

WHAT IT DOES

Psychologists, counsellors, social educators and lawyers help children and young people with problems, questions and crises — school, family, love, sexuality, violence, addiction or mental health. Call 147 from anywhere in Austria with no area code. Parents, grandparents and teachers can get free parenting advice through its separate Elternseite (video counselling).

WHO IT HELPS

Children, teenagers and young adults in Austria. Parents and other adults who care for children use the separate Rat auf Draht Elternseite.

Free (zum Nulltarif) and anonymous (as the service states).

### Awel — call 102, free and anonymous listening line for children and young people (Belgium, Dutch-speaking)

https://awel.be/babbel

**Call 102**

**Hours:** Phone daily 4pm–10pm (from 2pm on Wednesdays); not on Sundays or public holidays. Chat 6pm–10pm

WHAT IT DOES

Trained volunteers listen to children and young people about anything — worries, questions or something that happened — by phone, chat or email (brievenbus@awel.be). Calls last up to 45 minutes so more young people can get through; you can call again the next day. Call 102.

WHO IT HELPS

Children and young people in Belgium (the site is in Dutch, with a short English/French page). Callers do not have to say who they are.

Free (as the service states). Note: Dutch-language; not 24/7 and closed on Sundays. The number appears in your phone's call history.

### Child Helpline Cambodia — call 1280, free, 24 hours (Cambodia)

https://childhelplinecambodia.org/

**Call 1280** **Text 1280**

**Hours:** 24 hours

WHAT IT DOES

Free, confidential phone counselling, information, referral and follow-up for children and young people. Counsellors are available at any time on 1280, free from anywhere in Cambodia. You can also send a text message to 1280 or ask a counsellor through the website.

WHO IT HELPS

Children and young people up to 25 years old in Cambodia.

Free (as the service states). Note: The page does not state which languages counsellors use (the website is in English and Khmer).

### ICBF Línea 141 — call 141, national line for child protection, emergencies and guidance, 24 hours (Colombia)

https://www.icbf.gov.co/atencion-y-servicios-ciudadania

**Call 141** **Call 01 8000 91 80 80**

**Hours:** Línea 141: 24 hours; 01 8000 91 80 80: Mon–Fri 8am–5pm

WHAT IT DOES

Colombia's family-welfare institute takes reports of threats to, or violations of, children's and teenagers' rights and gives protection, emergency response and guidance. Call 141 at any time; the general free line 01 8000 91 80 80 answers on weekdays.

WHO IT HELPS

Children and teenagers in Colombia, and any adult who knows or suspects a child is at risk, abused or neglected.

Free (the page calls both 'línea gratuita nacional'). Note: Spanish; the page does not state other languages. The 01 8000 line keeps office hours only.

### Hrabri telefon — call 116 111 (children) or 0800 0800 (parents), anonymous advice line, weekdays 9am–8pm (Croatia)

https://hrabritelefon.hr/

**Call 116 111 (children)** **Call 0800 0800 (parents)**

**Hours:** Weekdays 9am–8pm (both lines; WhatsApp chat for children the same hours)

WHAT IT DOES

Trained staff and volunteers listen to children and teenagers about feelings, confusing situations or when their rights are not respected (116 111). Parents and other adults worried about a child can get advice on parenting, communication, abuse and neglect on 0800 0800.

WHO IT HELPS

Children and teenagers (the site has sections for ages 6–12 and 13–18) on 116 111; parents and adults worried about a child on 0800 0800, in Croatia.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Weekdays 9am–8pm only — not available at night or at weekends.

### Linka bezpečí — call 116 111, free and anonymous help for children and students up to 26, nonstop (Czechia)

https://www.linkabezpeci.cz/

**Call 116 111**

**Hours:** Phone nonstop (24/7). Chat daily 9am–1pm and 3pm–7pm; emails answered within 3 working days

WHAT IT DOES

Counsellors listen to children and students about anything that is troubling them, by phone, chat or email. Callers do not have to give their name, where they live or which school they go to. Call 116 111 at any time. Parents can use a separate line (Rodičovská linka) on the same site.

WHO IT HELPS

Children under 18, and students under 26, in Czechia.

Free (zdarma), as the service states. Note: The chat needs a registration (nickname and password) and allows up to 90 minutes a day.

### BørneTelefonen — call or text 116 111, free and anonymous counselling for children and young people, 24/7 (Denmark)

https://bornetelefonen.dk/

**Call 116 111** **Text 116111**

**Hours:** Phone, text and chat open 24 hours a day, all year

WHAT IT DOES

Counsellors talk with children and young people about anything, big or small. Call 116 111 — the page says to call directly if a problem is urgent — or send a text to 116111. The service can also arrange a free support person (bisidder).

WHO IT HELPS

Children and young people in Denmark.

Free, and you are 100% anonymous (as the service states).

### Lasteabi — call 116 111, free and anonymous helpline for and about children, 24/7 (Estonia)

https://www.lasteabi.ee/et

**Call 116 111** **From abroad +372 600 4434**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Lasteabi listens to and helps children who need support and adults who know a child in need. Call 116 111 at any time, or use the chat on the website. From abroad call +372 600 4434.

WHO IT HELPS

Children and young people in Estonia, and anyone who knows a child who needs help.

Free and anonymous (as the service states). International charges apply from abroad. Note: Contacts are recorded (as the page states). Sign-language counselling is offered; the page does not state other languages.

### 119 Allô Enfance en Danger — free 24/7 line for children at risk and adults worried about a child (France)

https://www.allo119.gouv.fr/

**Call 119**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Children facing risk or danger, for themselves or another child they know, and adults worried about a child, can call 119 free at any time. Most calls concern psychological, physical or sexual violence; others cover neglect, running away, dangerous games and cyberbullying. The call does not appear on detailed phone bills, and there are chat and Deaf/hard-of-hearing options.

WHO IT HELPS

Children and young people in France, and any adult — relative, neighbour or school staff — worried about a child.

Free ('APPEL GRATUIT').

### Fil Santé Jeunes — call 0800 235 236, free and anonymous health line for 12–25-year-olds, daily 9am–11pm (France)

https://www.filsantejeunes.com/qui-sommes-nous

**Call 0800 235 236**

**Hours:** Phone every day 9am–11pm; one-to-one chat every day 9am–10pm

WHAT IT DOES

A team of trained listeners — psychologists, doctors, educators, family counsellors and social workers — answers young people's questions and worries about their health and wellbeing, by phone or one-to-one chat. Call 0800 235 236. The site also has a question service and moderated forums.

WHO IT HELPS

Young people aged 12 to 25 anywhere in France (the service is reserved for this age group). The site has an access option for deaf and hard-of-hearing young people.

Free and anonymous (as the service states). Note: Only for ages 12–25 and not 24/7 (chat closes at 10pm).

### Nummer gegen Kummer — Kinder- und Jugendtelefon 116 111, free and anonymous, Mon–Sat 14:00–20:00 (Germany)

https://www.nummergegenkummer.de/

**Call 116 111** **Call 0800 111 0550 (parents)**

**Hours:** Children and teens: phone Mon–Sat 14:00–20:00, chat Mon–Thu 14:00–20:00; parents' line Mon, Wed, Fri 9:00–17:00 and Tue, Thu 9:00–19:00

WHAT IT DOES

Children and teenagers can call 116 111 to talk about anything that is worrying them; on Saturdays, young people counsel young people. You can also send a message at any time (reply within 2 days) or chat. Parents and carers can call the Elterntelefon on 0800 111 0550.

WHO IT HELPS

Children and young people in Germany, plus parents and other carers through the Elterntelefon.

Free ('Ein Gespräch kostet nichts'); anonymous. Note: Phone hours are limited to afternoons and evenings; outside them you can leave a written message.

### The Smile of the Child — call 1056 or 116111, free helplines for children and worried adults, 24/7 (Greece)

https://www.hamogelo.gr/gr/en/sos-1056/

**Call 1056** **Call 116111**

**Hours:** 24 hours, 7 days, 365 days a year

WHAT IT DOES

Social workers and psychologists support children and adults on any concern, take anonymous or named reports of child abuse, neglect, bullying or trafficking, and can send emergency response teams. Call 1056 (national SOS line) or 116111 (European child helpline, counselling for children and teenagers). Children can also use email, chat and social media.

WHO IT HELPS

Every child and adult in Greece with a concern about a child — including children experiencing violence, bullying or neglect, and missing children.

Free from landlines and mobiles; no card or credit needed from payphones (as the service states).

### Kék Vonal — call 116-111, free and anonymous helpline for children and young people, 0–24 (Hungary)

https://kek-vonal.hu/

**Call 116-111** **Call 116-000 (worried adults)**

**Hours:** 116-111: 24 hours (0–24). Chat 1pm–9pm. 116-000 for adults: non-stop. Letters answered within 72 hours

WHAT IT DOES

Young people can call 116-111 at any time to talk about whatever is on their mind, chat in the afternoon and evening, or write and get an answer within 72 hours. Parents and professionals worried about a child can call 116-000.

WHO IT HELPS

Children and young people under 24 in Hungary (116-111); parents and professionals worried about a child (116-000).

Free (ingyenes) and anonymous (as the service states). Note: The chat needs a simple registration (no full name or contact details required).

### Telefono Azzurro — call 19696, free listening line for children, teenagers and worried adults, 24/7 (Italy)

https://azzurro.it/

**Call 19696**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Trained staff listen to and support children and teenagers up to 18 with any worry or emergency, and advise parents and other adults with concerns about a child. Call 19696 from anywhere in Italy. Telefono Azzurro also runs the government's 114 Emergenza Infanzia line and 116 000 for missing children.

WHO IT HELPS

Children and teenagers up to 18, and parents, family members and other adults worried about a child, anywhere in Italy.

Free (as the service states).

### 24-hour Child SOS Dial (24時間子供SOSダイヤル, Ministry of Education) — call 0120-0-78310, 24 hours (Japan)

https://www.mext.go.jp/a_menu/shotou/seitoshidou/06112216.html

**Call 0120-0-78310**

**Hours:** 24 hours, every day, including nights and holidays

WHAT IT DOES

A nationwide number for children and parents to talk about bullying, worries about school or friends, or any other SOS, at any time including nights and holidays. Calls are answered by services run by prefectural and designated-city boards of education. If you do not get through, the Ministry asks you to try again.

WHO IT HELPS

Children and young people in Japan and their parents or guardians. The page is in Japanese and does not state other languages.

Free service; call costs depend on your phone plan. Note: Run locally by each prefecture's or city's board of education, so who answers depends on where you call from; Japanese only as far as the page shows.

### Childline Japan (チャイルドライン) — call 0120-99-7777, free, daily 4pm–9pm, for under-18s (Japan)

https://childline.or.jp/tel

**Call 0120-99-7777**

**Hours:** Phone every day 4pm–9pm; online chat Mon–Sat 4pm–9pm and on the 4th Sunday of the month 4pm–6.30pm; closed 29 December–3 January

WHAT IT DOES

A free phone line for children up to 18. Childline listens to anything a child wants to talk about, keeps it secret and does not need a name; the child can hang up at any time. Online chat is also offered. Some mobile phones, kids' phones and 050 IP phones may not connect, and internet calling (LINE, Skype, Zoom) cannot be used; the 'net denwa' service ended on 31 March 2026.

WHO IT HELPS

Children and young people aged 18 and under anywhere in Japan. The page does not state languages other than Japanese.

Free (フリーダイヤル／無料 — no call charge, as the page states). Note: Not 24 hours (4pm–9pm daily) and only for under-18s; closed over the New Year holiday.

### Childline Kenya — National Child Helpline 116, 24-hour and toll-free; WhatsApp +254 722 116 116 (Kenya)

https://childlinekenya.co.ke/

**Call 116  WhatsApp +254 722 116 116**

**Hours:** 24 hours

WHAT IT DOES

Children, and adults who know of or witness violence against a child, can call 116 free from anywhere in Kenya to report abuse anonymously, get information on child-related issues or access counselling. Childline also takes calls or texts on 0724 555 251, 0725 352 107 and 0732 263 554, plus WhatsApp and email.

WHO IT HELPS

Children in Kenya, and adults concerned about a child's safety.

Free (toll-free, as stated).

### De Kindertelefoon — call 0800-0432 or chat, free and anonymous for ages 8–18, every day 11am–9pm (Netherlands)

https://www.kindertelefoon.nl/bellen

**Call 0800-0432**

**Hours:** Every day 11am–9pm (phone and chat)

WHAT IT DOES

A trained volunteer listens to whatever is on a child's mind — feeling scared, sad or in love, bullying, stress or problems at home — at the child's own pace. Children do not have to give their real name. Call 0800-0432 or chat online; the site also has a forum for 12–18-year-olds.

WHO IT HELPS

Children and young people aged 8 to 18 in the Netherlands (the site also links to separate help for 16–27-year-olds).

Free, and calls do not appear on the phone bill (as the service states). Note: For ages 8–18 only, and not 24/7.

### Alarmtelefonen for barn og unge — call 116 111, free child-welfare helpline, open around the clock (Norway)

https://www.116111.no/

**Call 116 111** **Text 417 16 111** **From abroad +47 954 11 755**

**Hours:** Phone 24 hours, 7 days. Chat and text 4.15pm–10.45pm every day except Saturday (until 11.45pm on Saturdays)

WHAT IT DOES

The child welfare service's round-the-clock line for children and young people experiencing neglect or poor care (omsorgssvikt), or needing help because of their own risky behaviour. Adults worried about a child can also call. Call 116 111, text 417 16 111, chat or email alarm@116111.no. Interpreters for most languages can be arranged at any hour.

WHO IT HELPS

Children and young people in Norway, and adults who are worried about a child.

Free (as the service states). International charges apply from abroad. Note: Chat and text are only answered in the evening; the phone is open 24/7.

### 116 111 telefon zaufania — free, anonymous helpline and chat for children and young people, 24/7 (Poland)

https://116111.pl/o-116111/

**Call 116 111**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Psychologists and educators trained in phone and online support listen to young people about anything — school, family, friends, feelings, online safety. Call 116 111, use the chat, or send a message through the site (it needs an account; replies take a few hours to 2–3 days). If a young person's life or health is in danger, they will contact people who can keep them safe.

WHO IT HELPS

Children and young people under 18 anywhere in Poland.

Free (bezpłatny) and anonymous (as the service states). Note: Lines can be busy — the page suggests trying several times. The chat and written messages need a free account and log-in; chats last up to 50 minutes.

### Telefonul Copilului — call 116 111, free helpline for children and teenagers, weekdays 10am–8pm (Romania)

https://telefonulcopilului.ro/

**Call 116 111**

**Hours:** Mon–Fri 10am–8pm

WHAT IT DOES

Psychologists listen to children and teenagers about any problem — including fear and anxiety linked to online abuse — and help them find a way forward. Call 116 111 without a prefix, or email vorbestecunoi@telefonulcopilului.ro.

WHO IT HELPS

Children and teenagers in Romania (116 111 is described as the only telephone service dedicated to them).

Free (GRATUIT) from Telekom, Vodafone and Orange landline and mobile networks (as the service states). Note: Weekday daytime hours only, and the page lists only three networks (Telekom, Vodafone, Orange) the number can be called from.

### Tinkle Friend (Singapore Children's Society) — call 1800-2744-788, helpline and chat for primary school children (Singapore)

https://www.tinklefriend.sg/

**Call 1800-2744-788**

**Hours:** Helpline Mon–Fri 2.30pm–5pm; online chat Mon–Thu 2.30pm–7pm and Fri 2.30pm–5pm; closed weekends and public holidays

WHAT IT DOES

Support, advice and information for lonely or distressed primary school children, especially when their parents or main carers are not available. Children can call or use the online chat box on the website. Calls and chats are recorded. Outside opening hours the page points children to National Mindline 1771.

WHO IT HELPS

Primary school children in Singapore (13 years old and below).

Free service; call costs depend on your phone plan. Note: Short weekday afternoon hours only; closed weekends and public holidays.

### TOM telefon — call 116 111, free and anonymous counselling for children and teenagers, daily 12–8pm (Slovenia)

https://www.e-tom.si/

**Call 116 111**

**Hours:** Every day, including Sundays and holidays, 12pm–8pm. Chat Mon–Fri 2pm–9pm; email any time

WHAT IT DOES

Counsellors listen to children and teenagers and give anonymous, confidential advice about anything that worries them. Call 116 111 every afternoon and evening, use the chat on weekdays, or email at any time. Anonymity cannot be kept if a child is in danger.

WHO IT HELPS

Children and teenagers in Slovenia.

Free (brezplačno), as the service states. Note: Not 24/7: phone every day 12pm–8pm; chat on weekdays only.

### Childline South Africa — call 116 free, 24-hour counselling line for children (South Africa)

https://www.childlinesa.org.za/

**Call 116**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Counsellors are available around the clock for children who need to talk or are at risk of abuse or violence. Call 116, free from all networks. If a child is in immediate danger, Childline advises calling the police on 10111 or 112.

WHO IT HELPS

Children and teenagers in South Africa; the website also has sections for parents and educators.

Free (the page says '24 hour Toll-free Number on 116' and 'we are free from all networks'). Note: The online webchat was offline for maintenance when checked; the page does not state languages.

### Youth counselling line 1388 (Korea Youth Counseling & Welfare Institute) — call 1388 (South Korea)

https://www.kyci.or.kr/userSite/index.asp

**Call 1388**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Korea's national counselling number for young people — call 1388 whenever you need to talk about a worry or need support suited to you. From a mobile phone, dial the local area code first, then 1388. The institute also runs the 1388 youth portal for online counselling and support for young people out of school.

WHO IT HELPS

Young people in South Korea. The page is in Korean and links to a counselling page for foreigners.

Free service; call costs depend on your phone plan. Note: Hours are not stated on the page; from a mobile you must dial the area code before 1388.

### Fundación ANAR — Teléfono ANAR 900 20 20 10 or 116 111, free helpline for children and teenagers (Spain)

https://www.anar.org/que-hacemos/telefono-chat-anar/

**Call 900 20 20 10** **Call 116 111** **Call 600 50 51 52 (adults/schools)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

A psychologist answers, listens for as long as needed, and helps children and teenagers with any problem — relationships, violence, bullying, mental-health difficulties — and works out next steps. Call 900 20 20 10 from anywhere in Spain (116 111 also works in many regions). Adults and schools worried about a child can call 600 50 51 52.

WHO IT HELPS

Children and teenagers under 18 anywhere in Spain; the family and schools line is for adults concerned about a child or teenager.

Free and confidential for the 900 and 116 111 numbers; the family/schools line is described as free (as the service states). Note: Hours are not stated on ANAR's current pages. 116 111 is listed only for some regions; 900 20 20 10 works throughout Spain.

### 1929 Childline (National Child Protection Authority) — call 1929, free, 24 hours (Sri Lanka)

https://childprotection.gov.lk/en/what-we-do/1929-call-centre-helpline

**Call 1929**

**Hours:** Any time of the day, any day of the week (24 hours)

WHAT IT DOES

Sri Lanka's national child helpline. Children or adults can call free from any network, at any time, to report child abuse or ask about any child-related concern; 1929 responds to emergencies and links children to services for long-term care. It covers abuse at home, school or institutions, child labour, trafficking, street children, substance use and children affected by conflict or disaster.

WHO IT HELPS

Children in Sri Lanka and any adult worried about a child. Available in Sinhala, Tamil and English.

Free from any telecom provider (as the page states).

### Bris — call or text 116 111, or chat, free support for under-18s, day and night (Sweden)

https://www.bris.se/for-barn-och-unga/prata-med-oss/

**Call 116 111** **Text 116 111**

**Hours:** Phone, text and chat open every day, including at night; emails answered within a few days

WHAT IT DOES

Trained counsellors (kuratorer) bound by confidentiality listen to children and teenagers about anything — feeling down, worried or lonely, problems at home or with friends. Call or text 116 111, chat on the website or email. You do not have to say who you are. Phone support is also available in English.

WHO IT HELPS

Children and young people under 18 in Sweden.

Free, and it does not show on the phone bill (as the service states). Note: For under-18s only.

### 147 (Pro Juventute) — call 147, free and confidential help for children and young people, 24/7 (Switzerland)

https://www.147.ch/de/

**Call 147**

**Hours:** Phone 24 hours, 7 days. WhatsApp daily 7.30am–10pm; peer chat Mon–Thu 7pm–10pm; emails answered within 24 hours

WHAT IT DOES

Counsellors support young people with small or big worries, problems or questions, by phone, WhatsApp or email. Calling 147 is the fastest way to reach them, at any time. Email beratung@147.ch for a reply within 24 hours; a peer chat with other young people runs four evenings a week.

WHO IT HELPS

Children and young people in Switzerland (the site is in German, French and Italian).

Free, and the call does not appear on the phone bill (as the service states).

### Childline Trinidad and Tobago — call 800-4321 free, or chat, for children and young people, 24/7 (Trinidad and Tobago)

https://childlinett.org/

**Call 800-4321**

**Hours:** 24 hours, 7 days, including weekends and holidays

WHAT IT DOES

Trained Active Listeners talk with children and young people about anything they are going through, give support in a crisis and refer to other services when needed. Call 800-4321 free; live web chat and WhatsApp are also offered on the website.

WHO IT HELPS

Children and young people up to age 25 in Trinidad and Tobago; parents can also find information.

Free (the service says '100% Free, Anonymous, Confidential & Available 24/7').

### Sauti 116 Uganda Child Helpline — call 116 free from any network, 24/7 (Uganda)

https://mglsd.go.ug/uganda-child-helpline-116-2/

**Call 116**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A government-led helpline where children and adults can report child abuse and other violations of children's rights. Sauti links children at risk or in need of care and protection to services through case management. Call 116, toll-free on all networks.

WHO IT HELPS

Children in Uganda, and any adult who wants to report abuse or a child at risk.

Free (the page says 'toll-free telephone service on the short code 116 which is accessible on all telecommunication networks'). Note: A child-protection reporting line; the page does not state languages.

### National Child Protection Hotline 111 — call 111 free, 24/7, to report or get advice about a child at risk (Vietnam)

https://tongdai111.vn/

**Call 111**

**Hours:** 24 hours, 7 days (24/24)

WHAT IT DOES

Counsellors take reports about abuse, violence, exploitation, trafficking and neglect of children, give advice, and pass cases to the authorities that protect children. The same number is the hotline for advice and support for victims of human trafficking. Call 111 from anywhere in Vietnam.

WHO IT HELPS

Children, parents, carers, schools and anyone in Vietnam who is worried about a child, and people affected by human trafficking.

Free — the service says calls are completely free. Note: The website is in Vietnamese and does not state other languages; for police or medical emergencies use Vietnam's emergency numbers.

### Childline Zimbabwe — call 116 free from any network, 24 hours, or WhatsApp (Zimbabwe)

https://childline.org.zw/

**Call 116**

**Hours:** 24 hours (phone); live chat 8am–5pm

WHAT IT DOES

Counsellors listen to, advise and help protect children and young people from abuse, neglect and exploitation. Call the free phone 116 from any network, WhatsApp +263 719 116 116 or +263 732 116 116, or use live chat in the daytime. Face-to-face counselling is also offered to children and community members.

WHO IT HELPS

Children aged 0–18 anywhere in Zimbabwe.

Free (the page says 'runs 24 hours toll free' and 'reachable from any phone on any network'). Note: Live chat only 8am–5pm; the page does not state languages.

## Parents, Pregnancy & New Parents

### PANDA National Perinatal Mental Health Helpline — call 1300 726 306, 7 days a week (Australia)

https://www.panda.org.au/contact

**Call 1300 726 306**

**Hours:** Monday to Friday 9am–7.30pm; Saturday and Sunday 9am–4pm (AEST/AEDT), per PANDA's About page ('operates 7 days a week (including public holidays)'). PANDA's contact page lists Saturday 9am–4pm but no Sunday hours, and says it is open all public holidays except Christmas Day

WHAT IT DOES

A safe, caring and confidential space to talk about your mental health and wellbeing in pregnancy and early parenthood, or about someone you support. PANDA is not a crisis service — if you need immediate support call Lifeline 13 11 14 (24/7), or 000 for police or ambulance.

WHO IT HELPS

Expecting parents, new parents and the people supporting them in Australia.

Free helpline ('Australia's only free, national helpline service' for perinatal mental health); 1300 calls cost a local call from a landline and mobile carrier rates from mobiles. Note: Not a crisis service; not 24/7, and PANDA's pages differ on Sunday hours; 1300 calls may cost from mobiles.

### Pregnancy, Birth and Baby — call 1800 882 436 to talk to a maternal child health nurse, 7am–midnight daily (Australia)

https://www.pregnancybirthbaby.org.au/

**Call 1800 882 436**

**Hours:** 7am to midnight (AET), 7 days a week

WHAT IT DOES

Talk to a maternal child health nurse for support and information as an expecting parent or parent of a young child, by phone or video call. Call 1800 882 436. If you need urgent medical help, call triple zero (000) immediately.

WHO IT HELPS

Expecting parents and parents of children from birth to 5 years of age in Australia.

Free call with a maternal child health nurse; 'call charges may apply from your mobile' (as the service states). Note: Not for emergencies; not 24/7; call charges may apply from mobiles.

### Parent Line NSW — call 1300 1300 52 for free telephone counselling for parents and carers (NSW, Australia)

https://www.parentline.org.au/contact/

**Call 1300 1300 52**

**Hours:** 9am to 9pm Monday to Friday; 4pm to 9pm on weekends; closed on public holidays

WHAT IT DOES

Qualified counsellors give immediate telephone counselling and support to parents and carers of children. You can also send an online enquiry and get a reply the next business day. In an emergency call 000, or Lifeline on 13 11 14.

WHO IT HELPS

Parents and carers of children aged 0 to 18 who live in New South Wales; professionals with concerns about a child or young person also call.

Free ('a free telephone counselling and support service'). Note: NSW only; not 24/7 and closed on public holidays.

### Australian Breastfeeding Association Breastfeeding Helpline — call 1800 686 268, 24/7 (Australia)

https://www.breastfeeding.asn.au/breastfeeding-helpline

**Call 1800 mum 2 mum (1800 686 268)**

**Hours:** Helpline 24 hours a day, 7 days a week; LiveChat Mon, Wed and Fri 12–2pm and every weeknight 8–10pm AEST/AEDT (closed national public holidays)

WHAT IT DOES

Qualified volunteer breastfeeding counsellors answer the National Breastfeeding Helpline around the clock, giving information, support and reassurance about breastfeeding. They cannot give medical advice and will refer you to your doctor for medical issues. Call 1800 mum 2 mum (1800 686 268); for an interpreter, call TIS National on 131 450 and ask them to phone the Helpline.

WHO IT HELPS

Mothers, parents and families in Australia with breastfeeding questions or worries, and their support people. ABA cannot counsel residents of the US or Canada.

Free (the service says 'Free, 24 hours a day, 7 days a week'). Note: Breastfeeding information and support, not medical advice or a crisis line; some calls are recorded for training (callers are told first).

### ForWhen — call 1300 24 23 22, perinatal mental health navigation for new and expecting parents, weekdays (Australia)

https://forwhenhelpline.org.au/about-us/

**Call 1300 24 23 22**

**Hours:** Monday to Friday 9am–4.30pm in each state and territory; closed weekends and public holidays

WHAT IT DOES

A free national care-navigation phone line. A local clinical navigator listens, asks how you are coping, then searches for and connects you with perinatal and infant mental health services and supports near you. A family member, support person or health professional can call on a parent's behalf (support starts with the parent's consent). Call 1300 24 23 22.

WHO IT HELPS

New or expecting parents and carers, from the start of pregnancy until the baby is 12 months old, with moderate to severe perinatal mental health concerns; also parents who have recently lost a baby.

Free national service; the service says call costs depend on your phone provider. Note: Not a crisis service (ForWhen directs urgent needs to 000, Lifeline 13 11 14 or Beyond Blue 1300 22 4636); weekday hours only.

### Tresillian Parent's Help Line — freecall 1300 272 736 (Tasmania 1300 827 282), 7am–11pm daily (NSW, ACT and Tasmania, Australia)

https://www.tresillian.org.au/services-locations/services/parents-help-line/

**Call 1300 272 736  Tasmania: 1300 TAS BUB (1300 827 282)**

**Hours:** Every day, 7am to 11pm (time zone not stated)

WHAT IT DOES

Nurses give tailored advice on your baby's sleep, feeding and development and answer questions about Tresillian's services. If they cannot answer straight away, leave your name and number and they will call you back within 24 hours. Call 1300 272 736 (in Tasmania, 1300 827 282).

WHO IT HELPS

Parents and carers of babies and young children. Tresillian's services cover NSW, the ACT and Tasmania; the page does not say whether callers from other states are helped.

Free call (the service labels both numbers 'FREECALL'). Note: Not an emergency service (the page says call 000 in an emergency); busy lines get a call back within 24 hours.

### Parentline (yourtown) — call 1300 30 1300, parenting counselling, 6am–midnight AEST daily (Queensland and NT, Australia)

https://www.yourtown.com.au/our-services/parentline/

**Call 1300 30 1300**

**Hours:** 6am to midnight AEST, seven days a week

WHAT IT DOES

Counsellors give confidential phone and WebChat counselling about parenting and family worries; they listen without judgement and help you sort out the issues that matter most to you. You do not have to give your name. Triple P parenting program support is also available by phone at no extra cost. Call 1300 30 1300.

WHO IT HELPS

Parents, carers and family members living in Queensland or the Northern Territory.

Free counselling; calls cost the same as a local call (as the service states). Note: For Queensland and Northern Territory residents only.

### CaFHS Parent Helpline — call 1300 364 100, any time, 7 days (South Australia)

https://www.cafhs.sa.gov.au/services/parent-helpline

**Call 1300 364 100**

**Hours:** Any time, seven days a week: 7.15am–9.15pm answered by local Parent Helpline staff; at other times calls are redirected to the national healthdirect helpline

WHAT IT DOES

Qualified nurses, social workers and community health workers give information and support on child health and development, sleep and settling, behaviour, feeding and nutrition, breastfeeding, coping with parenting and where to get further help. They can also book virtual appointments. Call 1300 364 100.

WHO IT HELPS

Parents and carers of children from birth to 5 years living in South Australia.

Free service; call costs depend on your phone plan. Note: South Australia only, for children aged 0–5; overnight calls go to healthdirect; staff ask for some details to give tailored advice.

### Parentline ACT — call 02 6287 3833 for parenting counselling, weekdays 9am–5pm (ACT, Australia)

https://parentlineact.org.au/

**Call 02-6287 3833**

**Hours:** 9:00am–5:00pm, Monday to Friday (excluding public holidays)

WHAT IT DOES

Trained counsellors give free, confidential parenting support about whatever is on your mind, for parents and carers of children of any age. You can also request a call back on the website. Call 02-6287 3833 or email parentline@parentlineact.org.au. For help outside its hours, the page lists 000, 1800RESPECT, Lifeline and 13YARN.

WHO IT HELPS

Parents and carers in the ACT ('any age, any stage').

Free (as the service states); call costs depend on your phone plan. Note: Weekday business hours only; ACT service; for urgent help outside hours the page lists other lines.

### Ngala Parenting Line — call (08) 9368 9368, country 1800 111 546, 8am–8pm daily (Western Australia)

https://www.ngala.com.au/helpline

**Call (08) 9368 9368  Country WA: 1800 111 546 (call-back)**

**Hours:** Monday to Sunday, 8am to 8pm; calls about children aged 8 to 18 are responded to Monday to Friday

WHAT IT DOES

Ngala staff give understanding, reassurance and encouragement for any parenting question or concern about a child aged 0 to 18. Country callers can use 1800 111 546, a call-back service: Ngala calls you back as soon as possible. You can also request a call through the website.

WHO IT HELPS

Parents and carers living in Western Australia.

Free call-back service (as Ngala states); some mobile providers may block or charge for calls to 1800 111 546. Note: Western Australia only; the country number is a call-back service; for crises the page lists Crisis Care.

### Maternal and Child Health Line — call 13 22 29, 24/7 (Victoria, Australia)

https://www.betterhealth.vic.gov.au/health/serviceprofiles/maternal-and-child-health-line

**Call 13 22 29**

**Hours:** 24 hours

WHAT IT DOES

Qualified maternal and child health nurses give confidential information and advice about the care and health of your child from birth to 6 years — child health and nutrition, breastfeeding, your own health and parenting issues — and can refer you to other services. Interpreters through TIS National (131 450) at no cost. Call 13 22 29.

WHO IT HELPS

Victoria-based residents or visitors with a child from birth to 6 years old.

Cost of a local call from anywhere in Victoria; calls from mobile phones may be charged at a higher rate (as the page states). Note: Victoria only; calls from mobiles may cost more.

### PlunketLine — free call 0800 933 922 for parenting and child health advice from a nurse, 24/7 (New Zealand)

https://www.plunket.org.nz/plunket-and-you/services-we-offer/plunketline/

**Call 0800 933 922**

**Hours:** 24 hours a day, seven days a week

WHAT IT DOES

A registered Plunket nurse gives advice and information on parenting and your child's health and wellbeing — sleep and settling, breastfeeding, starting solids and more. Interpreters are available: say what language you speak. For children over five or other whānau, call Healthline on 0800 611 116.

WHO IT HELPS

All families, whānau and caregivers in New Zealand with tamariki aged 0–5; you don't need to be registered with Plunket.

Free ('a free, 24/7 service for anyone in New Zealand (calls are also free from cellphones)').

### DECIDE National Abortion Telehealth Service — free call 0800 DECIDE (0800 332 433) or web chat (New Zealand)

https://www.decide.org.nz/en/contact-us/

**Call 0800 DECIDE (0800 332 433)**

**Hours:** Monday to Friday 8am–6pm; Saturday 9am–1pm (phone and web chat)

WHAT IT DOES

Trained specialists give free, confidential information about pregnancy options and abortion, connect you to a provider near you, and can arrange an early medical abortion by phone (up to 10 weeks) with medicines delivered. General enquiries can be anonymous; clinical advice is from a nurse. NZ Relay is available for Deaf callers.

WHO IT HELPS

Anyone in New Zealand who is pregnant and considering their options, and partners or whānau supporting them.

Free. 'We offer free, confidential contact with trained specialists' and 'Free call 0800 DECIDE'. Note: Limited hours (weekdays and Saturday morning); it is a health information and telehealth service, not an emergency service.

### Parent Help — free parenting helpline 0800 568 856, 9am–9pm every day (New Zealand)

https://www.parenthelp.org.nz/helpline/

**Call 0800 568 856**

**Hours:** 9am to 9pm, 7 days a week (every day of the year)

WHAT IT DOES

Trained support workers, counsellors and social workers give confidential, non-judgemental support and advice on any parenting issue, from tantrums, school refusal and sibling rivalry to anger, anxiety, self-harm, devices and blended families. Call 0800 568 856.

WHO IT HELPS

Parents, mothers, fathers, grandparents, caregivers and whānau anywhere in New Zealand.

Free. 'Our helpline is completely free!' (counselling sessions are charged separately). Note: Closed overnight (9am–9pm); confidentiality may be broken if someone is at immediate risk of harm; separate counselling sessions are charged.

### Coram Family Lives parenting helpline — call 0808 800 2222, chat or WhatsApp (England and Wales)

https://www.coramfamilylives.org.uk/how-we-can-help/confidential-helpline/

**Call 0808 800 2222  WhatsApp 07441 444125**

**Hours:** Phone Mon–Fri 9am–9pm, weekends 10am–3pm; chat and WhatsApp Mon–Fri 9am–9pm (excluding bank holidays)

WHAT IT DOES

Experienced family support workers and trained volunteers give emotional support, information, advice and guidance on any aspect of parenting and family life. Calls are confidential and not recorded. Previously known as Parentline. Emails answered within 24 hours on weekdays.

WHO IT HELPS

Parents, carers and families in England and Wales.

Free ('confidential and free parenting helpline service'). Note: England and Wales; not 24-hour.

### PANDAS Foundation — WhatsApp 07903 508334 or book a free callback, perinatal mental health support (UK)

https://pandasfoundation.org.uk/our-services/whatsapp-support/

**WhatsApp 07903 508334**

**Hours:** WhatsApp 9am–5pm, Monday–Friday; bookable calls Monday–Friday 9am–5pm; closed on English and Scottish bank holidays

WHAT IT DOES

Trained PANDAS volunteers give support, information and guidance to parents and families affected by perinatal mental illness, from conception through birth and beyond – including fathers. Message on WhatsApp, or book a call at a time that suits you. They cannot diagnose or give medical advice.

WHO IT HELPS

Parents, partners and families in the UK affected by mental illness in pregnancy or after birth.

Free ('free and confidential'). Note: No live phone line – WhatsApp or pre-booked callback only, weekdays 9am–5pm; for urgent help call Samaritans (116 123) or 999.

### Tommy's Midwives' Helpline — freephone 0800 0147 800 or email, weekdays, pregnancy and pregnancy loss (UK)

https://www.tommys.org/pregnancy-information/help-and-support

**Call 0800 0147 800**

**Hours:** Mon–Fri 9am–5pm

WHAT IT DOES

Tommy's own midwives give advice, reassurance and support about planning a pregnancy, pregnancy, any kind of pregnancy loss (miscarriage, stillbirth, ectopic or molar pregnancy, termination for medical reasons), pregnancy after loss, and mental health before, during or after pregnancy. Call 0800 0147 800 or email midwife@tommys.org.

WHO IT HELPS

Anyone who needs advice, reassurance or support about planning a pregnancy, pregnancy, pregnancy loss or perinatal mental health.

Free (freephone line, as the service states). Note: A non-urgent line that cannot make local referrals: for bleeding, pain or reduced baby movements contact your Early Pregnancy Unit, midwife or hospital straight away.

### Miscarriage UK support line — call 0303 003 6464 or live chat, weekdays (UK)

https://www.miscarriageuk.org/our-support-services/

**Call 0303 003 6464**

**Hours:** Mon, Wed and Fri 9am–8pm; Tue and Thu 9am–4pm (phone and live chat)

WHAT IT DOES

Trained support workers listen, acknowledge what you are going through and share clear, trusted information about miscarriage and other pregnancy loss. Call 0303 003 6464 or use live chat. Interpreters in over 250 languages are free, and BSL users can call through Convo video relay. Outside these hours the page points to Samaritans (116 123).

WHO IT HELPS

Anyone affected by miscarriage or other pregnancy loss — the page says 'however you've been affected by pregnancy loss, you're welcome here'.

Free service; call costs depend on your phone plan (GOV.UK's call-charges table lists 03 numbers at the same approximate rates as 01 and 02 numbers). Interpreting is free. Note: No medical advice — for health worries contact your GP or NHS 111. Closed weekends and bank holidays.

### National Breastfeeding Helpline — call 0300 100 0212, 24/7, infant feeding support (UK)

https://www.nationalbreastfeedinghelpline.org.uk/our-services/

**Call 0300 100 0212  Bengali/Sylheti 0300 456 2421**

**Hours:** 24 hours a day, every day of the year, including bank holidays

WHAT IT DOES

Trained volunteers, all with personal breastfeeding experience, give non-judgemental, evidence-based support and information about breastfeeding or chestfeeding — in pregnancy, with a newborn, weaning or feeding a toddler. Call 0300 100 0212 (press 1 for Welsh, 2 for Polish) or 0300 456 2421 for Bengali and Sylheti. If you cannot get through, leave a message and they call back within 24 hours.

WHO IT HELPS

Anyone in the UK who needs breastfeeding or infant feeding support, including during pregnancy.

Free service; call costs depend on your phone plan (GOV.UK's call-charges table lists 03 numbers at the same approximate rates as 01 and 02 numbers). Note: Answered by trained volunteers who support your decisions but do not give medical advice; the overnight part began as a government-funded pilot in March 2024.

### Contact helpline for families with disabled children — freephone 0808 808 3555, weekdays (UK)

https://contact.org.uk/help-for-families/information-advice-services/our-helpline/

**Call 0808 808 3555**

**Hours:** Mon–Fri 9.30am–5pm (Tuesdays from 10:15am); closed on public holidays

WHAT IT DOES

Parent advisers give advice and information on getting a diagnosis, services and short breaks, benefits and financial help (with call-back appointments from family finance advisers), early years, and special educational needs. Press 1 for an education adviser or 2 for other enquiries. If lines are busy you cannot queue or leave a message — try again or email helpline@contact.org.uk. Interpreters can be arranged.

WHO IT HELPS

Parents and unpaid carers anywhere in the UK of a disabled child or young person aged from birth to 25. Not for disabled adults, or for adults or young carers caring for people over 25.

Free. The page says calls from the UK are completely free, including from mobiles. Note: Advice only — no casework, legal or medical advice; busy lines have no queue or call-back.

### Barnardos Parent Support Line — call 1800 910 123 for parenting advice and support (Ireland)

https://barnardos.ie/who-we-are/contact-barnardos/

**Call 1800 910 123**

**Hours:** Mon-Fri 10am – 2pm

WHAT IT DOES

A professionally staffed line where parents and guardians can get advice and support when they need it. Call 1800 910 123, Monday to Friday, 10am to 2pm.

WHO IT HELPS

Parents and guardians in Ireland who need some advice or support with parenting.

Free service; call costs depend on your phone plan. Note: Short weekday hours only (10am–2pm); Barnardos lists the line on its contact page rather than a dedicated page.

### Parentline — call 01 8733500 for confidential support for parents (Ireland)

https://www.parentline.ie/

**Call 01 8733500**

**Hours:** Monday to Thursday 10am to 9pm; Fridays 10am to 7pm (home page — the contact page gives Friday 10am–4pm)

WHAT IT DOES

Volunteers give confidential support, information and guidance by phone to parents on any parenting matter, including new mothers with the baby blues or postnatal depression. Call 01 8733500.

WHO IT HELPS

Parents anywhere in Ireland, including new mothers.

Free service; call costs depend on your phone plan (01 is a Dublin landline number). Note: Closed at weekends; Friday closing time differs between its pages (7pm on the home page, 4pm on the contact page).

### One Family askonefamily helpline — call 0818 662 212 or 01 662 9212 (lone and separating parents) (Ireland)

https://onefamily.ie/information-service-helpline/

**Call 0818 662 212** **Call 01 662 9212**

**Hours:** 10am – 3pm, Monday – Friday

WHAT IT DOES

Detailed, confidential information on social welfare entitlements and money, family law, housing, education, childcare and parenting, plus a listening-support service for anyone parenting alone, sharing parenting or separating. Call 0818 662 212 or 01 662 9212, or email.

WHO IT HELPS

Parents in Ireland who are parenting alone, sharing parenting or going through separation, and people supporting them.

Calls to 0818 are not free: they are included in call bundles that cover landline calls, or charged at the standard landline rate (as the service states). Note: Short weekday hours (10am–3pm) and calls are charged at landline rates; not a crisis service.

### HSE My Options — freephone 1800 828 010 or webchat for unplanned pregnancy (Ireland)

https://www2.hse.ie/services/unplanned-pregnancy/support-services/my-options-freephone/

**Call 1800 828 010** **From abroad 00353 59 916 5066**

**Hours:** Information and counselling: Mon–Thu 9am–8pm, Fri 9am–7pm, Sat 10am–2pm; nurse medical support after an abortion 24 hours a day, 7 days a week

WHAT IT DOES

Free information and listening support for anyone with an unplanned pregnancy: how to access abortion services, counselling by phone for you, a partner or family member, supports if you continue the pregnancy, and 24/7 nurse support after an abortion. Free interpreters in 240 languages, and access via Irish Sign Language (IRIS) or Irish Text Relay.

WHO IT HELPS

Anyone in Ireland facing an unplanned pregnancy, and their partners or family members.

Free. The HSE says the supports are provided 'free of charge'. Note: Information and counselling hours are limited (24/7 is for post-abortion nurse support only); missed calls are returned within 24 hours during opening times.

### National Maternal Mental Health Hotline — call or text 1-833-TLC-MAMA (1-833-852-6262), 24/7 (United States)

https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

**Call 1-833-TLC-MAMA** **Text 1-833-852-6262**

**Hours:** 24/7

WHAT IT DOES

Professional counsellors — who may be licensed health care professionals, certified educators or specialists — answer calls, texts and chats if you are pregnant or have just had a baby and feel overwhelmed, anxious or just need someone to talk to. Available in English and Spanish.

WHO IT HELPS

Pregnant people and new parents anywhere in the United States.

Free ('free, confidential, and available 24/7', as the service states).

### Postpartum Support International HelpLine — call or text 1-800-944-4773, message-and-callback support (United States)

https://postpartum.net/get-help/

**Call 1-800-944-4773** **Text (English) 800-944-4773** **Text en Español 971-203-7773**

**Hours:** Hours not stated on the service's page — leave a message and a volunteer returns your call or text

WHAT IT DOES

Leave a confidential message and a trained, caring volunteer will call or text you back with support and resources for emotional health in pregnancy and after birth. On the phone press #1 for Español or #2 for English; translation is available on request. PSI says people in crisis should call their physician or local emergency number; it also lists 988.

WHO IT HELPS

Pregnant and postpartum parents in the United States, in English or Spanish.

Free service; call costs depend on your phone plan. Note: A message-and-callback line with no stated hours, not for emergencies — in a crisis call 911 or 988.

### Tel-jeunes Parents (formerly LigneParents) — call 1800-361-5085 or chat, 8am–midnight daily (Québec, Canada)

https://www.teljeunes.com/en/parents

**Call 1800-361-5085**

**Hours:** 8 a.m. to midnight, 7 days

WHAT IT DOES

Professional counsellors who understand teenagers give parents advice, resources and non-judgemental support about their teen — mental health, school, technology, sexuality, substance use, communication and setting limits. Call 1800-361-5085 or chat on the website. The service is free and confidential.

WHO IT HELPS

Parents of teenagers (12–17) in Québec. You can contact them in French or English.

Free (as the service states). Note: Québec only; for parents of teenagers; not a 24-hour line (8 a.m. to midnight).

### Línea 0800 Salud Sexual — call 0800-222-3444 for confidential sexual and reproductive health advice (Argentina)

https://www.argentina.gob.ar/salud/saludsexual/lineasaludsexual

**Call 0800-222-3444**

**Hours:** Mon–Fri 9am–8pm; Sat, Sun and public holidays 10am–6pm

WHAT IT DOES

A specialist team listens, informs and advises on contraception, abortion (IVE/ILE) and post-abortion care, sexual violence, LGBT and disability rights, HPV and assisted fertility treatment, and how to complain if a service fails you. Call 0800-222-3444; calls are confidential.

WHO IT HELPS

Anyone in Argentina with a question about sexual or reproductive health or rights, and health teams.

Free (the Ministry's 0800 Salud Responde page says 'La llamada es gratuita desde cualquier lugar del país'). Note: Limited hours; not a crisis line; Spanish.

### Hilfetelefon Schwangere in Not — call 0800 40 40 020, free, anonymous, 24/7, in 19 languages (Germany)

https://www.hilfetelefon-schwangere.de/

**Call 0800 40 40 020**

**Hours:** 24 hours, 7 days (phone); online chat by booked appointment; emails answered within 24 hours

WHAT IT DOES

Women counsellors listen to pregnant women in difficulty, before or after the birth, explain support options — including confidential birth (vertrauliche Geburt) — and connect callers with one of more than 1,600 pregnancy advice centres near them. Call 0800 40 40 020; chat and email counselling are also offered.

WHO IT HELPS

Pregnant women and people who feel they cannot cope with a pregnancy, people close to them, and professionals — regardless of gender, origin, faith or sexual orientation.

Free (kostenlos), as the service states. Note: The page warns of possible waiting times because of high demand. Chat and email counselling need a free registration, and chat is booked as an appointment.

## LGBTQIA+ People

### QLife — call 1800 184 527 or webchat for LGBTIQ+ peer support, 3pm–9pm daily (Australia)

https://qlife.org.au/get-help

**Call 1800 184 527**

**Hours:** 3pm–9pm every day, in your local time (phone and webchat); final calls taken by 8:40pm

WHAT IT DOES

Anonymous and free LGBTIQ+ peer support and referral for people wanting to talk about sexuality, gender, bodies, feelings or relationships. Since July 2026 you can request a callback instead of waiting in the phone queue. Peer supporters do not provide clinical support or emergency responses — in an emergency call 000.

WHO IT HELPS

People in Australia wanting LGBTIQ+ peer support to talk about sexuality, gender, bodies, feelings or relationships.

Free ('The service is free'). Note: Peer support, not a crisis or clinical service; open 3pm–9pm only.

### Rainbow Door — call 1800 729 367 or text 0480 017 246, LGBTIQA+ support, 10am–5pm daily (Victoria, Australia)

https://www.rainbowdoor.org.au/

**Call 1800 729 367** **Text 0480 017 246**

**Hours:** 10am–5pm, 7 days a week (texts and emails sent outside hours are answered during operating hours)

WHAT IT DOES

LGBTIQA+ peer support workers give free information, support, risk assessment, safety planning and referral on issues including suicidal thoughts, family and intimate partner violence, alcohol and other drugs, sexual assault, isolation and mental health. Call 1800 729 367, text 0480 017 246 or email support@rainbowdoor.org.au.

WHO IT HELPS

LGBTIQA+ Victorians of all ages and identities, and their friends and family.

Free (as the service states); free multilingual and Auslan interpreting available. Note: Victoria only; daytime hours, not a 24/7 crisis line.

### OUTLine Aotearoa — free Rainbow support line 0800 688 5463, 6pm–9pm every evening (New Zealand)

https://outline.org.nz/

**Call 0800 OUTLINE (688 5463)**

**Hours:** 6pm–9pm every evening (phone and online chat)

WHAT IT DOES

Trained LGBTQIA+ volunteers give confidential, free support by phone or online chat. If no one can pick up, you can leave a message and they will call you back. Call 0800 OUTLINE (688 5463).

WHO IT HELPS

Takatāpui, MVPFAFF+ and Rainbow communities of all ages, their friends and whānau, and people who are questioning.

Free ('Confidential, free, all-ages Rainbow support line'). Note: Evenings only (6pm–9pm); outside these hours call or text 1737, or 111 in an emergency.

### Switchboard LGBTQIA+ support line — call 0800 0119 100, chat or email, 10am–10pm every day (UK)

https://switchboard.lgbt/contact-us

**Call 0800 0119 100**

**Hours:** 10am to 10pm, 365 days a year

WHAT IT DOES

Every phone call, instant message or email is answered by a volunteer from the LGBTQIA+ community who listens and gives you a safe, confidential space to talk, and can point you to other services.

WHO IT HELPS

Anyone in the UK – Switchboard says it 'is for all' – including LGBTQIA+ people and those questioning.

Free service (Switchboard describes its support as free). Note: Not 24-hour (10am–10pm). For urgent risk call 999 or Samaritans (116 123).

### Galop National Helpline for LGBT+ Victims and Survivors of Abuse and Violence — call 0800 999 5428, weekdays (UK)

https://www.galop.org.uk/helpline

**Call 0800 999 5428**

**Hours:** Phone: Monday and Tuesday 9:15am–8pm; Wednesday to Friday 9:15am–4:30pm; closed weekends; closed 1pm–2pm daily, and from 3:30pm on the first Thursday of each month. Webchat: Wednesday and Thursday 9:15am–4:15pm (temporarily closed Monday and Tuesday)

WHAT IT DOES

LGBTQ+ advisers trained in abuse and violence give emotional support, guidance and help to explore your options — for domestic abuse, sexual violence, conversion practices or any other abuse. They listen without judgement, help you find ways to stay safe, explain your rights and options, and can help you contact local LGBTQ+ services. Calls last up to 40 minutes.

WHO IT HELPS

LGBTQ+ people aged 18+ who are experiencing or have experienced abuse or violence; also friends, family and workers supporting a survivor of domestic abuse.

Free ('There are lots of different ways to contact us and all of them are free'). Note: Weekday hours only with a daily 1–2pm break; for ages 18+; webchat reduced because of staffing shortages.

### LGBT Foundation helpline — call 0345 3 30 30 30 or email, weekdays (UK)

https://lgbt.foundation/help/helpline-email-support/

**Call 0345 3 30 30 30**

**Hours:** Mon–Fri 9:00am–6:00pm

WHAT IT DOES

A friendly, non-judgemental team offers a one-off listening ear, brief advice, emotional support and signposting, and helps you work out next steps and what support is available across the UK. Call 0345 3 30 30 30 or email helpline@lgbt.foundation. The line is busy and not every call can be answered; if so, call back or email.

WHO IT HELPS

LGBTQ+ people anywhere in the UK who want to talk something through or need help finding support.

Free service; call costs depend on your phone plan (GOV.UK's call-charges table lists 03 numbers at the same approximate rates as 01 and 02 numbers). Note: Not a crisis line and weekdays only; for urgent help the page points to 999, NHS 111, Samaritans 116 123 and Shout 85258.

### LGBT Ireland National LGBT Helpline — freephone 1800 929 539 or chat online (Ireland)

https://lgbt.ie/lgbt-helpline/

**Call 1800 929 539**

**Hours:** Phone and chat: Monday – Thursday 6.30pm – 10pm; Friday 4pm – 10pm; Saturdays and Sundays 4pm – 6pm

WHAT IT DOES

Trained and vetted LGBTQI+ volunteers offer a supportive, non-judgemental listening service, with information and signposting, from hubs in Cork, Dublin, Dundalk and the West of Ireland. Call freephone 1800 929 539 or use online chat. Outside these hours, LGBT Ireland points you to Samaritans on 116 123.

WHO IT HELPS

LGBTQI+ people anywhere in Ireland who want to talk with another LGBTQI+ person about how they are feeling.

Free. LGBT Ireland lists it as a Freephone number. Note: Evening and weekend hours only; outside them LGBT Ireland suggests Samaritans on 116 123.

### The Trevor Project — call 1-866-488-7386, text START to 678-678 or chat, 24/7 for LGBTQ+ young people (United States)

https://www.thetrevorproject.org/get-help/

**Call 1-866-488-7386** **Text START to 678-678** **TTY 1-866-803-3699**

**Hours:** 24/7, 365 days a year

WHAT IT DOES

Trained crisis counsellors who understand the challenges LGBTQ+ young people face are available by phone, text or chat from anywhere in the US. Deaf and hard-of-hearing callers can use TTY 1-866-803-3699. In certain cases involving abuse or a clear concern about imminent suicide, counsellors may need to contact a child welfare agency or emergency services.

WHO IT HELPS

LGBTQ+ young people anywhere in the United States.

Free ('confidential and 100% free', as the service states); message and data rates may apply to texts.

### Trans Lifeline — call (877) 565-8860 in the US or (877) 330-6366 in Canada, trans peer support, Mon–Fri 1–9pm ET (US & Canada)

https://translifeline.org/hotline/

**Call (877) 565-8860 (US)** **Call (877) 330-6366 (Canada)**

**Hours:** Monday–Friday, 10 AM–6 PM Pacific / 1 PM–9 PM Eastern; closed on some listed holidays

WHAT IT DOES

A peer support phone line run by trans people for trans and questioning people — call if you need someone trans to talk to, even if you're not in crisis. Press 2 for Spanish. Trans Lifeline does not do non-consensual active rescue: it won't call 911, emergency services or police without your explicit request.

WHO IT HELPS

Trans and questioning people in the United States, and in Canada on (877) 330-6366.

Free service; call costs depend on your phone plan. Note: Weekday hours only, phone only (text/chat not yet offered), and closed on listed holidays — the closure list shown was for 2025.

### LGBT National Help Center — National Hotline 888-843-4564, Youth Talkline 800-246-7743, Senior Hotline 888-234-7243 (United States)

https://lgbthotline.org/national-hotline/

**Call 888-843-4564 (National Hotline)** **Call 800-246-7743 (Youth Talkline)** **Call 888-234-7243 (Senior Hotline)**

**Hours:** Mon–Fri 2pm–11pm ET (11am–8pm PT) on the National, Senior and Coming Out hotline and chat pages, but the home and Youth Talkline pages now show Mon–Fri 4pm–midnight ET (1pm–9pm PT); Sat noon–5pm ET (9am–2pm PT) on all pages

WHAT IT DOES

Trained volunteers who are all LGBTQIA+ give free, confidential peer support, information and local resources on coming out, gender identity, relationships, bullying, work, safer sex and more. National Hotline 888-843-4564; Youth Talkline 800-246-7743; Senior Hotline 888-234-7243; Coming Out Support Hotline 888-688-5428; or chat online. Calls are not recorded.

WHO IT HELPS

LGBTQIA+ people; the hotline pages say callers of any age can talk about sexual orientation or gender identity. Support and local resources across the United States and beyond; the English-language chat is open worldwide.

Free and confidential (as the service states); call costs depend on your phone plan. Note: Limited weekday-evening and Saturday hours (the site's pages currently show two different weekday times), and volunteers do not call 911 or crisis services for you; for 24/7 crisis support call or text 988.

### Interligne — call or text 1 888 505-1010, or chat, 24/7 help and information for LGBTQ+ people (Canada)

https://interligne.co/services-aide/

**Call 1 888 505-1010** **Text 1 888 505-1010**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Call or text 1 888 505-1010, chat or email to reach responders trained in active listening, with in-depth knowledge of LGBTQ+ realities, for emotional support, information and referrals. You do not need to be in crisis to contact them. In an emergency, Interligne says to call 911.

WHO IT HELPS

LGBTQ+ people, their loved ones and professionals in a range of settings. Based in Québec; the website is in French and English. It accepts international calls, with more limited referrals.

Free. Interligne describes the service as 'Free Confidential 24/7'. Note: A listening and information line rather than an emergency service (call 911 in an emergency); the English page's chat link is broken, so use the French help page.

### SOS homophobie — anonymous listening line 01 48 06 42 41 for people facing LGBTIphobia, evenings and weekends (France)

https://www.sos-homophobie.org/ligne-ecoute

**Call 01 48 06 42 41**

**Hours:** Mon–Thu 6pm–10pm; Fri 6pm–8pm; Sat 2pm–4pm; Sun 6pm–8pm (not on public holidays). Chat: Tue and Thu 8pm–10pm, Sun 6pm–8pm

WHAT IT DOES

Trained volunteers listen anonymously to people who have faced or witnessed lesbophobia, gayphobia, biphobia, transphobia or intersexphobia, offer comfort and suggest next steps. Call 01 48 06 42 41 or use the chat at set times. A written form for reporting a situation is open 24 hours a day.

WHO IT HELPS

Victims and witnesses of LGBTIphobic discrimination or violence, and anyone who needs to talk about it, anywhere in France. On the first Tuesday of each month only women volunteers answer.

Free service; call costs depend on your phone plan (a standard 01 landline number; the page does not state call costs). Note: Volunteer listening line with limited evening and weekend hours; not a crisis or emergency service.

### Gay Help Line — call 800 713 713, free national helpline against homophobia and transphobia, Mon–Sat 4pm–8pm (Italy)

https://gayhelpline.it/numero-verde/

**Call 800 713 713**

**Hours:** Mon–Sat 4pm–8pm; Speakly chat Mon, Wed and Fri 4pm–8pm

WHAT IT DOES

Trained operators listen to lesbian, gay, bisexual and trans people in difficulty and help with discrimination, violence and bullying. They can arrange free psychological, legal and medical (including HIV and sexual-health) advice and link to LGBT+ shelter services. Call 800 713 713; chat is via the Speakly app.

WHO IT HELPS

LGBTQIA+ people anywhere in Italy, and their family members and friends.

Free from landlines and mobiles throughout Italy (as the service states). Note: Limited afternoon hours (Mon–Sat 4pm–8pm) and not an emergency service.

### Línea y Chat Nacional Diversidad Segura — call or WhatsApp 800 000 5428, help for LGBTTTIQA+ people, 24/7 (Mexico)

https://consejociudadanomx.org/asi-te-ayudamos/diversidad-segura-626c27e847758

**Call 800 000 5428**

**Hours:** 24 hours, 7 days (listed under 'Líneas de Ayuda 24/7')

WHAT IT DOES

Gives legal and psychological support to LGBTTTIQA+ people anywhere in Mexico, for example after discrimination or rejection at home because of sexual orientation or gender identity. Call or WhatsApp 800 000 5428.

WHO IT HELPS

LGBTTTIQA+ people anywhere in Mexico ('de todo el país').

Free (the page says 'Servicio gratuito'). Note: A support and advice line rather than an emergency service; the page is in Spanish and does not state other languages.

## First Nations & Indigenous Peoples

### 13YARN — call 13 92 76 to yarn with an Aboriginal or Torres Strait Islander Crisis Supporter, 24/7 (Australia)

https://www.13yarn.org.au/

**Call 13YARN (13 92 76)** **Text 0447 13 92 76**

**Hours:** Calls 24/7, 7 days a week; text and online typing 4pm–midnight, 7 days a week (time zone not stated)

WHAT IT DOES

A free, confidential crisis support line run by Aboriginal and Torres Strait Islander people. A 13YARN Crisis Supporter will yarn with you and can help you explore options for ongoing support. Call 13 92 76 any time, or text 0447 13 92 76 or type online from 4pm to midnight. Call 000 if life is in danger.

WHO IT HELPS

Aboriginal and Torres Strait Islander people who are feeling overwhelmed or having difficulty coping; the line can be reached from any phone in Australia.

Free ('Free and confidential service').

### Thirrili — call 1800 805 801 for support after suicide or other traumatic loss, 24/7 (Australia)

https://thirrili.com.au/contact/

**Call 1800 805 801**

**Hours:** 24 hours, 7 days a week

WHAT IT DOES

Thirrili's 24/7 support and referral line gives emotional and practical support to families and communities after a loss from suicide or another fatal traumatic incident. Callers can speak with an Aboriginal or Torres Strait Islander team member about support and referrals. Call 1800 805 801. If you are distressed and need immediate support, Thirrili points you to 13YARN (13 92 76).

WHO IT HELPS

Aboriginal and Torres Strait Islander individuals, families and communities anywhere in Australia affected by suicide or another traumatic, unexpected death. Community members and services can also make referrals.

Free service; Thirrili calls 1800 805 801 its 'toll free support line'. Note: Support after a death (postvention), not a crisis line: Thirrili directs people who are distressed and need immediate support to 13YARN (13 92 76).

### Brother to Brother (Dardi Munwurro) — call 1800 435 799, crisis line for Aboriginal men, 24/7 (Victoria, Australia)

https://dardimunwurro.com.au/

**Call 1800 435 799**

**Hours:** 24 hours ('24 Hour support'; the services page says '24/7')

WHAT IT DOES

Brother to Brother is Dardi Munwurro's around-the-clock phone line for Aboriginal men. Dardi Munwurro calls it an 'Aboriginal men's crisis line' and a '24/7 First Peoples Men's family violence referral line', listed for family violence, relationship and parenting worries. Call 1800 435 799.

WHO IT HELPS

Aboriginal and Torres Strait Islander (First Peoples) men. Dardi Munwurro is a Victorian organisation and VACCA lists the line as a Victorian service; the pages do not say whether calls from other states are taken.

Free service; call costs depend on your phone plan. Note: The service's pages give few details (who answers, which states it covers); it is run by a Victorian organisation and listed by VACCA under 'Region: Victoria'.

### Yarning SafeNStrong (VAHS) — call 1800 959 563, counselling for Aboriginal and Torres Strait Islander people, 24/7 (Australia)

https://www.vahs.org.au/yarning-safenstrong/

**Call 1800 959 563**

**Hours:** 24/7 ('Yarning SafeNStrong helpline is available 24/7')

WHAT IT DOES

A free and confidential counselling helpline run by the Victorian Aboriginal Health Service. Culturally suitable counsellors 'who get it' yarn with people and families and offer support with social and emotional wellbeing, financial wellbeing, medical support, and drug and alcohol counselling and rehab services. Call 1800 959 563 or email ysns@vahs.org.au.

WHO IT HELPS

Aboriginal and Torres Strait Islander people and families who need a yarn about their wellbeing. The page does not say whether calls from outside Victoria are taken.

Free (the service says it is a free and confidential counselling service); call costs depend on your phone plan. Note: Run by a Victorian Aboriginal health service; the page (written during COVID-19) does not state whether the line covers other states.

### Djirra — freecall 1800DJIRRA (1800 354 772), family violence and legal support for Aboriginal women, weekdays (Victoria, Australia)

https://djirra.org.au/get-support/

**Call 1800DJIRRA (1800 354 772)**

**Hours:** 9am–5pm, Monday to Friday

WHAT IT DOES

Djirra gives family violence support, free legal advice and court representation, specialist case management and cultural programs to Aboriginal women experiencing, or who have experienced, family violence. Freecall 1800DJIRRA (1800 354 772) on weekdays. When Djirra is closed its page lists 24/7 lines, including Elizabeth Morgan House (1800 364 297) and Safe Steps (1800 015 188).

WHO IT HELPS

Aboriginal women and their children in Victoria, and sistergirls, brotherboys, trans and gender-diverse, non-binary, intersex and queer folk who identify as women or feel comfortable using a women's service. Djirra refers Aboriginal men on to other services.

Free call (the service says 'freecall'); legal advice is free. Note: Victoria only, weekday business hours; not a 24/7 crisis line. Some other organisations' lists still show 1800 105 303; Djirra's own pages give 1800 354 772.

### KUU-US Crisis Line — call 1-800-588-8717, 24/7, Indigenous crisis support across B.C. (British Columbia, Canada)

https://kuu-uscrisisline.com/services-programs/24-hour-crisis-line

**Call 1-800-588-8717 (toll-free)** **Call 1-833-638-4722 (Métis Line)** **Text 778-601-8009 (6pm–7am)**

**Hours:** Phone 24 hours; chat and text every day, 6:00 pm to 7:00 am

WHAT IT DOES

A 24-hour crisis and support line for Indigenous people across British Columbia, offering a non-judgemental listening ear, problem-solving and referrals. Call toll-free 1-800-588-8717 (1-800-KUU-US17); the Métis Line is 1-833-638-4722. Chat and text support (778-601-8009) runs 7 days a week from 6 pm to 7 am.

WHO IT HELPS

Indigenous communities across B.C., including Métis people, and people in the Port Alberni area.

Free service; call costs depend on your phone plan. Note: Chat and text are overnight only (6 pm–7 am); the page says if chat does not respond there may be technical difficulties.

### StrongHearts Native Helpline — call or text 1-844-7NATIVE (1-844-762-8483), 24/7 (United States)

https://strongheartshelpline.org/

**Call 1-844-762-8483** **Text START to 1-844-762-8483**

**Hours:** 24/7

WHAT IT DOES

A safe, confidential and anonymous domestic and sexual violence helpline. Advocates offer peer support, personalised safety planning, crisis intervention, referrals to Native-centred domestic and sexual violence services, help finding care after sexual assault, and information about jurisdiction and legal advocacy.

WHO IT HELPS

Native Americans and Alaska Natives in the United States affected by domestic or sexual violence.

Free (advocates offer services 'at no cost', as the service states); message and data rates may apply to texts.

### Hope for Wellness Help Line — call 1-855-242-3310 or chat online, 24/7, for Indigenous peoples (Canada)

https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478

**Call 1-855-242-3310**

**Hours:** 24 hours a day, 7 days a week (Cree, Ojibway and Inuktitut not available 24/7)

WHAT IT DOES

Call 1-855-242-3310 or use the online chat at hopeforwellness.ca for immediate support and crisis intervention. Phone and chat are in English and French; phone support in Cree, Ojibway (Anishinaabemowin) and Inuktitut is available on request at certain times.

WHO IT HELPS

All Indigenous people across Canada (First Nations, Inuit and Métis).

Free to call: Indigenous Services Canada describes it as a toll-free helpline.

### National Indian Residential School Crisis Line — call 1-866-925-4419, 24 hours (Canada)

https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953

**Call 1-866-925-4419**

**Hours:** 24 hours

WHAT IT DOES

Call 1-866-925-4419 toll-free for 24-hour crisis support if you are a former Indian Residential School student or a family member. Through the same federal program, Survivors and their families can also get cultural support, emotional support and mental health counselling (arranged through ISC regional offices or, in B.C., the First Nations Health Authority).

WHO IT HELPS

Former Indian Residential School students and their families. ISC says the wider support program serves Survivors, their families and Intergenerational Survivors regardless of status or place of residence within Canada.

Free to call: Indigenous Services Canada describes it as toll-free.

### Missing and Murdered Indigenous Women and Girls (MMIWG) Crisis Line — call 1-844-413-6649, 24/7 (Canada)

https://www.rcaanc-cirnac.gc.ca/eng/1448633299414/1534526479029

**Call 1-844-413-6649**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A national, toll-free 24/7 crisis line giving immediate emotional support to anyone who needs help with issues related to missing and murdered Indigenous women and girls. Call 1-844-413-6649. The Government of Canada page also points to longer-term health supports, such as mental health counselling, community-based emotional support and cultural services.

WHO IT HELPS

Anyone who needs emotional support related to missing and murdered Indigenous women and girls (as the page states).

Toll-free (as the page states).

### Talk4Healing — call or text 1-855-554-HEAL, 24/7, for Indigenous women and their families (Ontario, Canada)

https://www.beendigen.com/programs/talk4healing/

**Call 1-855-554-HEAL** **Text 1-855-554-HEAL**

**Hours:** 24 hours, 7 days ("any time of day")

WHAT IT DOES

A helpline for Indigenous women, run by Indigenous women, offering culturally grounded listening, support and referrals across Ontario, without judgement — from someone to talk to through to help in potentially dangerous situations. Call or text 1-855-554-HEAL, or use live chat. Available in English and Indigenous languages including Anishinaabe, Oji-Cree, Cree, Inuktitut, Mohawk and Oneida.

WHO IT HELPS

Indigenous women and their families in Ontario.

Free service; call costs depend on your phone plan. Note: For Indigenous women in Ontario; the service's own site (talk4healing.com) could not be read today, so details come from the operator Beendigen's page.

### Indigenous Support Line (Alberta) — call 1-844-944-4744 or 811, weekdays, health-system help (Alberta, Canada)

https://www.primarycarealberta.ca/page14185.aspx

**Call 1-844-944-4744 (toll-free)** **Call 811**

**Hours:** Monday to Friday, 10:00 a.m. to 6:00 p.m

WHAT IT DOES

Indigenous Listeners (healthcare advisors) offer culturally safe, supportive listening and help First Nations, Métis and Inuit people navigate the health system: connecting to health resources and Indigenous cultural supports, raising patient concerns, and helping with addiction or mental health concerns. They can arrange translators. Call 1-844-944-4744 (toll-free) or 811.

WHO IT HELPS

First Nations (status and non-status), Métis and Inuit people in Alberta, including youth and Elders, on or off reserve, and their families; health-care providers can refer patients.

Toll-free (as the page states). Note: Weekday daytime hours only; a health-system navigation and support line.

## Veterans, Defence & First Responders

### Open Arms – Veterans & Families Counselling — call 1800 011 046 for free counselling and support, 24/7 (Australia)

https://www.openarms.gov.au/

**Call 1800 011 046**

**Hours:** 24/7

WHAT IT DOES

Free and confidential mental health support and counselling. Call 1800 011 046 any time for support or to arrange counselling. Open Arms also runs group treatment programs, online groups and a Community and Peer Program, and will not share information with DVA without your consent.

WHO IT HELPS

Navy, Army and Air Force personnel, veterans and their families — anyone with at least one day of continuous full-time ADF service, plus their partners and children.

Free ('free and confidential').

### Safe Zone Support — call 1800 142 072 for anonymous counselling for veterans and families, 24/7 (Australia)

https://www.openarms.gov.au/safe-zone-support

**Call 1800 142 072**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

A free and anonymous counselling line staffed by professional counsellors who understand military culture. You don't have to give your name unless required by law, and calls are not recorded, though counsellors keep a minimal record. Information may be shared with emergency services if there is a risk of harm.

WHO IT HELPS

All current and ex-serving ADF personnel, veterans and their families.

Free ('a free and anonymous counselling line').

### NZDF4U Wellbeing Support — call 0800 693 348 or text 8881, 24/7, for Defence people and families (New Zealand)

https://health.nzdf.mil.nz/support-providers/nzdf-community-wellbeing-support/nzdf4u-wellbeing-support

**Call 0800 NZDF4U (0800 693 348)** **Text 8881**

**Hours:** 24/7 ('all services available 24/7')

WHAT IT DOES

Confidential wellbeing support from trained counsellors outside the NZDF, by phone, text or email, including relationship counselling for Regular Force members and their partners. Call 0800 NZDF4U (0800 693 348) or text 8881; from overseas call +64 9 414 9914. If there is immediate risk, call 111.

WHO IT HELPS

Regular and Reserve Force members, NZDF civilian staff, their families and whānau, and veterans within two years of leaving; counselling eligibility varies by group (for example, Reserves and ex-serving for Defence-related issues).

Free service; call costs depend on your phone plan (the page does not state a charge). Note: Only for NZDF personnel, their families and eligible veterans, and eligibility varies by service type.

### Combat Stress helpline — call 0800 138 1619, text or email, 24/7, for veterans and families (UK)

https://combatstress.org.uk/get-help/

**Call 0800 138 1619** **Text 07537 173683**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

A confidential mental health support helpline for veterans and their families, giving advice and support by phone, text or email. The NHS veterans page recommends it as a dedicated, free mental-health helpline for veterans, family members and carers.

WHO IT HELPS

UK armed forces veterans and their families and carers.

Free ('Free Helpline').

### SSAFA Forcesline — freephone 0800 260 6780 (press 1), weekdays, for the Armed Forces community (UK)

https://www.ssafa.org.uk/get-help/forcesline

**Call 0800 260 6780 (press 1)** **From abroad +44 20 4526 5909**

**Hours:** Mon–Thu 9am–5pm; Fri 9am–4pm

WHAT IT DOES

Forcesline is a free, confidential phone and email service giving emotional support and a listening ear to people in the Armed Forces community who feel lonely, isolated or are struggling to cope, and signposting to practical help. SSAFA is outside the military chain of command. Call 0800 260 6780 and press 1, use live chat, or send a message through the web form.

WHO IT HELPS

Anyone in the Armed Forces community who is struggling or feeling isolated; Forcesline can be reached from anywhere in the world (Cyprus 800 91065, Falkland Islands #6111, rest of the world +44 (0)20 4526 5909).

Free (the page calls Forcesline a free and confidential telephone helpline); international call charges may apply on the +44 number from abroad. Note: Weekday office hours only and not a crisis line; the Forcesline page body also shows 0800 260 6767, but the contact page gives 0800 260 6780 (press 1) for Forcesline.

### Veterans Crisis Line — dial 988 then press 1, text 838255 or chat, 24/7 (United States)

https://www.veteranscrisisline.net/

**Dial 988 then press 1  Text 838255**

**Hours:** 24/7, 365 days a year

WHAT IT DOES

Free, confidential crisis support for veterans, service members and those who support them, by phone, text or chat — you decide how much information to share. Overseas, the site lists a number for each US military region (for example Europe/EUCOM +1 844-702-5495 off base, or DSN 988 on base). The 988 Lifeline's Deaf and hard-of-hearing page points veterans with hearing loss to text 838255 or chat.

WHO IT HELPS

Veterans, service members, National Guard and Reserve members, and their families and friends. You don't have to be enrolled in VA benefits or health care.

Free ('Your call is free and confidential', as the service states).

### Vet Center Call Center — call 1-877-927-8387, around the clock, answered by combat veterans (United States)

https://www.vetcenter.va.gov/

**Call 1-877-927-8387**

**Hours:** Around the clock

WHAT IT DOES

A free, confidential call centre where you can talk about your military experience or anything you're facing in the transition after military service or trauma, and be connected to your nearest Vet Center for counselling (including for PTSD, military sexual trauma and bereavement). Calls are answered by combat veterans from several eras and family members of veterans.

WHO IT HELPS

Veterans, service members (including National Guard and Reserve) and their families in the United States.

Free ('a free, around the clock confidential call center', as VA states).

### Military OneSource — call 800-342-9647 or secure live chat, 24/7 support for service members and families (United States)

https://www.militaryonesource.mil/contact-us/

**Call 800-342-9647**

**Hours:** 24 hours, 7 days (24/7/365), phone and secure live chat

WHAT IT DOES

Consultants answer questions about military life and connect eligible callers to free resources, specialty consultations or confidential counselling. Call 800-342-9647 any time; TTY/TDD users dial 711 and give the toll-free number. Secure live chat works after signing in, and the site gives calling instructions for people outside the US.

WHO IT HELPS

Active-duty, National Guard and reserve members of all branches (including Coast Guard), their immediate families and survivors, plus recently retired or honourably discharged members for 365 days after leaving.

Free and confidential (as the service states); toll-free number. Note: Eligibility limits apply: mainly current military members and families; Veterans more than 365 days out are referred to the VA.

### VA Women Veterans Call Center — call or text 1-855-VA-WOMEN (1-855-829-6636) (United States)

https://www.womenshealth.va.gov/wvcc.asp

**Call 1-855-VA-WOMEN  Text 1-855-829-6636**

**Hours:** Mon–Fri 8:00am–10:00pm ET; Sat 8:00am–6:30pm ET; closed federal holidays (after-hours messages get a call back the next open day)

WHAT IT DOES

Women representatives, some of them Veterans, answer questions about VA health care and benefits for women Veterans, help with enrolment and fast-track appointments with the Women Veterans Program Manager at your local VA medical centre. Call or text 1-855-VA-WOMEN (1-855-829-6636), or use the online chat on the Women Veterans Health Care website.

WHO IT HELPS

Women Veterans (any discharge status, enrolled in VA care or not) and anyone calling for them. Any Veteran may use it about infertility treatment, military sexual trauma or harassment at VA.

Free (as the service states). Note: Information and navigation line, not a crisis line; for a crisis the page directs callers to the Veterans Crisis Line (988, press 1). Closed Sundays and federal holidays.

### Vets4Warriors — call 855.838.8255, 24/7 confidential peer support from Veterans (United States)

https://vets4warriors.com/our-story/

**Call 855.838.8255**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Peers who are Veterans or military family members listen, help you work through problems, connect you to resources and stay engaged until the challenge is resolved. Call 855.838.8255 at any time; the website also offers chat, email and request-a-call options.

WHO IT HELPS

Every member of the US military community: active-duty, National Guard and Reserve members, Veterans of every generation, and their family members and caregivers.

Free service; call costs depend on your phone plan. Note: Peer support from Veterans and military family members; independent of the VA and the military. In a crisis dial 988 then press 1 (Veterans Crisis Line).

### COPLINE — call 1-800-COPLINE (1-800-267-5463), 24/7 confidential hotline for law enforcement officers (United States)

https://www.copline.org/

**Call 1-800-COPLINE**

**Hours:** 24 hours, 7 days (24/7/365)

WHAT IT DOES

Trained retired law enforcement officers listen confidentially to officers and their families about stresses on and off the job, from a bad day to a mental-health crisis, and offer resources. Call 1-800-COPLINE (1-800-267-5463). Confidentiality is broken only for a credible threat to others or suspected child or elder abuse.

WHO IT HELPS

Active and retired law enforcement officers and their loved ones. COPLINE is not associated with any police department or agency.

Free service; call costs depend on your phone plan. Note: Peer listening line answered by trained, retired law enforcement volunteers; call 911 in an emergency. COPLINE warns it never asks for donations by text.

### Veterans Affairs Canada Assistance Service — call 1-800-268-7708, 24/7 (Canada)

https://www.veterans.gc.ca/en/mental-and-physical-health/mental-health-and-wellness/counselling-services/talk-mental-health-professional

**Call 1-800-268-7708** **TTY 1-800-567-5803**

**Hours:** 24 hours a day, 365 days a year (phone); online chat Mon–Fri 8am–7:30pm Eastern, excluding statutory holidays

WHAT IT DOES

Call 1-800-268-7708 to talk with a bilingual Canadian mental health professional (master's level, trained in crisis and suicide intervention). You can get free, confidential short-term psychological support without applying. From outside Canada, call collect on 613-941-5842.

WHO IT HELPS

Canadian Armed Forces Veterans, former RCMP members, their families and caregivers (children up to 21, or 25 if full-time students).

Free. Veterans Affairs Canada says you have free, confidential access without the need to apply. Note: Only for Veterans, former RCMP members and their families or caregivers.

### Family Information Line (CFMWS) — call 1-800-866-4546, 24/7, for Canadian Armed Forces members, Veterans and families (Canada)

https://cfmws.ca/support-services/family-information-line

**Call 1-800-866-4546 (North America)** **Call 00-800-771-17722 (international)**

**Hours:** 24 hours a day, 365 days a year (phone and email); scheduled video counselling 7:00 a.m. to 11:00 p.m. ET

WHAT IT DOES

Trained counsellors give confidential, bilingual information, support, referrals, short-term counselling and crisis support to the military community, including help with family relationships and deployment issues. Call 1-800-866-4546 in North America or 00-800-771-17722 internationally, or email FIL-LIF@cfmws.com (replies in English or French). Video sessions with the same counsellor can be booked.

WHO IT HELPS

Canadian Armed Forces members, Veterans and their immediate and extended families, whether in Canada, the US or overseas.

Free (the page says it is a free service). Note: For the military and Veteran community and their families only.

## Alcohol, Other Drugs, Gambling & Quitting Smoking

### National Alcohol and Other Drug Hotline — call 1800 250 015, 24/7 (Australia)

https://www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline

**Call 1800 250 015**

**Hours:** 24 hours a day, 7 days a week; callers from South Australia: 8.30am to 10.00pm

WHAT IT DOES

A free, confidential national number that puts you through to the alcohol and other drug information and support service in your state or territory. Call 1800 250 015 to talk about your own or someone else's drinking or drug use.

WHO IT HELPS

Anyone in Australia with concerns about their own, or someone else's, alcohol and/or other drug use.

Free (free and confidential information and support, as the department states). Note: South Australian callers are served 8.30am to 10.00pm only; it is an information and support line, so call 000 in an emergency.

### Family Drug Support — call 1300 368 186, 24/7 support line for families (Australia)

https://fds.org.au/contact-us

**Call 1300 368 186**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A national telephone support line for family members and friends of people who use alcohol or other drugs, and for bereaved families. Call 1300 368 186 at any time. FDS also runs support groups, education programs, counselling and bereavement services for families.

WHO IT HELPS

Families and friends of people who use substances, and bereaved families, anywhere in Australia.

FDS describes the support line as free; its page notes calls cost the price of a local call Australia-wide. Note: For families and friends rather than the person using drugs; calls cost a local call. In an emergency call 000.

### National Gambling Helpline (Gambling Help Online) — call 1800 858 858, 24/7 (Australia)

https://www.gamblinghelponline.org.au/support-yourself-or-others/taking-action/telephone-support

**Call 1800 858 858**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

You speak confidentially with a trained gambling counsellor who can offer counselling, information and referral, and, if you are ready, refer you to a professional for ongoing counselling. Call 1800 858 858. Gambling Help Online also offers online chat and email support.

WHO IT HELPS

Anyone in Australia affected by gambling, including people who gamble, family members, friends and professionals.

Free; calls are free and are not listed on phone bills (as the service states).

### Quitline — call 13 7848 (13 QUIT) for free quit-smoking and vaping support (Australia)

https://www.quit.org.au/en/support-and-resources/ways-to-get-in-touch

**Call 13 7848**

**Hours:** Varies by state: VIC Mon–Sat 8am–8pm; NSW Mon–Fri 8am–8pm, Sat 9am–5pm; QLD Mon–Fri 8am–9pm, weekends and public holidays 8:30am–5pm; WA Mon–Fri 8am–8pm, Sat 8am–5pm; ACT, NT, SA, TAS Mon–Fri 8am–8pm

WHAT IT DOES

Quitline counsellors give confidential telephone counselling to help you quit smoking or vaping, including managing cravings and withdrawal and building motivation. You can ask for an Aboriginal and Torres Strait Islander counsellor, or say you need an interpreter. Call 13 7848.

WHO IT HELPS

Anyone in Australia who smokes or vapes and wants support to quit; health professionals can refer people.

Free service (as Quit states); another Quit page notes calls cost a local call, higher from mobile phones. Note: Not 24 hours — hours differ by state and most states close on public holidays; webchat is offered in VIC, SA, NT, WA and ACT only.

### Alcoholics Anonymous Australia — call 1300 222 222, 24-hour help line (Australia)

https://aa.org.au/

**Call 1300 222 222**

**Hours:** 24 hours (the site calls it a '24-hour Help Line')

WHAT IT DOES

Call AA's 24-hour hotline to speak with a sober alcoholic: dedicated AA volunteers answer your questions about drinking and about Alcoholics Anonymous. Call 1300 222 222.

WHO IT HELPS

Anyone in Australia who wants to talk to someone about their drinking or about AA.

Free service; call costs depend on your phone plan. Note: Peer support from AA volunteers, not counselling or a crisis line; the contact page also writes the number as '1300 22 22 22' (same digits).

### Alcohol Drug Helpline — call 0800 787 797, 24/7 (New Zealand)

https://alcoholdrughelp.org.nz/helpline

**Call 0800 787 797**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

A trained counsellor gives confidential advice, information and support about drinking or other drug use, by phone or webchat. Call 0800 787 797.

WHO IT HELPS

Anyone in New Zealand with questions or worries about drinking or other drug use, including people helping someone else.

Free ('All calls are free and confidential').

### Gambling Helpline — call 0800 654 655 or text 8006, free 24 hours (New Zealand)

https://gamblinghelpline.co.nz/

**Call 0800 654 655** **Text 8006**

**Hours:** 24 hours ('a 24 hour free service'; 'day or night')

WHAT IT DOES

Counsellors give immediate support, referral to other gambling support services, and information, by phone or anonymous free text. Call 0800 654 655 or text 8006.

WHO IT HELPS

Anyone in Aotearoa worried about their own gambling or the gambling of someone else.

Free ('Call us FREE, day or night'; 'free text message').

### Quitline Me Mutu — free call 0800 778 778 or text 4006 to quit smoking or vaping, 24/7 (New Zealand)

https://quit.org.nz/about-us

**Call 0800 778 778** **Text 4006**

**Hours:** 24/7 ('you can contact us 24/7')

WHAT IT DOES

Trained advisors, many of them ex-smokers, give free, non-judgemental support and help you plan your quit; you can also order subsidised nicotine patches, gum and lozenges. Call 0800 778 778 or text 4006 free.

WHO IT HELPS

Anyone in New Zealand thinking about quitting smoking, working to stay smokefree or who has relapsed; Quitline says it can also help you quit vaping, even if you're not smoking, at any age.

Free ('free services, available to all New Zealanders'; 'text us FREE on 4006').

### Alcoholics Anonymous Aotearoa New Zealand — free call 0800 AA WORKS (0800 229 6757) (New Zealand)

https://aa.org.nz/contact-us/

**Call 0800 229 6757**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

If you need help with a drinking problem, call and you will be connected with an A.A. member to talk to, or come along to one of over 500 in-person and online meetings around the country. Attending meetings costs nothing. Call 0800 229 6757 (0800 AA WORKS).

WHO IT HELPS

Anyone in New Zealand who wants to do something about their drinking; there are no age or other requirements.

Free. 'You can call us for free on 0800 229 6757' (as AA states); meetings cost nothing to attend. Note: Hours are not stated; calls are answered by AA members (peer support), not counsellors or a crisis service.

### FRANK — call 0300 123 6600, 24/7, or text 82111, for honest drug advice (UK)

https://www.talktofrank.com/contact-frank

**Call 0300 123 6600  Text 82111  Textphone 0300 123 1099**

**Hours:** Phone 24 hours a day, 7 days a week; text and email reply times not stated

WHAT IT DOES

Confidential information and advice about drugs, for yourself or someone you're worried about. Call any time, text a question to 82111, or email, and FRANK replies. Interpreters in 120 languages on the same number. If someone needs urgent help after taking drugs or drinking, call 999.

WHO IT HELPS

Anyone with questions or worries about drugs, for themselves or for a friend or child.

Landline calls cost no more than a national (01/02) call; mobile costs vary; texts cost a standard text and replies are free (as FRANK states). Note: Calls and texts may cost under your phone plan; not an emergency service – call 999 in an emergency.

### Drinkline — call 0300 123 1110, the national alcohol helpline, free and confidential (England)

https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/

**Call 0300 123 1110**

**Hours:** Weekdays 9am to 8pm, weekends 11am to 4pm

WHAT IT DOES

If you're worried about your own or someone else's drinking, you can call Drinkline in complete confidence for advice and support. The same NHS page lists Nacoa (0800 358 3456) for children of alcohol-dependent parents, plus self-help groups and local NHS alcohol services.

WHO IT HELPS

Anyone worried about their own or someone else's drinking.

Free ('this free helpline', as the NHS states). Note: No standalone website – details come from the NHS alcohol support page (nhs.uk, the NHS in England). Not 24-hour; in an emergency call 999.

### National Gambling Helpline (GamCare) — freephone 0808 8020 133, live chat or WhatsApp, 24/7 (UK)

https://www.gamcare.org.uk/get-support/talk-to-us-now/

**Call 0808 8020 133**

**Hours:** 24 hours a day, every day of the year

WHAT IT DOES

Advisers give confidential information, advice and support to anyone affected by gambling – whether it's you, a friend or a family member – by phone, live chat or WhatsApp (message 0808 8020 133). Professionals can refer someone with their consent.

WHO IT HELPS

Anyone in the UK affected by gambling, including family and friends.

Free to call ('Call us for free').

### National Smokefree Helpline — call 0300 123 1044 for stop-smoking advice (England)

https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/explore-your-support-options/

**Call 0300 123 1044**

**Hours:** Monday to Friday 9am to 8pm; Saturday and Sunday 11am to 4pm

WHAT IT DOES

Talk to a trained adviser for advice and support to stop smoking. The NHS also offers free local Stop Smoking Services (in person, by phone or video), the free NHS Quit Smoking app and a Personal Quit Plan.

WHO IT HELPS

People in England who want to stop smoking, and people helping someone quit.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: England only (the NHS points people in Wales to Help Me Quit, Scotland to NHS Inform and Northern Ireland to Quit Kit); 0300 calls may cost.

### Drinkline (WithYou in Scotland) — free call 0800 731 4314, or webchat with a recovery worker about drugs or alcohol (Scotland)

https://www.wearewithyou.org.uk/about-us/in-scotland

**Call Drinkline 0800 731 4314**

**Hours:** Monday–Friday 9am–9pm, weekends 10am–4pm (Drinkline and live chat)

WHAT IT DOES

Drinkline gives free, expert advice if you're worried about your own drinking or someone else's. WithYou's live chat lets you speak confidentially with trained recovery workers about drugs or alcohol, and its local services in Scotland give free, confidential support. The former Know the Score website (knowthescore.info) now redirects to this page.

WHO IT HELPS

People in Scotland worried about their own or someone else's drinking or drug use, and those supporting them.

Free ('Free, expert advice'). Note: Not 24/7; the page shows no separate drugs phone line (Know the Score's number is no longer displayed).

### Quit Your Way Scotland — call 0800 84 84 84, webchat or text for stop smoking support, weekdays 9am–5pm (Scotland)

https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland/

**Call 0800 84 84 84** **Text 07903 588 669**

**Hours:** Phone and webchat: Monday to Friday, 9am to 5pm (webchat if an adviser is available)

WHAT IT DOES

Trained advisers give personalised advice to help you get ready to stop smoking, talk through your options including stop smoking medication, support you while you try, refer you to free local NHS services and send a free booklet. To text, send 'Quit Your Way' and your question to 07903 588 669 — you must include a question.

WHO IT HELPS

Anyone in Scotland thinking about stopping smoking, ready to stop or trying again; there is no minimum age.

Free ('You can contact Quit Your Way Scotland for free'). Note: Weekdays 9am–5pm only.

### DAN 24/7 Wales Drug and Alcohol Helpline — freephone 0808 808 2234, 24/7, in English or Welsh (Wales)

https://dan247.org.uk/

**Freephone 0808 808 2234**

**Hours:** 24 hours a day, 7 days a week ('anytime day or night')

WHAT IT DOES

A free, bilingual single point of contact for information and help about drugs or alcohol, helping you, your family, carers or support workers reach local and regional services. It is confidential — you don't need to give your real name, and the number will not appear on an itemised home phone bill. A naloxone click-and-deliver service is offered to any address in Wales.

WHO IT HELPS

Anyone in Wales wanting information or help about drugs or alcohol, including families, carers and support workers.

Free ('Calls made to 0800 or 0808 phone numbers are free for all UK landline and mobile phones'). Note: Wales only.

### Help Me Quit — freephone 0800 085 2219 or text HMQ to 80818 for free NHS stop smoking support (Wales)

https://helpmequit.wales/contact-us/

**Freephone 0800 085 2219** **Text HMQ to 80818**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Expert advisers connect you with the free, evidence-based NHS stop smoking support that suits you — in-person sessions or phone support — and a stop-smoking expert guides you through the medications available. You can also request a call back online (morning, afternoon or evening). Calls and correspondence in Welsh are welcome; deaf or hard-of-hearing people can email with their needs.

WHO IT HELPS

People in Wales who want to stop smoking.

Free (Freephone; 'free expert help'). Note: Wales only; opening hours are not stated on the site.

### Gambling Support BC — call the Gambling Support Line 1-888-795-6111, 24/7 (British Columbia, Canada)

https://www.gamblingsupportbc.ca/

**Call 1-888-795-6111**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Callers to the 24/7 Gambling Support Line are put straight through to a navigator who can give immediate help, find services in your community, or connect you to a free counsellor. Help is for your own gambling or a loved one's. Call 1-888-795-6111.

WHO IT HELPS

Any British Columbia resident having difficulties because of their own or a loved one's gambling.

Free (services are free of charge to B.C. residents, as the page states). Note: For B.C. residents.

### Alcohol & Drug Information and Referral Service (ADIRS) — call 1-800-663-1441, weekdays (British Columbia, Canada)

https://uwbc.ca/helpline-services/

**Call 1-800-663-1441** **Call 604-660-9382 (Lower Mainland)**

**Hours:** Monday to Friday, 9 am to 5 pm, excluding statutory holidays

WHAT IT DOES

For anyone worried about their own or someone else's alcohol or drug use: resource navigators give information, options and support, and refer callers to counselling and treatment services across B.C., including detox, recovery homes and support groups. Lower Mainland: 604-660-9382; elsewhere in B.C.: 1-800-663-1441. Free and confidential, with interpretation in over 240 languages.

WHO IT HELPS

Anyone in British Columbia dealing with substance use, or worried about someone who is.

Free (United Way BC says all its helplines are free and confidential). Note: Weekday daytime hours only; an information and referral service.

### Opioid Treatment Access Line — call 1-833-804-8111, every day 9am–4pm, same-day opioid treatment (British Columbia, Canada)

https://www2.gov.bc.ca/gov/content/health/mental-health-and-addictions/opioid-treatment-access-line

**Call 1-833-804-8111**

**Hours:** Every day, 9 am to 4 pm, including weekends and statutory holidays

WHAT IT DOES

Gives same-day access to opioid agonist treatment (OAT) such as methadone, Suboxone or Kadian. A clinician (doctor or nurse) speaks with you by phone, can prescribe medication to prevent withdrawal and reduce overdose risk, and connects you to supports in your community. Call 1-833-804-8111 from anywhere in B.C.

WHO IT HELPS

People in British Columbia struggling with opioid addiction who need immediate support and treatment.

Free (as the service states); HelpStartsHere says medication costs are covered by BC PharmaCare if you are enrolled in MSP and have a Personal Health Number. Note: Daytime hours only (9 am–4 pm daily); B.C. only; in an emergency call 9-1-1 (as the pages advise).

### Nacoa helpline — freephone 0800 358 3456 for anyone affected by a parent's drinking, Mon–Sat (UK)

https://nacoa.org.uk/about-nacoa/helpline/

**Call 0800 358 3456**

**Hours:** Mon–Sat 10am–7pm

WHAT IT DOES

A free, confidential, non-judgemental place to talk about what is going on and how you feel, for as long and as often as you want. Call 0800 358 3456, email helpline@nacoa.org.uk, or use the instant chat on the website.

WHO IT HELPS

Children and adults affected by a parent's drinking, people concerned about them, and professionals.

Free (the page calls it a free, confidential helpline). Note: A listening and support line, not an emergency service; closed Sundays.

### HSE Drugs and Alcohol Helpline — freephone 1800 459 459 or email helpline@hse.ie (Ireland)

https://www2.hse.ie/services/habit-addiction/drugs-and-alcohol-helpline/

**Call 1800 459 459**

**Hours:** Monday to Friday, 9.30am to 5.30pm

WHAT IT DOES

A helpline staff member asks about you and your reason for calling, then gives confidential support and information, whether you want to cut down or stop, avoid relapse, or need reliable drug information. You do not have to give your name. Call 1800 459 459 or email helpline@hse.ie.

WHO IT HELPS

Anyone with concerns about their own or someone else's drug or alcohol use, including worries about young people; also open to health and social care professionals.

Free. The HSE says it is a free service. Note: Weekday office hours only (9.30am–5.30pm); for emergencies call 112 or 999.

### Gamblers Anonymous Ireland — helpline 01 872 1133 or 085 8799995, 10am–10pm daily (Ireland)

https://www.gamblersanonymous.ie/

**Call 01 872 1133** **Call 085 8799995**

**Hours:** 10am-10pm. Mon-Sun

WHAT IT DOES

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope to recover from compulsive gambling. Call the helpline or use the website to find a meeting. Meetings run across Ireland every day, in person and online, with no registration, booking or fees. Gam-Anon meetings support family members.

WHO IT HELPS

Anyone in Ireland who wants to stop gambling (the only requirement for membership is a desire to stop). Family members and loved ones can go to Gam-Anon.

Free. No fees for meetings or membership; call costs depend on your phone plan. Note: A peer-support fellowship, not a professional or crisis service; the site does not say who answers the helpline.

### HSE Quit — freephone 1800 201 203 to talk to a stop smoking advisor (Ireland)

https://www2.hse.ie/living-well/quit-smoking/contact/

**Call 1800 201 203**

**Hours:** Monday and Tuesday 10am to 8pm; Wednesday and Thursday 10am to 7pm; Friday 10am to 5pm; Saturday 10am to 2pm. Outside these hours you can leave a message

WHAT IT DOES

A trained stop smoking advisor from the HSE Quit team supports you to stop smoking and can help you make a quit plan. Outside opening hours you can leave a message and the team will call you when they open. Freephone 1800 201 203.

WHO IT HELPS

Anyone in Ireland who smokes and wants support to stop.

Free. The HSE lists it as Freephone 1800 201 203. Note: Closed Sundays; leave a message out of hours. The HSE notes its website quit plan is unavailable at the moment (use the HSE Health App or call).

### SAMHSA National Helpline — call 1-800-662-HELP (4357), 24/7 treatment referral and information (United States)

https://www.samhsa.gov/find-help/helplines/national-helpline

**Call 1-800-662-HELP (4357)** **TTY 1-800-487-4889** **Text your ZIP code to 435748**

**Hours:** 24/7, 365 days a year

WHAT IT DOES

Trained information specialists give confidential referrals to local treatment facilities, support groups and community organisations for mental-health and substance use disorders, in English and Spanish. If you have no insurance, they can refer you to state-funded treatment or sliding-fee providers. They do not provide counselling.

WHO IT HELPS

Individuals and family members in the US facing mental and/or substance use disorders.

Free ('free, confidential', as SAMHSA states); message and data rates may apply to the HELP4U text service. Note: Information and referral only — no counselling; the HELP4U text service (435748) is English only. In a crisis call or text 988.

### 1-800-QUIT-NOW — free quit-smoking coaching from your state quitline (United States)

https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert

**Call 1-800-QUIT-NOW (784-8669)** **Spanish: 1-855-DÉJELO-YA** **NCI: 1-877-44U-QUIT (448-7848)**

**Hours:** 1-800-QUIT-NOW: hours vary by state; NCI's 1-877-44U-QUIT: Monday–Friday 9:00 a.m.–9:00 p.m. Eastern

WHAT IT DOES

1-800-QUIT-NOW connects you directly to your state's quitline, where a trained counsellor helps you make a plan to quit smoking and stay on track. For Spanish, call 1-855-DÉJELO-YA (1-855-335-3569). The National Cancer Institute's own counsellors answer 1-877-44U-QUIT (1-877-448-7848) in English and Spanish.

WHO IT HELPS

Anyone in the United States who wants to quit smoking or stay quit.

Free ('Quitlines are free, anonymous telephone counseling services', as Smokefree.gov states). Note: Hours and services vary from state to state on 1-800-QUIT-NOW.

### National Problem Gambling Helpline — call or text 1-800-MY-RESET (1-800-697-3738) or chat, 24/7 (United States)

https://www.ncpgambling.org/help-treatment/about-the-national-problem-gambling-helpline/

**Call 1-800-MY-RESET** **Text 1-800-MY-RESET**

**Hours:** 24/7/365 (call, text and chat)

WHAT IT DOES

Trained professionals who specialise in gambling problems offer support, information and referrals to local help. Calls are routed by your phone's area code, so tell them where you are if you want local resources. Interpreters cover more than 240 languages, and family members and loved ones can contact the line too.

WHO IT HELPS

Anyone in the United States worried about their own or someone else's gambling.

Free ('No payment or insurance information is required', as NCPG states); standard data rates from mobile carriers may apply when texting. Note: Not a crisis line — NCPG says it 'is not a crisis hotline'; in a crisis call 911 or 988. NCPG now uses 1-800-MY-RESET; 1-800-GAMBLER no longer appears on its site.

### Partnership to End Addiction Helpline — text CONNECT to 55753 or call 855-378-4373, support for families (United States)

https://drugfree.org/article/helpline-get-one-on-one-help/

**Text CONNECT to 55753** **Call 855-378-4373**

**Hours:** Specialists Mon–Fri 10am–8pm ET and Sat 12pm–5pm ET; texts and emails answered within 24 hours

WHAT IT DOES

Trained specialists listen, answer questions and help parents and families make a plan when a child or loved one is using substances, including finding suitable treatment. Text CONNECT to 55753, call 855-378-4373, email, or schedule a call. English and Spanish.

WHO IT HELPS

Parents, grandparents, siblings and other caregivers supporting someone who is struggling with substance use.

Free and confidential (as the service states); message and data rates may apply. Note: Not a crisis line (as the service states): dial 911 in an emergency. Texts and emails are answered within 24 hours.

### Quit smoking line — call 1-866-366-3667 to talk to a quit coach (Canada)

https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/provincial-territorial-services.html

**Call 1-866-366-3667**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Call 1-866-366-3667 toll-free to talk to a quit coach. Health Canada says trained specialists can provide counselling, help you develop a quit plan, answer questions and refer you to community programs and services. Its page also links to each province's and territory's quit-smoking service.

WHO IT HELPS

Anyone in Canada who wants to quit or cut down smoking, or who is helping someone else quit.

Free. Health Canada describes free, convenient and confidential support. Note: Hours are not stated on Health Canada's page and vary by provincial quitline.

### National Overdose Response Service (NORS) — call or text 1-888-688-6677 while using drugs, 24/7 (Canada)

https://www.nors.ca/contact-us

**Call 1-888-688-6677** **Text 1-888-688-6677**

**Hours:** 24/7, 365 days

WHAT IT DOES

Call or text 1-888-688-6677 if you are about to use drugs alone. NORS works as a virtual safe consumption site: a confidential, anonymous, judgement-free line whose only priority is keeping you safe while you use, including help through difficult reactions. It can also support people worried about their own or a loved one's substance use.

WHO IT HELPS

People anywhere in Canada who use drugs, especially when using alone, and people concerned about someone's substance use.

Free service; call costs depend on your phone plan (the page does not state costs; 1-888 is a toll-free prefix). Note: A harm-reduction line, not treatment or general crisis counselling; for a suicide crisis call or text 9-8-8.

### ConnexOntario — call 1-866-531-2600 or text CONNEX to 247247 for mental health, addiction and gambling help, 24/7 (Ontario, Canada)

https://connexontario.ca/

**Call 1-866-531-2600** **Text CONNEX to 247247**

**Hours:** 24/7, 365 days

WHAT IT DOES

Call 1-866-531-2600, text CONNEX to 247247 or use live chat for free, confidential information about mental health, addiction and problem gambling services across Ontario, and to be connected to them. You do not need to be in crisis to contact them. Call support is offered in many languages.

WHO IT HELPS

People in Ontario looking for help with mental health, alcohol or drug use, or gambling, and people helping them.

Free. ConnexOntario says its services are free. Note: Ontario only; mainly a free information, navigation and referral service that connects you to local services.

### Drogue : aide et référence (Drugs: Help and Referral) — call 1 800 265-2626 or chat, 24/7 (Québec, Canada)

https://www.aidedrogue.ca/en/about/contact-us/

**Call 1 800 265-2626 (all Québec)** **Call 514 527-2626 (Montréal area)**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Counsellors offer listening, support, information and referral about alcohol, drug and medication use, for the person using and for those around them. They can explain the effects of substances and of mixing them, and refer callers to addiction services in their region. Call 1 800 265-2626 anywhere in Québec or 514 527-2626 in the Montréal area, or chat on the website. It does not answer requests for help by email.

WHO IT HELPS

Anyone in Québec worried about their own or a loved one's alcohol, drug or medication use; health and social service workers can also call to find services.

Free (the service says it is free and confidential). Note: Québec only; the page says the service is bilingual (French and English) and that chat is for Québec residents only.

### Jeu : aide et référence (Gambling: Help and Referral) — call 1 800 461-0140 or chat, 24/7 (Québec, Canada)

https://aidejeu.ca/en/about/contact/

**Call 1 800 461-0140 (all Québec)** **Call 514 527-0140 (Montréal area)**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Counsellors listen, assess needs, suggest next steps and refer people with gambling problems, and their families, to help in Québec, including addiction rehabilitation centres. Calls about sports betting, a loved one's gambling or video-game overuse are welcome. Call 1 800 461-0140 anywhere in Québec or 514 527-0140 in the Montréal area, or chat online.

WHO IT HELPS

Anyone in Québec concerned about their own or someone else's gambling, and social workers looking for services for clients.

Free (the service says it is free and confidential). Note: Québec only; the page says the service is bilingual (French and English) and chat is for Québec residents only.

### Problem Gambling Help Line (Saskatchewan) — call 1-800-306-6789, 24 hours (Saskatchewan, Canada)

https://www.saskatchewan.ca/residents/health/emergency-medical-services/problem-gambling-help-line

**Call 1-800-306-6789**

**Hours:** 24 hours

WHAT IT DOES

Trained counsellors give free, confidential, professional help 24 hours a day to people with gambling problems and their families: information, short-term counselling, crisis intervention, and referral to Saskatchewan Health Authority problem gambling counsellors and self-help groups. Call 1-800-306-6789.

WHO IT HELPS

People in Saskatchewan with gambling problems, and their families.

Free (as the page states). Note: Saskatchewan only.

### SEDRONAR Línea 141 — call 141 for help with drugs, alcohol, gambling or problem screen use, 24/7 (Argentina)

https://www.argentina.gob.ar/salud/sedronar

**Call 141**

**Hours:** 24 hours, every day of the year

WHAT IT DOES

Professionals give listening, guidance and psychological support about problem use of substances, digital content and gambling, to the person affected and to family and friends. Calls are free and anonymous. Call 141, or send a message through the online form.

WHO IT HELPS

Anyone in Argentina worried about their own or someone else's drug or alcohol use, gambling or problem use of digital content, including families.

Free (the page says 'de forma gratuita, anónima y en todo el país').

### IAFA Línea de Orientación — call 800 IAFA 800 (800 4232 800) free for help with alcohol or drug use (Costa Rica)

https://iafa.go.cr/obtener-ayuda/linea-de-orientacion/

**Call 800 4232 800 (800 IAFA 800)**

**Hours:** Mon–Fri 7am–3pm

WHAT IT DOES

An information, support and referral line about use of alcohol and other psychoactive substances; calls are confidential and you are not asked your name. Call free on 800 4232 800 (800 IAFA 800) or email iafateayuda@iafa.go.cr. It does not handle poisonings: for those, call 911.

WHO IT HELPS

Anyone in Costa Rica worried about their own or someone else's alcohol or drug use, including families.

Free (the page calls it 'nuestra línea de orientación gratuita'). Note: Weekdays 7am–3pm only; not a crisis or poisoning line (call 911); Spanish, other languages not stated.

### Alcool Info Service — call 0 980 980 930, anonymous national alcohol helpline, 8am–11pm, 7 days (France)

https://www.alcool-info-service.fr/nous-appeler

**Call 0 980 980 930**

**Hours:** Phone 8am–11pm, 7 days; one-to-one chat 12pm–7pm

WHAT IT DOES

Trained listeners talk with you about your own drinking or someone else's, help you think about cutting down or stopping, and point you to local help (it also lists support addresses). Call 0 980 980 930, or use the one-to-one chat, questions-and-answers service or forums.

WHO IT HELPS

Anyone in France with questions about alcohol — their own use or that of a partner, child, parent or friend.

Anonymous and not surcharged: the cost of a local call from a landline, or included in home-box and mobile plans (as the service states). Note: Not 24/7 and not an emergency service. Another section of the site still shows older hours (8am–2am); the dedicated phone page says 8am–11pm.

### BIÖG Beratungstelefon Glücksspielsucht — call 0800 1 37 27 00, free gambling-problem counselling for players and families (Germany)

https://www.check-dein-spiel.de/hilfe-fuer-spieler/telefon-beratung/

**Call 0800 1 37 27 00**

**Hours:** Mon–Thu 10am–10pm; Fri–Sun 10am–6pm (363 days a year; closed 24 and 31 December)

WHAT IT DOES

Trained counsellors talk through gambling problems, as often and as long as you need, and help you find a local addiction counselling service. Calls are anonymous — your number is not shown to them. Call 0800 1 37 27 00. The page notes the number appears on itemised phone bills.

WHO IT HELPS

People who are worried about their own gambling and family members or friends affected by someone else's gambling, anywhere in Germany.

Free from German landlines, payphones and mobiles (as the service states). Note: Not a crisis line and not 24/7; the number shows on itemised bills and in redial.

### National Tobacco Quit Line (Ministry of Health and Family Welfare) — call 1800-112-356, toll-free (India)

https://ntcp.mohfw.gov.in/national_tobacco_quit_line_services

**Call 1800-112-356** **Missed call 011-22901701 (SMS help)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Free telephone counselling from expert counsellors to help you quit tobacco. The national quitline is based at Vallabhbhai Patel Chest Institute, New Delhi, with regional centres in Guwahati, Bengaluru (NIMHANS) and Mumbai (Tata Memorial Centre) offering counselling in regional languages. You can also give a missed call to 011-22901701 for mCessation text-message support.

WHO IT HELPS

Anyone in India who wants to stop using tobacco.

Free (toll-free, as the page states). Note: Hours are not stated on the page.

### Habla Franco Línea 1815 — call 1815 free for confidential advice on drugs (Peru)

https://www.gob.pe/8409-recibir-consejeria-psicologica-e-intervencion-en-temas-de-drogas-habla-franco

**Call 1815**

**Hours:** Phone hours not stated; online chat and the app's call option Mon–Sat 9am–9pm

WHAT IT DOES

Psychologists who specialise in drug use give information, guidance and counselling, anonymously and in confidence. Call 1815 free from any phone, or use the Chatea Franco chat, the Habla Franco app or email.

WHO IT HELPS

Anyone in Peru with a question or worry about drug use, their own or someone else's; DEVIDA says the service is aimed mainly at adolescents and young people. Nationwide coverage.

Free (the page says 'Esta línea de ayuda es gratuita, anónima y confidencial'). Note: Phone hours are not stated (chat Mon–Sat 9am–9pm); not a crisis line; Spanish. The page was last updated in October 2023.

### Gambling Helpline 1336 (Korea Center on Gambling Problems) — call 1336, free, 9am–10pm every day (South Korea)

https://www.kcgp.or.kr/portal/main/main.do

**Call 1336**

**Hours:** Every day, all year, 09:00–22:00

WHAT IT DOES

National helpline for gambling problems. Phone counselling on 1336 for people who gamble and their families; the centre also offers chat, text-message and online-board counselling, KakaoTalk, self-help programmes, and free counselling and recovery programmes at its centres.

WHO IT HELPS

People in South Korea with gambling problems and their families. The page is in Korean and does not state other languages.

Free (the page says '국번없이 1336(무료)'). Note: Not 24 hours: 9am–10pm every day.

## Eating Disorders

### Butterfly National Helpline — call 1800 33 4673 or chat online about eating disorders and body image, 8am–midnight daily (Australia)

https://butterfly.org.au/get-support/helpline/

**Call 1800 33 4673**

**Hours:** Seven days a week, 8am–midnight (AEST/AEDT); closed on national public holidays

WHAT IT DOES

Free, confidential support by phone, webchat or email from qualified mental health professionals with specialist training in eating disorders and body image. The Helpline is not a crisis line and cannot provide medical help — in a crisis call 000, Lifeline on 13 11 14, or Kids Helpline on 1800 551 800.

WHO IT HELPS

Anyone in Australia concerned about eating disorders or body image issues, for themselves or someone they care about — including carers, family, friends, partners, teachers and health professionals.

Free ('Free and confidential support'). Note: Not a crisis line and cannot give medical help; closed on national public holidays.

### EDANZ helpline — call 0800 2 EDANZ (0800 233 269) for support caring for someone with an eating disorder (New Zealand)

https://www.ed.org.nz/about-us/

**Call 0800 2 EDANZ (0800 233 269)**

**Hours:** Hours not stated on the service's page; calls usually reach an answerphone and volunteers call back

WHAT IT DOES

Volunteers, most with personal experience of a family member's eating disorder, give support and information and can help you find a support group or connect with other carers near you. You will usually reach an answerphone: leave a brief message and they will call back. Call 0800 2 EDANZ (0800 233 269) or email info@ed.org.nz.

WHO IT HELPS

Parents, caregivers and whānau supporting someone with an eating disorder — EDANZ says its support is for families and carers only.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: For carers only and not a crisis line: usually an answerphone with a callback. If you suspect an eating disorder, EDANZ urges seeing a GP straight away.

### Beat eating disorder helplines — England 0808 801 0677, with Scotland, Wales and Northern Ireland lines (UK)

https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/support-now/

**England 0808 801 0677  Scotland 0808 801 0432  Wales 0808 801 0433  Northern Ireland 0808 801 0434**

**Hours:** 3pm–8pm, Monday to Friday (phone and webchat)

WHAT IT DOES

Trained advisors give support and information about eating disorders and help you identify next steps – no diagnosis needed. Use the number for your nation, one-to-one webchat or email (help@beateatingdisorders.org.uk for England). Calls last up to 30 minutes, webchats 40. Emails can take up to 5 working days when busy.

WHO IT HELPS

Anyone in the UK affected by an eating disorder, of any age, including family and friends.

Free from landlines and mobiles within the UK; calls do not appear on itemised bills. Note: Weekday afternoons and evenings only. For urgent help Beat advises 999, or Samaritans on 116 123.

### Bodywhys National Helpline — call 01 2107906 for eating disorder support (Ireland)

https://www.bodywhys.ie/recovery-support-treatment/support-services-2/helpline/

**Call 01 2107906**

**Hours:** Monday 7:30pm-9:30pm; Tuesday 10.30am-12.30pm; Wednesday 7:30pm-9:30pm; Thursday 10:30am-12:30pm; Friday 10.30am-12.30pm; Saturday 10:30am-12:30pm; Sunday 7:30pm-9:30pm

WHAT IT DOES

Trained volunteers offer a non-judgemental, confidential support and information service about eating disorders: a chance to talk things out, understand what is happening and learn about treatment options, plus names of local health professionals. Call 01 2107906 or use the email support service at alex@bodywhys.ie.

WHO IT HELPS

Open to anyone: people with an eating disorder, and family and friends who are worried about someone.

Free service; Bodywhys notes the cost of calls from a mobile may vary depending on your provider and tariff. Note: Open about two hours a day at set times; for urgent help call Pieta (1800 247 247) or 112/999.

### National Alliance for Eating Disorders helpline — call (866) 662-1235, Mon–Fri 9am–7pm EST (United States)

https://www.allianceforeatingdisorders.com/

**Call (866) 662-1235**

**Hours:** Monday–Friday, 9:00 am–7:00 pm EST

WHAT IT DOES

A free helpline run by licensed therapists who specialise in eating disorders. They offer support and referrals to all levels of care — from specialised therapists and dietitians to acute medical stabilisation — and information about free, weekly, therapist-led support groups. You can also email referrals@allianceforeatingdisorders.com.

WHO IT HELPS

People with eating disorders and their loved ones in the United States.

Free ('Our free helpline is run by licensed therapists', as the Alliance states). Note: Weekday daytime hours only; for a crisis outside these hours call or text 988.

### ANAD Eating Disorders Helpline — call (888) 375-7767, Mon–Fri 9am–9pm CST (United States)

https://anad.org/get-support/

**Call (888) 375-7767**

**Hours:** Monday–Friday, 9am–9pm CST; messages left outside these hours are returned

WHAT IT DOES

A free helpline offering treatment referrals, support and encouragement for anyone affected by an eating disorder. Messages left outside opening hours are returned. ANAD is peer-run and does not provide medical care.

WHO IT HELPS

Anyone in the United States affected by an eating disorder.

Free ('Our free, eating disorders Helpline', as ANAD states). Note: Weekday hours only; peer support and referrals, not medical care — in a crisis call or text 988.

### NEDIC helpline — call 1-866-NEDIC-20 (1-866-633-4220) or chat, eating disorder support (Canada)

https://www.nedic.ca/contact/

**Call 1-866-633-4220** **Call 416-340-4156 (Toronto)**

**Hours:** Phone Mon–Thu 10am–6pm, Fri 10am–5pm; live chat Mon–Thu 9am–9pm, Fri 9am–9pm (one list says 5pm); weekends 12–5pm by chat and email (the contact page also lists phone). Eastern time

WHAT IT DOES

Call 1-866-NEDIC-20 (1-866-633-4220), chat or email to talk with a helpline worker about eating disorders. They can talk through coping strategies, send resources and refer you to community organisations or professionals near you, without telling you what to do.

WHO IT HELPS

Anyone in Canada affected by an eating disorder, including family members and friends.

Free to call: NEDIC lists 1-866-NEDIC-20 as toll-free. Note: Limited hours, and NEDIC says it is not equipped for medical or psychiatric crises: call 911 or a crisis line such as 9-8-8.

## Health Advice, Poisons & Medicines

### healthdirect helpline — call 1800 022 222 to speak to a registered nurse, 24/7 (Australia)

https://www.healthdirect.gov.au/contact-us

**Call 1800 022 222**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Registered nurses advise you what to do about any health concern and may offer a call back or video call from a GP. The number is also known as 1800MEDICARE nationally and NURSE-ON-CALL in Victoria. Interpreter: call TIS on 131 450 and ask to be transferred to the helpline. National Relay Service: 1800 555 727. For critical or life-threatening illness, call 000.

WHO IT HELPS

Anyone in Australia with a health concern, for themselves or someone they care for.

Free service (as healthdirect states); its 'how we can help' page notes call charges may apply from mobiles.

### 13 HEALTH — call 13 43 25 84 to speak to a registered nurse, 24/7 (Queensland, Australia)

https://www.qld.gov.au/health/contacts/advice/13health

**Call 13 43 25 84** **Can't connect? Dial 13 43 25**

**Hours:** 24 hours a day, 7 days a week; child health nurses 6.30am–11pm every day

WHAT IT DOES

A registered nurse gives health information, works out how urgent your symptoms are, recommends when and where to get care, and can refer you to other providers. It is not a diagnostic service. Call 13 HEALTH (13 43 25 84); if you can't connect, dial 13 HEAL (13 43 25). In an emergency always dial 000.

WHO IT HELPS

People in Queensland. The service is only available in Queensland; callers from other states are directed to their local provider or Healthdirect.

Cost of a local call (as the Queensland Government states). Note: Queensland only; calls cost a local call.

### Poisons Information Centre — call 13 11 26 for poisoning advice, 24/7 (Australia)

https://www.poisonsinfo.nsw.gov.au/

**Call 13 11 26**

**Hours:** 24/7

WHAT IT DOES

A Specialist in Poisons Information (a pharmacist or medical scientist) asks what happened, decides the risk in your case and tells you what to do next — for medicines, household products, bites and stings or plants. Don't wait for symptoms. You can ask for a translator. If someone is unconscious or not breathing, call 000 and start CPR.

WHO IT HELPS

Anyone in Australia who thinks someone may have been poisoned; telephone advice on 13 11 26 is available from anywhere in Australia. Health professionals also use the service.

Free service; call costs depend on your phone plan (the centre's pages do not state call costs).

### Healthline — free call 0800 611 116 for health advice from nurses and paramedics, 24/7 (New Zealand)

https://www.healthnz.govt.nz/online-phone-healthcare/healthline

**Call 0800 611 116**

**Hours:** 24 hours a day, 7 days a week; Māori clinician option 8am–8pm

WHAT IT DOES

Nurses and paramedics assess your symptoms and advise whether to care for yourself at home, see your doctor, or go to urgent care or hospital; they can find after-hours services and connect you to an ambulance. Interpreters (up to 150 languages) and NZ Relay support are available. Call 0800 611 116.

WHO IT HELPS

Anyone in New Zealand who is unwell or caring for someone who is unwell; from 8am to 8pm you can choose to speak with a Māori clinician.

Free ('Call Healthline for free'). Ambulances are free in the Wellington region; elsewhere St John charges for some call-outs.

### National Poisons Centre — call 0800 764 766 (0800 POISON), free 24/7 (New Zealand)

https://www.poisons.co.nz/contact

**Call 0800 POISON (0800 764 766)**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

If someone has swallowed or breathed in something, or got anything on their skin or in their eyes, call straight away for professional advice on what to do. Call 0800 POISON (0800 764 766). Use the website form only for non-urgent questions.

WHO IT HELPS

All New Zealanders dealing with an actual or suspected poisoning, or wanting information about poisons.

Free ('Free to call from any landline, cellphone or payphone in NZ (even if you have no credit on your cellphone)').

### NHS 111 — call 111 or use 111 online for urgent medical help, 24/7 (England)

https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/

**Call 111** **Text relay: 18001 111**

**Hours:** 24 hours a day, 7 days a week (NHS England); text relay 24 hours a day

WHAT IT DOES

If you think you need medical help right now, a 111 health adviser asks about your symptoms and directs you to the right place: an urgent treatment centre, out-of-hours GP, nurse callback, pharmacist, urgent dental or mental-health support, or 999/A&E. It is also the public route for poisoning advice – the UK's poisons service (NPIS) is for health professionals only.

WHO IT HELPS

Anyone in England. 111 online is for ages 5 and over – call 111 for a child under 5. Ask for an interpreter on 111; BSL via SignVideo (signvideo.co.uk/nhs111).

Free: 'Call 111 for free from a landline or mobile phone' (NHS England). Note: Not for life-threatening emergencies – call 999. Scotland uses NHS 24 (111) and Wales NHS 111 Wales; in Northern Ireland contact your GP or GP out-of-hours.

### NHS 24 — phone 111 for urgent care and the 111 Mental Health Hub, free, 24/7 (Scotland)

https://www.nhs24.scot/111/

**Call 111** **Textphone: 18001 111**

**Hours:** 24 hours a day, 7 days a week ('Calls to 111 are free, and available 24 hours a day, 7 days a week')

WHAT IT DOES

Phone 111 if you think you need A&E but it is not life or limb threatening, if you need support with mental-health distress, or if your GP, pharmacy or dental practice is closed. A call handler takes your details and you may be put through to a nurse practitioner, dental nurse, pharmacy adviser, psychological wellbeing practitioner or mental health nurse. Phone 111 for poisoning advice too.

WHO IT HELPS

Everyone in Scotland; the 111 Mental Health Hub is for people of all ages. Free BSL via contactSCOTLAND-BSL, textphone 18001 111 or Relay UK, and free Language Line interpreting.

Free ('Phone 111 for free'; 'Calls to 111 are free'). Note: Not for life- or limb-threatening emergencies – phone 999. Callbacks come from your local health board; busiest 6pm–9pm weekdays and 9am–midday at weekends.

### HealthLink BC 8-1-1 — call 8-1-1 for free health information and nurse advice, 24/7 (British Columbia, Canada)

https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services

**Call 8-1-1** **Call 7-1-1 (Deaf / hard of hearing)**

**Hours:** Navigators and nurses 24 hours, 7 days; pharmacists 5pm–9am daily; dietitians and exercise professionals Mon–Fri 9am–5pm

WHAT IT DOES

Call 8-1-1 for free health information and advice. A health service navigator usually answers first and can transfer you to a registered nurse (24/7), a pharmacist (5pm–9am) or a dietitian or exercise professional (weekdays); nurses can refer you to a HealthLink BC physician. Translation in over 130 languages; Deaf and hard-of-hearing callers use 7-1-1.

WHO IT HELPS

Everyone in British Columbia.

Free. HealthLink BC says you can get free health information and advice by calling toll-free 8-1-1. Note: B.C. only and not for emergencies: call 9-1-1 in an emergency.

### National Poisons Information Centre public line — call 01 809 2166, 8am to 10pm every day (Ireland)

https://poisons.ie/contact-us/

**Call 01 809 2166**

**Hours:** 8am to 10pm every day

WHAT IT DOES

A Specialist in Poisons Information answers and tells you whether medical attention is needed if you think someone, such as a child, has swallowed or been exposed to something poisonous. Call 01 809 2166 between 8am and 10pm. In a medical emergency call 112 or 999.

WHO IT HELPS

Members of the public in Ireland concerned about accidental poisoning. Healthcare professionals have separate 24-hour lines.

Free service; call costs depend on your phone plan. Note: The public line is not 24 hours (8am–10pm); outside these hours or in an emergency call 112 or 999.

### Poison Help — call 1-800-222-1222 to reach your local poison centre, 24/7 (United States)

https://poisoncenters.org/get-poison-help

**Call 1-800-222-1222**

**Hours:** 24 hours a day, seven days a week, 365 days a year

WHAT IT DOES

Connects you to your local poison centre anywhere in the US and its territories for expert medical advice about a poisoning or possible exposure, from toxicology specialists including nurses, pharmacists and physicians. HRSA says help is available in over 100 languages.

WHO IT HELPS

Anyone in the United States and its territories with a poisoning emergency or a question about a possible poisoning, for themselves or someone else.

Free ('free, confidential, expert medical advice', as America's Poison Centers states).

### CDC-INFO — call 800-232-4636 (800-CDC-INFO) for public health information (United States)

https://www.cdc.gov/cdc-info/about-us/index.html

**Call 800-232-4636  TTY 888-232-6348**

**Hours:** Mon–Fri 8am–8pm ET; closed on federal holidays

WHAT IT DOES

Live agents search CDC's resources to answer your questions with up-to-date, science-based health information. Call 800-232-4636 (800-CDC-INFO); TTY 888-232-6348; English and Spanish. CDC suggests searching its website first, and an email form is also offered.

WHO IT HELPS

Anyone with questions about health topics that CDC covers.

Free service; call costs depend on your phone plan. Note: Weekday hours only (closed on federal holidays); CDC-INFO cannot diagnose illness, provide treatment or prescribe medication.

### MotherToBaby — call 866.626.6847 or text 855.999.3525 about medicines and other exposures in pregnancy and breastfeeding (United States)

https://mothertobaby.org/contact/

**Call 866.626.6847** **Text 855.999.3525**

**Hours:** Mon–Fri 8am–7pm ET (phone, text, email and live chat)

WHAT IT DOES

Information specialists give free, confidential, evidence-based individual assessments of the benefits and risks of medications, drugs and other exposures during pregnancy and breastfeeding. Call 866.626.6847 toll-free, text 855.999.3525 or use live chat. Spanish spoken.

WHO IT HELPS

Residents of the United States and its territories: people who are pregnant or breastfeeding, their families, and health professionals.

Free (as the service states); standard messaging rates may apply to texts. Note: For US residents (and territories) only; weekday hours.

### Health811 — call 811 or chat online with a registered nurse, 24/7 (Ontario, Canada)

https://www.ontario.ca/page/your-health

**Call 811** **TTY 711**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Call 811 to talk to a registered nurse, day or night, for free, secure and confidential health advice, or send an instant message to a nurse online. Health811 can also help you find doctors, clinics, mental health services and pharmacies. TTY users dial 711.

WHO IT HELPS

People in Ontario looking for health advice or local health services.

Free. Ontario says Health811 nurse advice is free. Note: Ontario only; for health advice, not emergencies (call 9-1-1 in an emergency).

### Health Link 811 — call 811 for a registered nurse, free and 24/7 (Alberta, Canada)

https://www.primarycarealberta.ca/page14176.aspx

**Call 811** **Call 1-866-408-5465 (VoIP/web phones)**

**Hours:** 24/7

WHAT IT DOES

Call 811 for fast, confidential health advice and information; registered nurses answer your call. If you use a VoIP or web-enabled phone, call 1-866-408-5465 instead. Support is available for people with hearing or speech difficulties through Canada Video Relay Service, TELUS Relay (TTY) and ASL interpretation.

WHO IT HELPS

Albertans who need health advice or information.

Free. Primary Care Alberta calls Health Link a free 24/7 phone line. Note: Alberta only; call 911 for life-threatening conditions.

### Info-Santé 811 and Info-Social 811 — dial 811 for a nurse (option 1) or psychosocial help (option 2), 24/7 (Québec, Canada)

https://www.quebec.ca/en/health/finding-a-resource/info-sante-811

**Call 811, option 1 (nurse)** **Call 811, option 2 (Info-Social)**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

Dial 811 and choose option 1 to reach an Info-Santé nurse who will assess your health situation and advise you, or option 2 (Info-Social) to reach a psychosocial worker about a psychosocial or mental health problem; in a crisis they may send someone to help you. Both are free and confidential, English speakers can be served in English, and people with a hearing impairment can use a relay service.

WHO IT HELPS

Anyone living in Québec, for themselves or a family member (Info-Social also for a friend). Not available in the Cree Territory of James Bay or Nunavik; Info-Social needs a landline or a cell phone with a Québec number and cannot be used from outside Québec.

Free. Québec describes Info-Santé 811 as a free and confidential telephone consultation service. Note: Québec only (not the Cree Territory of James Bay or Nunavik); for non-urgent problems — dial 9-1-1 or go to emergency for serious or urgent problems.

### Poison centres — call 1-844-POISON-X (1-844-764-7669), 24/7; Québec 1-800-463-5060 (Canada)

https://infopoison.ca/

**Call 1-844-POISON-X** **In Québec call 1-800-463-5060**

**Hours:** 24 hours, seven days a week

WHAT IT DOES

Call 1-844-POISON-X (1-844-764-7669) if someone may have been exposed to a poison. You are routed to your local poison centre, staffed by registered nurses and pharmacists with specialised training, who advise people of any age. In Québec call 1-800-463-5060. If the person is unconscious, not breathing or having a seizure, call 911.

WHO IT HELPS

Anyone in Canada (except Nunavut and Québec, which have other arrangements) worried about a possible poisoning, for themselves, a child or someone they care for.

Free to call: Health Canada describes 1-844-POISON-X as a toll-free number. Note: Not for Nunavut (contact your local health centre) or Québec (use 1-800-463-5060); call 911 if the person is unconscious or not breathing.

### Centre antipoison du Québec — call 1 800 463-5060, 24/7 bilingual poison line (Québec, Canada)

https://www.ciusss-capitalenationale.gouv.qc.ca/antipoison/en/a-propos/contact-us

**Call 1 800 463-5060**

**Hours:** 24 hours per day, 365 days per year

WHAT IT DOES

Call 1 800 463-5060 about a suspected poisoning, food poisoning or exposure to a dangerous substance. A team of nurses and doctors assesses how urgent it is, tells you what to do and answers questions; if emergency care is needed, the centre can contact the hospital to prepare for you. Fully bilingual phone service.

WHO IT HELPS

Anyone in Québec worried about a possible poisoning, for themselves or someone else.

Free service; call costs depend on your phone plan (the page does not state costs; 1-800 is a toll-free prefix). Note: Québec's poison centre; elsewhere in Canada call 1-844-POISON-X.

### HealthLine 811 (Saskatchewan) — call 811, 24/7, nurses plus mental health and addictions support (Saskatchewan, Canada)

https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline

**Call 811** **Call 1-877-800-0002 (if 811 fails)** **SaskTel Relay 1-800-855-0511**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Registered Nurses, Registered Psychiatric Nurses and Registered Social Workers give confidential health advice and mental health and addictions support. A nurse assesses symptoms and helps you decide whether to self-treat, go to a clinic, see your provider or get emergency care; psychiatric nurses and social workers offer crisis support and community connections. Call 811, or 1-877-800-0002 if 811 does not connect.

WHO IT HELPS

People in Saskatchewan. Service in English with translation in over 100 languages; Deaf and hard of hearing residents can use the SaskTel Relay Operator at 1-800-855-0511.

Free (as the page states). Note: Saskatchewan only; if dialling 811 does not work, call 1-877-800-0002.

### Health Links – Info Santé — call 204-788-8200 (Winnipeg) or 1-888-315-9257, 24/7 nurses (Manitoba, Canada)

https://www.gov.mb.ca/health/access.html

**Call 204-788-8200 (Winnipeg)** **Call 1-888-315-9257 (toll-free)**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A telephone health information service staffed 24 hours a day by experienced nurses. It helps you decide whether to go to an emergency department, urgent care or a local clinic, and answers non-emergency health questions (such as fever, blood pressure or a possible sprain). Call 204-788-8200 in Winnipeg or 1-888-315-9257 toll-free elsewhere in Manitoba.

WHO IT HELPS

Anyone in Manitoba.

Free (free of charge everywhere in Manitoba, as the page states). Note: Manitoba only; for emergencies call 911.

### 811 Nova Scotia — call 8-1-1 for advice from a registered nurse, 24/7; text or chat also available (Nova Scotia, Canada)

https://811.novascotia.ca/

**Call 8-1-1** **Text CHAT811NS to 902-700-2224** **Call 1-866-770-7763 (if 811 fails)** **TTY 7-1-1**

**Hours:** 24 hours, 7 days (phone); chat and text hours are not stated on the page

WHAT IT DOES

Registered nurses give trusted health information and advice around the clock — for example whether you can care for yourself at home or need to see a doctor — and information about services in your area. Call 8-1-1, use secure chat on the website, or text CHAT811NS to 902-700-2224. If 8-1-1 does not connect (e.g. internet phone services), call 1-866-770-7763. Services in over 120 languages.

WHO IT HELPS

People in Nova Scotia. TTY: 7-1-1; Canada Video Relay Service users call 1-866-770-7763.

Free (the page says 811 services are free of charge); carrier charges may apply to texts. Note: Nova Scotia only; the 10-digit number works only from Nova Scotia-registered phones (as the page states); text charges may apply; chat and text hours are not stated.

### Tele-Care 811 (New Brunswick) — call 811 day or night to speak to a registered nurse (New Brunswick, Canada)

https://www.gnb.ca/en/topic/health-wellness/access-health-care/tele-care-811.html

**Call 811**

**Hours:** 24 hours ("at any time of the day or night")

WHAT IT DOES

Every caller can speak to a registered nurse, who assesses your symptoms and gives self-care advice, can book a virtual appointment with a nurse practitioner, or helps you decide whether to see your doctor, go to a clinic, use community services such as pharmacy or mental health, or go to an emergency room. An intake navigator may answer first and arrange a nurse callback. Calls usually take about 10 minutes.

WHO IT HELPS

All New Brunswickers; you do not need a Medicare card to call, though it may be needed for other services.

Free (the page says it is free, bilingual and confidential). Note: New Brunswick only; sometimes a navigator answers and arranges a callback from a nurse.

### 811 (Health PEI) — call 8-1-1 to speak to a registered nurse, 24/7 (Prince Edward Island, Canada)

https://princeedwardisland.ca/en/information/health-pei/find-health-care

**Call 8-1-1** **TTY 7-1-1**

**Hours:** 24 hours a day, seven days a week

WHAT IT DOES

If you are unsure what to do about a health issue or need health information, call 8-1-1 to speak to a registered nurse, 24 hours a day, seven days a week. People who are hearing impaired can dial 7-1-1 (TTY).

WHO IT HELPS

People in Prince Edward Island.

Free service; call costs depend on your phone plan. Note: PEI only; the page does not state cost or languages.

### 811 HealthLine (Newfoundland and Labrador) — call 811 to speak to a registered nurse, 24/7 (Newfoundland and Labrador, Canada)

https://www.811healthline.ca/

**Call 811** **Call 1-888-709-2929 (VoIP/web)**

**Hours:** 24 hours a day, seven days a week (registered nurses); dietitian hours are not stated on the page

WHAT IT DOES

Speak to a Registered Nurse 24 hours a day about a health concern, a child's fever, self-care at home or support for a loved one with dementia — or to a Registered Dietitian for nutrition advice. Call 811 any time. If you use internet (VoIP) or web phone services such as Canada VRS and 811 does not connect, call 1-888-709-2929.

WHO IT HELPS

All residents of Newfoundland and Labrador. Out-of-province cell phones will not connect to 811; use a landline (as the page says).

Free (the page says it is a confidential and free telephone line). Note: For NL residents; out-of-province mobiles cannot reach 811; in a medical emergency call 911.

### Yukon HealthLine 811 — call 811 any time for advice from a registered nurse (Yukon, Canada)

https://yukon.ca/en/811

**Call 811** **Call 1-604-215-4700 (satellite)**

**Hours:** Any time of the day, any day of the week; after-hours pharmacist 5 p.m. to 9 a.m

WHAT IT DOES

Registered nurses answer health questions or direct you to someone in your community who can help — for example if you are not sure what to do, it is after hours, or you have questions about medications. HealthLine can also put you in touch with an after-hours pharmacist (5 p.m. to 9 a.m.). Call 811; from a satellite phone call 1-604-215-4700 (answered by HealthLink BC).

WHO IT HELPS

People in the Yukon.

The page does not say the service is free; it says there is no toll-free direct line from Yukon and calls are subject to applicable airtime and long-distance charges. Note: Calls may attract airtime or long-distance charges (as the page states); Yukon only.

### NWT 811 — call 811 or 1-844-259-1793, 24/7, nurses and mental health support (Northwest Territories, Canada)

https://www.hss.gov.nt.ca/en/services/811

**Call 811** **Call 1-844-259-1793**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

Registered nurses give confidential advice and support. After choosing a language, press 1 for the Mental Health and Wellness Support Line (stress, suicidal thoughts, abuse, sexual assault, anxiety, grief, substance use), 2 for the Quitline or 3 for Health Advice. A navigator registers your call; a nurse calls you back within 30 minutes, or the navigator puts you through at once if needed. You can stay anonymous.

WHO IT HELPS

People in all NWT communities. Service in English, with interpretation for French, NWT Indigenous languages and over 200 others; Canada VRS users call 1-844-259-1793.

Free service; call costs depend on your phone plan. Note: Not for emergencies (call 911); usually a nurse calls you back within 30 minutes, though the navigator can transfer you to a nurse right away if needed.

### Centro Nacional de Intoxicaciones — call 0800-333-0160, national poisons line, 24/7 (Argentina)

https://www.argentina.gob.ar/salud/hospital-nacional-posadas/intoxicaciones

**Call 0800-333-0160**

**Hours:** 24 hours, every day of the year

WHAT IT DOES

Argentina's national reference centre for poisonings has a 24-hour on-call service, advises health professionals and supplies antidotes across the country. Call the free national line 0800-333-0160 for help with a poisoning.

WHO IT HELPS

Anyone in Argentina dealing with a possible poisoning (for example carbon monoxide, household products, scorpion stings), and health professionals.

Free (the page calls it a 'línea gratuita nacional'). Note: Spanish; the page does not state other languages.

### 0800 Salud Responde — call 0800-222-1002 for national health information, plus quit-smoking line 0800-999-3040 (Argentina)

https://www.argentina.gob.ar/salud/0800saludresponde

**Call 0800-222-1002** **Quit smoking: 0800-999-3040 (opt 1)** **HIV/STIs & TB: 0800-333-3444**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

The Ministry of Health's information lines. 0800-222-1002 covers vaccines, medicinal cannabis, blood donation, high-cost medicines, respiratory illness, breastfeeding, Chagas and other health topics (menu options). 0800-999-3040 option 1 helps you quit smoking; 0800-333-3444 covers HIV, sexually transmitted infections and tuberculosis.

WHO IT HELPS

Anyone in Argentina looking for official health information or help to stop smoking.

Free (the page says 'La llamada es gratuita desde cualquier lugar del país'). Note: Information lines, not for emergencies or crises; hours not stated; Spanish menus.

### Disque-Intoxicação — call 0800-722-6001 for poisoning advice from a regional poisons centre, 24/7 (Brazil)

https://www.gov.br/anvisa/pt-br/assuntos/agrotoxicos/disque-intoxicacao

**Call 0800-722-6001**

**Hours:** 24 hours, 7 days, all year

WHAT IT DOES

Your call to 0800-722-6001 is put through to the nearest regional poison information centre (CIATox), which answers questions about any kind of poisoning and helps health professionals with first aid and treatment. Anyone, not only health workers, can call.

WHO IT HELPS

Members of the public and health professionals anywhere in Brazil with a question about a poisoning or exposure to a toxic substance.

Free (the page says 'A ligação é gratuita'). Note: Calls go to the nearest regional centre; Anvisa's page was last updated in January 2023; Portuguese, other languages not stated.

### Japan Poison Information Center (中毒110番) — call 072-727-2499 (Osaka) or 029-852-9999 (Tsukuba), 24 hours (Japan)

https://www.j-poison-ic.jp/110serviece/service-guide-genelal/

**Call 072-727-2499 (Osaka)** **Call 029-852-9999 (Tsukuba)** **Call 072-726-9922 (tobacco, recorded)**

**Hours:** 24 hours, 365 days

WHAT IT DOES

Poison advice for the public when an acute poisoning has actually happened — household products, medicines, farm chemicals, natural toxins (puffer fish, snake bites, mushrooms) or industrial chemicals. Have the product with you; they will ask the person's age, weight and condition, what was taken, how much and when. A recorded line (072-726-9922) covers swallowed tobacco.

WHO IT HELPS

Members of the public in Japan dealing with a poisoning. Doctors and hospitals must use the separate paid medical lines. The page is in Japanese.

Free information for the public (情報提供料：無料); call costs depend on your phone plan. Note: Only for poisoning that has actually happened (not chronic poisoning, drug dependence or usual-dose side effects); no answering machine.

### MOH Call Center 937 — medical advice and reporting, 24/7, from within the Kingdom (Saudi Arabia)

https://www.moh.gov.sa/en/ministry/about/pages/contactus.aspx

**Call 937** **From abroad 00966920005937**

**Hours:** 24/7 (phone); email for complaints and suggestions 8:00 AM–4:00 PM

WHAT IT DOES

The Ministry of Health's call centre gives medical consultations and takes reports, around the clock. Dial 937 from within Saudi Arabia, or 00966920005937 from outside the Kingdom. Complaints and suggestions can be emailed to 937@moh.gov.sa.

WHO IT HELPS

Anyone in Saudi Arabia who needs health advice or wants to report a health concern to the Ministry of Health.

Free service; call costs depend on your phone plan. Note: A health advice and reporting line, not an emergency or mental-health crisis service; the page does not state call charges.

### Tox Info Suisse — call 145 for poisoning emergencies and advice, 24/7 (Switzerland)

https://www.toxinfo.ch/

**Call 145** **From abroad +41 44 251 51 51**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Switzerland's poisons emergency line: call 145 at any hour for advice when someone may have been poisoned. From abroad, or if there are technical problems, call +41 44 251 51 51. The site also has first-aid information on poisoning.

WHO IT HELPS

Anyone in Switzerland who is worried about a possible poisoning; a separate number is given for calls from abroad.

Free service; call costs depend on your phone plan (the page does not state call costs). International charges apply from abroad. Note: The page does not state call costs. If someone is unconscious or not breathing, call 144 for an ambulance (112 within the EU), as the page advises.

## Long-Term Conditions & Disability

### NDSS Helpline — call 1800 637 700 for diabetes advice and support, Mon–Fri (Australia)

https://www.ndss.com.au/services/ndss-helpline/

**Call 1800 637 700**

**Hours:** Monday to Friday, 8:30am to 5:00pm (AEST/AEDT); Saturday to Sunday closed

WHAT IT DOES

Talk to a health professional for general advice on managing your diabetes, and get help with NDSS products, services and programs, a replacement registration card or updating your details. Interpreter: call TIS on 131 450 and ask for 1800 637 700; TTY 133 677. In an emergency call 000.

WHO IT HELPS

People with diabetes, their family members and carers, health professionals and pharmacies.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Weekday business hours only; not an emergency service.

### Cancer Council 13 11 20 — call 13 11 20 for cancer information and support, Mon–Fri (Australia)

https://www.cancer.org.au/support-and-services/cancer-council-13-11-20

**Call 13 11 20**

**Hours:** 9am to 5pm, Monday to Friday; some states have extended hours

WHAT IT DOES

Specially trained staff answer your questions about cancer and offer emotional or practical support. Some states have health professionals on staff, extended hours or multilingual services. Call 13 11 20 from anywhere in Australia.

WHO IT HELPS

Anyone affected by cancer — people with cancer, their families, carers and friends, teachers, students and healthcare professionals.

A free, confidential service; calls cost a local call from anywhere in Australia, and mobile calls are charged at mobile rates (as Cancer Council states). Note: Weekday business hours only (longer in some states); an information and support line, not an emergency service.

### National Dementia Helpline (Dementia Australia) — call 1800 100 500, 24/7 (Australia)

https://www.dementia.org.au/get-support/national-dementia-helpline

**Call 1800 100 500**

**Hours:** 24 hours a day, seven days a week, 365 days a year (phone and live chat); emails answered as soon as Advisors can

WHAT IT DOES

Expert advisors give information, advice and emotional support, connect you with Dementia Australia and community services, and explain supports such as My Aged Care, the NDIS and Carer Gateway. Call 1800 100 500, email or chat online. Interpreter: TIS 131 450. National Relay Service: 133 677.

WHO IT HELPS

People living with dementia or mild cognitive impairment, people who know and care for someone with dementia, people who work with them, and anyone concerned about their thinking, mood or memory.

Free and confidential (as Dementia Australia states).

### National Epilepsy Support Service (Epilepsy Foundation) — call 1300 761 487, Mon–Fri (Australia)

https://epilepsyfoundation.org.au/about-us/our-services/information-and-support/national-epilepsy-support-service/

**Call 1300 761 487**

**Hours:** Monday to Friday, 9.00am to 5.00pm AEST (excluding Victorian public holidays); last call taken at 4:30pm

WHAT IT DOES

Clear information about seizures and epilepsy, and support for people living with epilepsy and those around them. Call 1300 761 487 or email epilepsy@epilepsyfoundation.org.au; written enquiries can take 1–2 business days. Interpreting is available. It is not a crisis line.

WHO IT HELPS

People living with epilepsy, family and carers, anyone supporting a person with epilepsy, and people having seizures who have not yet been diagnosed.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Not a crisis line; weekday business hours only, closed on Victorian public holidays.

### Autism Connect (Amaze) — call 1300 308 699, national autism helpline, Mon–Fri 8am–7pm (Australia)

https://www.amaze.org.au/autismconnect/

**Call 1300 308 699**

**Hours:** 8am to 7pm, Monday to Friday

WHAT IT DOES

Advisors give expert advice on autism identity, assessment and diagnosis, education, the NDIS, employment and transition, and referrals to services. Contact them by phone on 1300 308 699, by email or by live webchat. Autism Connect is not a crisis service.

WHO IT HELPS

Anyone seeking support related to autism, including autistic people, their families and carers, and health professionals, anywhere in Australia.

Free (Amaze describes Autism Connect as a free, national autism helpline). Note: Not a crisis service; weekday hours only and the page does not state a time zone.

### StrokeLine (Stroke Foundation) — call 1800 787 653, Mon–Fri 9am–5pm eastern time (Australia)

https://strokefoundation.org.au/what-we-do/for-survivors-and-carers/strokeline

**Call 1800 787 653**

**Hours:** Monday to Friday, 9 am – 5 pm Australian eastern time (NSW, VIC and ACT time); closed on national and Victorian public holidays; if you can't get through, leave a voicemail

WHAT IT DOES

StrokeLine's nursing and allied health professionals support stroke survivors and the people around them by phone or email. Call 1800 787 653. Interpreter: call TIS on 13 14 50 and ask them to call StrokeLine. If you think someone is having a stroke, call 000.

WHO IT HELPS

Survivors of stroke, family members, carers and friends.

Free and confidential (as the Stroke Foundation states). Note: Not an emergency service; weekday hours only and closed on national and Victorian public holidays. Call 000 for a suspected stroke.

### Kidney Helpline (Kidney Health Australia) — call 1800 454 363, Mon–Fri 9am–5pm AEST (Australia)

https://kidney.org.au/ways-we-help/kidney-helpline/

**Call 1800 454 363**

**Hours:** 9am–5pm (Australian Eastern Standard Time), Monday–Friday; closed public holidays; voicemail after hours or when busy, with a reply within 2 business days

WHAT IT DOES

Trained Kidney Helpline health professionals provide free support and information about kidney health and kidney disease. Call 1800 454 363 or email Kidney.Helpline@kidney.org.au. In a medical emergency call 000.

WHO IT HELPS

Anyone, including people with kidney disease, families, carers, students, healthcare professionals and researchers.

Free call (as Kidney Health Australia states). Note: Weekday business hours only; general information and support, not medical advice, counselling or crisis support. In a medical emergency call 000.

### Disability Gateway — call 1800 643 787, Mon–Fri 8am–8pm AEST/AEDT (Australia)

https://www.disabilitygateway.gov.au/

**Call 1800 643 787**

**Hours:** Monday to Friday, 8 am to 8 pm (AEST/AEDT)

WHAT IT DOES

A free, Australia-wide service that helps people with disability, their families and carers find trusted information and connect to services in their area, such as payments and supports, training and jobs, housing and transport. Call 1800 643 787.

WHO IT HELPS

People with disability, their families and carers, anywhere in Australia.

Free (described as a free, Australia-wide service). Note: Weekday hours only; an information and referral line, not a crisis service.

### Lung Foundation Australia Lung Health Helpline — freecall 1800 654 301, weekdays (Australia)

https://lungfoundation.com.au/support-and-resources/lung-health-helpline/

**Call 1800 654 301 (option 1)**

**Hours:** Monday to Friday 8:00am–4:30pm AEST (excluding public holidays); leave a message outside these hours

WHAT IT DOES

The helpline team answers questions about lung disease, including COPD and lung cancer, and organises referrals to support services such as lung cancer and respiratory care nurses, social workers, pulmonary rehabilitation and support groups. Freecall 1800 654 301 (option 1); if you cannot get through, leave a message and they will call back.

WHO IT HELPS

People in Australia living with lung disease or lung cancer, their families and carers, and health professionals.

Free call ('Freecall 1800 654 301', as the service states). Note: Weekday business hours only (AEST); information and referral, not emergency care.

### Asthma Australia — call 1800 ASTHMA (1800 278 462) to speak with an Asthma Educator, weekdays (Australia)

https://asthma.org.au/contact-us/

**Call 1800 ASTHMA (1800 278 462), press 1**

**Hours:** Monday–Friday 9am–5pm (AEST)

WHAT IT DOES

A free information and support service: Asthma Educators listen and help you better manage your asthma. You can call directly or book a call online. If English is not your first language they will arrange an interpreter through TIS National; NRS users can give the number 1800 278 462. Call 1800 ASTHMA (1800 278 462) and press 1.

WHO IT HELPS

People living in Australia with asthma, and people caring for someone with asthma (the service is only for people residing in Australia); health professionals can also refer patients with asthma aged over 3.

Free (the service calls it 'our free information and support service'). Note: Weekday business hours only; an education and support line, not an emergency service.

### National Continence Helpline — call 1800 33 00 66 for nurse continence specialists, weekdays 8am–8pm (Australia)

https://www.continence.org.au/help-and-support/national-continence-helpline

**Call 1800 33 00 66**

**Hours:** Monday to Friday 8am to 8pm AEST/AEDT (times may vary by state or territory); closed on national public holidays

WHAT IT DOES

Experienced nurse continence specialists give free, confidential, personalised advice on bladder and bowel control, pelvic health, products and local services, and on funding schemes such as the Continence Aids Payment Scheme, the NDIS and My Aged Care. Call now or book a call back; an interpreter can be arranged. Call 1800 33 00 66.

WHO IT HELPS

Everyone in Australia — people with bladder or bowel problems, carers and family members, and health professionals asking about a patient.

Free and confidential (as the service states). Note: Weekday hours only; not an emergency service (the page says call 000 in a life-threatening situation).

### MND Info Line (MND Australia) — free call 1800 777 175 to reach your state motor neurone disease association, weekdays (Australia)

https://www.mndaustralia.org.au/contact-us/

**Call 1800 777 175**

**Hours:** 9am to 4:30pm, Monday to Friday (time zone not stated)

WHAT IT DOES

One national number that connects you directly to the motor neurone disease (MND) association in your state for support. The contact page lists the associations and their offices. Call 1800 777 175.

WHO IT HELPS

People living with motor neurone disease in Australia, and their families and carers.

Free call (the service calls it the 'free call MND Info Line'). Note: Weekday hours; calls go to your state association, so the services offered differ by state.

### Leukaemia Foundation Blood Cancer Support Line — call 1800 620 420, weekdays (Australia)

https://www.leukaemia.org.au/contact-us/

**Call 1800 620 420**

**Hours:** Monday to Friday, 9am–4pm AEST

WHAT IT DOES

An experienced healthcare team gives free, confidential support at every stage of blood cancer, from diagnosis and treatment to living well beyond: they listen, share trusted information and connect you with the right support. Call 1800 620 420.

WHO IT HELPS

People living with blood cancer, people caring for them, and health professionals supporting patients, across Australia.

Free and confidential (as the service states); call costs depend on your phone plan. Note: Weekday hours only; not an emergency service (the page says call 000 for emergency medical help).

### Ovarian Cancer Australia Helpline — call 1300 660 334 to speak with an ovarian cancer nurse, weekdays (Australia)

https://www.ovariancancer.net.au/find-support/helpline

**Call 1300 660 334**

**Hours:** 9am–5pm (AEST/AEDT), weekdays; closed weekends and public holidays

WHAT IT DOES

Ovarian cancer nurses answer the Support and Information Helpline. They assess your situation, suggest suitable programs and services, give non-medical referrals and information on financial, emotional or psychological support, and explain symptoms or testing to anyone concerned. Call 1300 660 334 or email support@ovariancancer.net.au.

WHO IT HELPS

People affected by ovarian cancer, their partners, family and friends, and members of the public with concerns about symptoms or testing.

Calls cost the same as a local call (as the service states). Note: Weekday hours only; nurses cannot diagnose, choose treatment or issue medical referrals.

### NDIS National Contact Centre — call 1800 800 110, weekdays 8am–7pm local time (Australia)

https://www.ndis.gov.au/contact

**Call 1800 800 110  First Nations Connect: 1800 411 640**

**Hours:** Monday to Friday 8am to 7pm (local time)

WHAT IT DOES

The National Contact Centre phone line for participants in the National Disability Insurance Scheme. First Nations Connect (1800 411 640) is a phone service for Aboriginal and Torres Strait Islander peoples and their families, representatives, health workers and community organisations. For an interpreter, phone 131 450; the page also offers live webchat. Call 1800 800 110.

WHO IT HELPS

NDIS participants; First Nations Connect is for Aboriginal and Torres Strait Islander peoples and their families, representatives, health workers and community organisations. Providers have a separate line (1300 311 675).

Free service; call costs depend on your phone plan. Note: An information and enquiry line for the NDIS, not a crisis or counselling service; weekday hours (8am–7pm local time).

### Cancer Society Cancer Information Helpline — call 0800 226 237 (0800 CANCER), weekdays (New Zealand)

https://www.cancer.org.nz/how-we-can-help/support-we-offer/cancer-helpline-talk-to-one-of-our-nurses/

**Call 0800 CANCER (226 237)**

**Hours:** Monday to Friday, 8:30am – 5:00pm

WHAT IT DOES

Cancer support nurses and other health professionals answer your questions about cancer and offer support, or just a chat. Call free on 0800 CANCER (226 237) or email info@cancersoc.org.nz.

WHO IT HELPS

People in New Zealand affected by cancer, and anyone with questions about cancer.

Free ('call us free on 0800 CANCER (226 237)'). Note: Weekdays 8:30am–5pm only; for urgent health advice call Healthline (0800 611 116), or 111 in an emergency.

### Diabetes New Zealand helpline — free call 0800 342 238 (0800 DIABETES), Mon–Fri 9am–3pm (New Zealand)

https://www.diabetes.org.nz/contact-us-1

**Call 0800 DIABETES (342 238)**

**Hours:** Monday to Friday, 9am – 3pm

WHAT IT DOES

Phone the free helpline or email with your questions or concerns about diabetes and pre-diabetes. Call 0800 342 238 (0800 DIABETES), Monday to Friday 9am–3pm, or email info@diabetes.org.nz.

WHO IT HELPS

People in New Zealand living with diabetes or pre-diabetes, and anyone with a question or concern about diabetes.

Free ('FREE HELPLINE'; 'CALL FREE 0800 342 238'). Note: Weekday daytime hours only (9am–3pm) and an information line, not medical care; for urgent health advice call Healthline (0800 611 116) or 111.

### Nationwide Health & Disability Advocacy Service — freephone 0800 555 050, weekdays (New Zealand)

https://www.advocacy.org.nz/contact

**Call 0800 555 050**

**Hours:** 8.30am to 5.00pm, Monday to Friday

WHAT IT DOES

Independent advocates listen to concerns about any health or disability service, explain your rights under the Code of Rights, and support you to raise a concern or make a complaint, write a letter or meet your provider. Call 0800 555 050, email, or use the online form.

WHO IT HELPS

Anyone in New Zealand receiving health or disability care, and whānau or others acting for them; you can also refer someone else.

Free. The service describes itself as free and the number as a freephone. Note: Not a crisis service (its site links separately to crisis support); weekday office hours only.

### Stroke Aotearoa New Zealand helpline — call 0800 STROKE (0800 78 76 53), weekdays (New Zealand)

https://www.stroke.org.nz/about-us/contact-us/

**Call 0800 78 76 53**

**Hours:** 9AM – 5PM weekdays

WHAT IT DOES

Community Stroke Navigators answer the free helpline with information, advice, help finding services and access to resources after a stroke, and give one-to-one support to survivors with complex needs. Call 0800 STROKE (0800 78 76 53). If you see signs of a stroke happening, call 111 immediately.

WHO IT HELPS

People affected by stroke anywhere in New Zealand: stroke survivors and their whānau, friends and carers.

Free. The service calls it 'the free 0800 STROKE helpline'. Note: Weekday hours only and not for emergencies (call 111 for a suspected stroke); the site's separate general line 0800 459 954 is for other enquiries.

### Kidney Health New Zealand — talk to a kidney nurse on 0800 (KIDNEY) 543 639, weekdays (New Zealand)

https://www.kidney.health.nz/

**Call 0800 543 639**

**Hours:** Business hours, Monday to Friday

WHAT IT DOES

A nurse team answers questions about kidney health and living with any degree of kidney disease, and points you to resources, which are available in English, te reo Māori and several Pacific languages. Call 0800 (KIDNEY) 543 639.

WHO IT HELPS

Anyone in New Zealand: people with kidney disease, their parents, whānau and carers, and members of the public worried about kidney health.

Free service; call costs depend on your phone plan. Note: Business hours on weekdays only; an information and support line, not urgent medical care.

### Breast Cancer Foundation NZ breast nurse line — call 0800 BC NURSE (0800 226 8773), weekdays (New Zealand)

https://www.breastcancerfoundation.org.nz/support/ask-a-nurse

**Call 0800 226 8773**

**Hours:** Weekdays 9am – 4:30pm (not attended at weekends; leave a message)

WHAT IT DOES

Specialist breast cancer nurses answer questions and worries about breast cancer or breast health. If the line is unattended, leave a message and a nurse will call back. It does not replace your doctor; have any breast change checked promptly. Call 0800 BC NURSE (0800 226 8773).

WHO IT HELPS

Anyone in New Zealand with breast cancer, people supporting someone with it, or anyone wanting to know more about breast health.

Free. 'All calls to our advice line are free' (as the service states). Note: Weekday hours only, with call-back if unattended; an advice line, not medical diagnosis or emergency care.

### Alzheimers New Zealand dementia support line — call 0800 004 001 to reach your local service (New Zealand)

https://alzheimers.org.nz/get-support/find-local-help/

**Call 0800 004 001**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

One national number connects you to dementia (mate wareware) support in your area: local Alzheimers organisations give support, education and information to people with dementia and those around them. Call 0800 004 001.

WHO IT HELPS

People living with dementia, their families, whānau and carers anywhere in New Zealand.

Free service; call costs depend on your phone plan. Note: Hours are not stated and support is delivered by local organisations, so availability varies by region; not a crisis line.

### Epilepsy New Zealand Information and Support Line — call 0800 37 45 37, weekdays (New Zealand)

https://epilepsy.org.nz/about-us/our-services/information-and-support/

**Call 0800 37 45 37**

**Hours:** 9.00am – 5.00pm, Monday to Friday (excluding public holidays); leave a message after hours

WHAT IT DOES

Confidential phone support: understanding and support around epilepsy, practical information and advice, information sheets and referral to Epilepsy New Zealand services. After hours you can leave a message and an Epilepsy Educator will contact you. Call 0800 37 45 37.

WHO IT HELPS

People living with epilepsy, their whānau and friends, health professionals, service providers and the general community in New Zealand.

Free service; call costs depend on your phone plan. Note: Not a crisis line (as it states): in an emergency call 111. Weekday hours only.

### Autism New Zealand — freephone 0800 AUTISM (288 476) for outreach support and information (New Zealand)

https://autismnz.org.nz/contact/

**Call 0800 AUTISM (288 476)**

**Hours:** Hours not stated on the service's page for the freephone

WHAT IT DOES

The national freephone connects you with Autism New Zealand, whose Outreach Coordinators in 16 branches give support, information and education on autism and link you to services in your region. Call 0800 AUTISM (288 476).

WHO IT HELPS

Autistic people, parents, family and whānau, and their support networks, including educators and professionals, across New Zealand.

Free. The number is listed as 'Freephone'. Note: Not an emergency service (as it states); hours for the freephone are not stated, and some online services need ID verification.

### Diabetes UK Helpline — call 0345 123 2399 (Scotland 0141 413 5148), weekdays (UK)

https://www.diabetes.org.uk/support-for-you/helpline

**Call 0345 123 2399  Scotland 0141 413 5148**

**Hours:** Monday to Friday, 9am to 6pm

WHAT IT DOES

A dedicated diabetes helpline: the helpline team answers questions about living with diabetes and gives support (calls from Scotland go to advisors with counselling skills in Glasgow). They don't have access to your medical records, so some questions go back to your healthcare team. Interpreters can call you back in your language.

WHO IT HELPS

People with diabetes, their family or friends, and people worried they might be at risk, across the UK.

Not free: 0345 calls cost no more than 01/02 numbers and count towards inclusive minutes (landlines typically up to 16p/min, mobiles 3p–65p/min), as Diabetes UK states. Note: Calls are charged; weekdays only; not for medical emergencies – call 999 or 111.

### Macmillan Support Line — call 0808 808 00 00 free, 8am–8pm, 7 days a week, for anyone affected by cancer (UK)

https://www.macmillan.org.uk/cancer-information-and-support/get-help/macmillan-support-line

**Call 0808 808 00 00**

**Hours:** 8am to 8pm, 7 days a week; online chat 8am–7.45pm every day

WHAT IT DOES

Trained advisers, including cancer information specialist nurses, give emotional support and practical information on diagnosis, tests, treatments and side effects, money and work, or anything else that matters to you. Chat online, email via the online form, or request a callback. Interpreters available; text relay 18001 0808 808 0000.

WHO IT HELPS

Anyone in the UK affected by cancer – people living with cancer, and their family, friends and carers.

Free on all UK landlines and UK mobiles (business phone providers may charge), as Macmillan states. Note: Not 24-hour; for medical emergencies call 999 or 111.

### Alzheimer's Society Dementia Support Line — call 0333 150 3456, 7 days a week (UK)

https://www.alzheimers.org.uk/get-support/dementia-support-line

**Call 0333 150 3456** **Welsh language 03300 947 400**

**Hours:** Monday to Wednesday 9am–8pm; Thursday and Friday 9am–5pm; Saturday and Sunday 10am–4pm

WHAT IT DOES

Trained staff give information, advice and support on getting diagnosed, caring strategies, social care, staying independent and Lasting Power of Attorney, and can point you to legal and financial advice. For other languages, say the English name of your language and an interpreter calls back; BSL via SignVideo; Relay UK.

WHO IT HELPS

Anyone affected by dementia or worried about a diagnosis, and anyone caring for someone with dementia.

Calls charged at standard local rate (as Alzheimer's Society states). Note: Calls are charged at standard local rate. In an emergency, Alzheimer's Society says to call 999 or 111.

### Epilepsy Action Helpline — call 0808 800 5050, live chat or email, weekdays (UK)

https://www.epilepsy.org.uk/support-for-you/the-epilepsy-action-helpline

**Call 0808 800 5050**

**Hours:** 8:30am–5pm, Monday to Friday (live chat appears only during opening hours)

WHAT IT DOES

Trained advisers answer questions about epilepsy and point you to further support; they are not medically or legally trained. Text relay calls accepted. Callbacks come from 0113 210 8800. You can send a question any time; emails answered within two working days.

WHO IT HELPS

Anyone affected by epilepsy – people with epilepsy, family, friends, carers and professionals.

Free advice ('free, confidential advice to anyone affected by epilepsy'); call costs depend on your phone plan. Note: Not a crisis service (as Epilepsy Action states); weekdays only. For a seizure emergency call 999.

### Alzheimer Scotland Freephone Dementia Helpline — call 0808 808 3000, 24 hours (Scotland)

https://www.alzscot.org/about-us/care/helpline/

**Freephone 0808 808 3000**

**Hours:** 24 hours

WHAT IT DOES

Highly skilled volunteers who understand dementia give emotional support, information and signposting, and can send free information out. The helpline is confidential and you don't have to give your name. If you hide your caller ID, dial 1470 before calling, or the call cannot be received.

WHO IT HELPS

People living with dementia, their partners, families and friends, and professionals.

Free (Freephone). Note: Calls from withheld numbers cannot be received unless you dial 1470 first.

### Mencap Learning Disability Helpline — call 0808 808 1111, Monday to Friday 9am–3pm (England and Wales)

https://www.mencap.org.uk/contact-us-mencap

**England: 0808 808 1111  Wales (Mencap Cymru): 0808 8000 300**

**Hours:** England: Monday – Friday, 9am – 3pm. Wales helpline: hours not stated on the page

WHAT IT DOES

Free advice and support on social care and mental capacity, health and wellbeing (not medical advice), safeguarding, transition to adulthood, benefits, energy, housing including homelessness, bullying and education. Mencap is not a crisis service and cannot always respond to urgent issues; if there is an immediate risk of harm, call 999. There are separate helplines for England, Wales and Northern Ireland.

WHO IT HELPS

People with a learning disability, their families and carers, and anyone wanting to learn more about learning disability.

Free ('Mencap's free help and advice lines'). Note: Not a crisis service; weekday daytime only; the Northern Ireland helpline number is not shown on the page.

### Scope disability helpline — free call 0808 800 3333, Monday to Saturday 10am–5pm (UK)

https://www.scope.org.uk/helpline

**Call 0808 800 3333**

**Hours:** Monday to Saturday, 10am to 5pm; open most bank holidays

WHAT IT DOES

Advisers give free, independent and impartial advice on benefits (including PIP and DLA), money and debt, social care, work, equipment and technology, and housing and adaptations, and can point you to local services. Textphone: dial 18001 then 0808 800 3333. You can ask for a call-back with an interpreter, or make a free BSL video call through InterpretersLive.

WHO IT HELPS

Disabled people and their families.

Free ('Calls are free from UK landlines and mobiles'). Note: Daytime hours only; demand is high, and calling between 10am and 12pm may connect faster.

### British Heart Foundation Heart Helpline — freephone 0808 802 1234 to speak to a cardiac nurse, weekdays (UK)

https://www.bhf.org.uk/informationsupport/heart-helpline

**Call 0808 802 1234**

**Hours:** Mon–Fri 9am–5pm, excluding bank holidays (phone and chat)

WHAT IT DOES

Experienced cardiac nurses answer questions and concerns about heart and circulatory diseases and their risk factors — common topics are medicines and side effects, diet and lifestyle, test results, managing a diagnosis and money worries. Call 0808 802 1234, email, or chat online.

WHO IT HELPS

Anyone with questions or concerns about heart and circulatory diseases and their risk factors.

Free (freephone, as the page states). Note: Information and support, not emergency care: call 999 for chest pain or suspected heart attack. Weekdays only.

### Stroke Association Stroke Support Helpline — call 0303 3033 100, weekdays and Saturday mornings (UK)

https://www.stroke.org.uk/stroke/support/helpline

**Call 0303 3033 100**

**Hours:** Mon–Fri 9am–5pm; Sat 10am–1pm; Sun closed

WHAT IT DOES

A friendly, expert team listens and answers questions about stroke and recovery, helps with practical problems such as fatigue, money, work and driving, and connects you to other support and stroke survivors. Call 0303 3033 100 (textphone 18001 0303 3033 100) or email helpline@stroke.org.uk. Interpreters and BSL (via SignVideo) are available.

WHO IT HELPS

Stroke survivors and their family and friends, wherever they are in the UK.

Free service. The page says calls to 03 numbers cost no more than 01/02 landline calls and must be included in inclusive minutes. Note: Not for emergencies — if you think someone is having a stroke, call 999 immediately.

### Kidney Care UK Support Line — freephone 0808 801 00 00, weekdays, for people with kidney disease (UK)

https://kidneycareuk.org/get-support/kidney-care-uk-support-line/

**Call 0808 801 00 00**

**Hours:** Mon–Fri 9am–5pm

WHAT IT DOES

The team on the free, confidential Support Line helps you understand chronic kidney disease and feel more in control — questions about your diagnosis, worries about managing financially, or just talking to someone who understands — and can send tailored information afterwards. Call 0808 801 00 00 or email support@kidneycareuk.org (reply within two working days).

WHO IT HELPS

People living with kidney disease and their families.

Free (the page says 'call us free'). Note: Information and support, not medical care; weekdays only.

### Asthma + Lung UK helpline — call 0300 222 5800 or email, weekdays, for any lung condition (UK)

https://www.asthmaandlung.org.uk/helpline

**Call 0300 222 5800**

**Hours:** Mon–Fri 9am–5pm; closed bank holidays and between Christmas and New Year

WHAT IT DOES

Helpline advisors listen and help with living with a lung condition, including practical, money and emotional issues; they can arrange a call back from the clinical team (respiratory nurses, a respiratory physiotherapist and a dietitian) for specialist advice on diagnosis, symptoms and treatment. Call 0300 222 5800 or email.

WHO IT HELPS

Anyone affected by a lung condition such as asthma or COPD, including family, friends and carers, or anyone concerned about their lung health.

Free service. The page says calls cost no more than a local call from a landline or mobile and are included in call packages. Note: Cannot diagnose or comment on test results; advice relates to care in the UK only. Weekdays only.

### MS Society MS Help — freephone 0808 800 8000, webchat or email, weekdays (UK)

https://www.mssociety.org.uk/support-and-community/ms-help-support-services

**Call 0808 800 8000**

**Hours:** Mon–Fri 9am–5pm, except bank holidays

WHAT IT DOES

MS Help gives trusted information about every stage of multiple sclerosis, personal support with everyday living (including benefits and legal advice and staying active) and links to national and local networks. Call 0808 800 8000, use webchat, or email helphub@mssociety.org.uk (reply within seven days). Text relay, BSL and interpreters are available.

WHO IT HELPS

Everyone affected by multiple sclerosis (MS).

Free (freephone; the page says MS Help is a free and confidential service). Note: Not for medical emergencies: the page points to NHS 111 (England, Scotland, Wales) or your GP (Northern Ireland). The home page says 9am–7pm but the service pages say 9am–5pm.

### Parkinson's UK helpline — freephone 0808 800 0303, weekdays and Saturday mornings (UK)

https://www.parkinsons.org.uk/support/helpline

**Call 0808 800 0303**

**Hours:** Mon–Fri 9am–6pm; Sat 10am–1pm

WHAT IT DOES

Trained advisers, including specialist Parkinson's nurses, give information and advice on all aspects of living with Parkinson's — symptoms and treatments, work and benefits, health and social care, emotional support and local activities — and can link you to a local Parkinson's adviser. Call 0808 800 0303 (text relay 18001 0808 800 0303).

WHO IT HELPS

Anyone affected by Parkinson's: people with the condition, their families and carers, and professionals.

Free. The page says calls are free from UK landlines and mobile networks. Note: Not an emergency or out-of-hours service; email replies take up to 5 working days.

### Arthritis UK helpline (formerly Versus Arthritis) — freephone 0800 5200 520, weekdays (UK)

https://www.arthritis-uk.org/information-and-support/support-and-resources/arthritis-uk-helpline/

**Call 0800 5200 520**

**Hours:** Mon–Fri 9am–6pm, excluding bank holidays; closed from 12pm on the last Friday of each month for training

WHAT IT DOES

Trained helpline advisers give up-to-date information, advice and emotional support about living with arthritis and 200+ related conditions (such as osteoarthritis, rheumatoid arthritis, fibromyalgia and gout) — treatments, pain, work, benefits and self-help. Call 0800 5200 520 or email helpline@arthritis-uk.org. Telephone interpreting can be arranged, including a Welsh interpreter.

WHO IT HELPS

People living with arthritis or a related condition, and the people who care for them.

Free. The page says calls are free from all UK landlines and consumer mobiles (charges apply from abroad). Note: Advisers are not medically trained and cannot give individual medical advice. Weekdays only.

### Dementia UK Admiral Nurse Dementia Helpline — freephone 0800 888 6678, 7 days (UK)

https://www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-dementia-helpline/

**Call 0800 888 6678**

**Hours:** Mon–Fri 9am–9pm (9am–8pm for BSL); Sat and Sun 9am–5pm; bank holidays 9am–5pm except 25 December

WHAT IT DOES

Specialist dementia nurses (Admiral Nurses) give free expert advice, support and understanding about any aspect of dementia, with no time limit on calls. If lines are busy, leave a message and a nurse usually calls back within 48 hours. Call 0800 888 6678 or email helpline@dementiauk.org; BSL users can call through a live video interpreter.

WHO IT HELPS

Anyone who needs information, advice or support about any aspect of dementia, including families; relatives abroad can call if the person with dementia lives in the UK.

Free (the page says 'Call our Helpline for free'). Note: Not an emergency service — call 999 if anyone is in immediate danger.

### Marie Curie Support Line — freephone 0800 090 2309 for terminal illness and bereavement, 7 days (UK)

https://www.mariecurie.org.uk/services/support-line

**Call 0800 090 2309**

**Hours:** Mon–Fri 8am–6pm; Sat and Sun 10am–4pm

WHAT IT DOES

A friendly team gives free information and emotional support about anything from symptoms and financial help to bereavement, or simply a chat; Information and Support Nurses can talk or call back. Call 0800 090 2309, email support@mariecurie.org.uk, use web chat, or book a call back. Over 200 languages and Relay UK are available.

WHO IT HELPS

People living with a terminal illness and their family, friends and carers, and people who have been bereaved.

Free. The page says calls are free from landlines and mobile phones. Note: Emotional support, not counselling or medical care; anonymous calls cannot currently be accepted.

### Prostate Cancer UK Specialist Nurses — call or WhatsApp 0800 074 8383, weekdays (UK)

https://prostatecanceruk.org/prostate-information-and-support/get-support/our-specialist-nurses

**Call 0800 074 8383**

**Hours:** Mon–Fri 9am–5pm (Wednesday 10am–5pm); WhatsApp replies in the same hours

WHAT IT DOES

Specialist nurses listen and give free, unbiased, confidential information and support about prostate cancer and prostate problems, and suggest seeing your GP when something needs checking. Call or WhatsApp 0800 074 8383. A separate Risk Information Service (0800 448 0821) answers questions about risk and the PSA test.

WHO IT HELPS

Anyone affected by prostate cancer, plus partners, family members, friends and health professionals.

Free (the page says 'Call us for free'). Note: The nurses cannot see medical notes or give medical advice. Weekdays only.

### Breast Cancer Now nurse helpline — freephone 0808 800 6000, weekdays and Saturday mornings (UK)

https://breastcancernow.org/all-services/call-our-helpline

**Call 0808 800 6000**

**Hours:** Typical hours: Mon–Fri 9am–4pm; Sat 9am–1pm

WHAT IT DOES

Experienced breast care nurses and trained staff with personal experience of breast cancer answer questions about breast cancer and breast health, or simply let you talk things through. Call 0808 800 6000; out of hours, leave a voicemail and they call back. Interpreters in 240+ languages; Relay UK users dial 18001 before the number.

WHO IT HELPS

People worried about breast symptoms, people diagnosed with breast cancer, and their family and friends; healthcare professionals are also welcome to call.

Free. The page says calls are free from all UK landlines and mobiles. Note: Not an emergency service; call-backs cannot be made to overseas numbers.

### MND Association MND Connect helpline — freephone 0808 802 6262, weekdays (England, Wales and Northern Ireland)

https://www.mndassociation.org/support-and-information/our-services/mnd-connect

**Call 0808 802 6262**

**Hours:** Mon–Fri 9am–4pm

WHAT IT DOES

An experienced team gives information and emotional and practical support on every aspect of motor neurone disease, including social and financial matters and local support. Call 0808 802 6262 (voicemails returned within 1 working day) or email mndconnect@mndassociation.org. Interpreters can be arranged.

WHO IT HELPS

People living with MND, carers, family members, professionals and anyone else affected by MND in England, Wales and Northern Ireland; people in Scotland are referred to MND Scotland.

Free. The page says calls are free from landlines and mobiles in the UK and do not appear on itemised bills. Note: Not available for Scotland (contact MND Scotland); not an emergency service — call GP, NHS 111 or 999.

### Headway brain injury helpline — freephone 0808 800 2244, weekdays (UK)

https://www.headway.org.uk/supporting-you/headway-helpline/

**Call 0808 800 2244**

**Hours:** Mon–Fri 9am–5pm (answerphone at any time)

WHAT IT DOES

A nurse-led team gives information on all aspects of acquired brain injury — symptoms, effects, rehabilitation and practical problems — talks through your situation, sends factsheets and helps you find your local Headway group or branch. Call 0808 800 2244 or email helpline@headway.org.uk.

WHO IT HELPS

Anyone with a question about brain injury: survivors, families and carers, students and professionals.

Free. The page says calls are free from most landlines and mobile networks. Note: Information and support, not emergency care; weekdays only.

### RNIB Helpline — call 0303 123 9999, weekdays, for blind and partially sighted people (UK)

https://www.rnib.org.uk/living-with-sight-loss/community-connection-and-wellbeing/rnib-helpline/

**Call 0303 123 9999**

**Hours:** Mon–Fri 9am–6pm

WHAT IT DOES

Helpline advisers answer any question about living with sight loss, big or small, and offer practical and emotional support. Call 0303 123 9999 (text relay 18001 0303 123 9999), email helpline@rnib.org.uk or say 'Alexa, call RNIB Helpline'. Phone interpreting in 200+ languages. A recorded RNIB Info Line (0203 432 1488) runs at all hours.

WHO IT HELPS

Blind and partially sighted people and anyone with a question about living with sight loss.

Free service. The page says calls cost no more than 01/02 numbers and count towards inclusive minutes. Note: Weekday daytime only; calls are recorded for training and quality.

### Diabetes Ireland Helpline — call 01 842 8118 for diabetes information and support (Ireland)

https://www.diabetes.ie/about-us/contact-us/

**Call 01 842 8118**

**Hours:** Mon-Fri, 9 am – 5 pm

WHAT IT DOES

Diabetes Ireland provides support to everyone affected by diabetes. Call its helpline on 01 842 8118, Monday to Friday, 9am to 5pm. It also has regional offices in Cork and Sligo.

WHO IT HELPS

Everyone affected by diabetes in Ireland, including people living with diabetes and their families.

Free service; call costs depend on your phone plan. Note: Weekday office hours only and the page does not say who answers; for medical emergencies call 112 or 999.

### Irish Cancer Society Support Line — freephone 1800 200 700 to talk to a cancer nurse (Ireland)

https://www.cancer.ie/our-services/support-line

**Call 1800 200 700**

**Hours:** Mon to Fri 9am - 5pm

WHAT IT DOES

Experienced cancer nurses give confidential advice, support and information about any type of cancer to anyone with a diagnosis, anyone worried about cancer, and people calling for a friend or relative. Video calls, call-backs and a telephone interpreting service are available. Freephone 1800 200 700 or email supportline@irishcancer.ie.

WHO IT HELPS

Anyone in Ireland affected by or concerned about cancer, including family and friends.

Free. The Irish Cancer Society says 'Call us for free'. Note: Weekday office hours only (9am–5pm).

### Alzheimer Society of Ireland National Helpline — freephone 1800 341 341 (Ireland)

https://alzheimer.ie/service/national-helpline/

**Call 1800 341 341**

**Hours:** Monday to Friday 10am to 5pm; Saturday 10am to 4pm; closed public holidays. Live chat Mon–Fri 10–11am and 3–5pm, Sat 10am–1pm

WHAT IT DOES

Helpline advisers and trained volunteers talk with you in confidence and give information, support and advice about dementia and memory concerns. If you have speech or hearing difficulties you can email or use live chat. Freephone 1800 341 341.

WHO IT HELPS

People with dementia, their families and carers, anyone concerned about their memory, and people working or studying in the field.

Free within the Republic of Ireland (freephone). From abroad call +353 1 207 3800; telephone charges apply. Note: Not 24/7: closed Sundays and public holidays; emails are usually answered within 2–4 days.

### Epilepsy Ireland — call 01 455 7500 for epilepsy information and local support (Ireland)

https://www.epilepsy.ie/content/contact-us

**Call 01 455 7500**

**Hours:** 9:00am to 5:00pm, Monday to Friday, with lunch 1:00pm - 2:00pm; outside these hours an answering service takes calls

WHAT IT DOES

Call Epilepsy Ireland's head office with any query, or contact your local Community Resource Officer, who offers information, advice or a listening ear by phone, Zoom, email or in person. Call 01 455 7500 or email info@epilepsy.ie.

WHO IT HELPS

People with epilepsy, their families and carers, and anyone looking for information about epilepsy in Ireland.

Free service; call costs depend on your phone plan. Note: This is the head office line, not a dedicated helpline or crisis line; weekday office hours only.

### Irish Heart Foundation Nurse Support Line — call 01 668 5001 for heart, stroke and thrombosis questions (Ireland)

https://irishheart.ie/support-for-you/nurse-support-line/

**Call 01 668 5001**

**Hours:** 9am to 5pm every Monday; 9am to 1pm Tuesday to Friday

WHAT IT DOES

Expert nurses answer questions and give guidance and reassurance about heart conditions, stroke and thrombosis, medication, upcoming appointments, preventing heart disease and stroke, or information from your healthcare team. Carers can call too. Call 01 668 5001.

WHO IT HELPS

Anyone in Ireland worried about heart disease, stroke or thrombosis, people recovering after an event, and those caring for them.

Free service; call costs depend on your phone plan. Note: Short hours (mornings only Tuesday to Friday) and an information line, not emergency care — for a suspected heart attack or stroke call 112 or 999.

### AsIAm Autism Information Line — call 0818 234 234 or message online, Mon–Thu (Ireland)

https://asiam.ie/who-we-are/infoline

**Call 0818 234 234**

**Hours:** Monday – Thursday 10am–3pm (phone and instant messaging); contact form any time

WHAT IT DOES

The information line gives autism-specific information and signposting, by phone, instant messaging or the contact form. If you tell them a child or adult is at risk of abuse or neglect, they must report it. Call 0818 234 234.

WHO IT HELPS

Autistic people of all ages, parents and families, and anyone in Ireland looking for autism information.

Free service; call costs depend on your phone plan. Note: Not a crisis or emergency service (as it states); open four days a week, 10am–3pm only.

### Asthma Society of Ireland Asthma Adviceline — freephone 1800 44 54 64 or WhatsApp a nurse (Ireland)

https://asthma.ie/talk-to-an-expert/

**Call 1800 44 54 64**

**Hours:** Call 9am–5pm Monday–Friday (call-back arranged at a time that suits you); WhatsApp replies within 72 hours

WHAT IT DOES

A free call-back service: call the Adviceline and an asthma nurse will phone you at a time that suits you, with advice on asthma basics, childhood asthma, what to do in an asthma emergency, hay fever, school, exercise and pregnancy. You can also message a nurse on WhatsApp (086 059 0132).

WHO IT HELPS

People with asthma in Ireland and parents or carers of someone with asthma.

Free. 'FREE Asthma Adviceline' on a freephone number; the WhatsApp service is also free. Note: Not an emergency service (as it states): for an asthma attack call 112 or 999. Call-back, not an instant nurse. Its separate COPD Adviceline closed on 31 December 2024.

### Arthritis Ireland Helpline — call 0818 252 846, Mon–Fri 10am–4pm (Ireland)

https://www.arthritisireland.ie/helpline/

**Call 0818 252 846**

**Hours:** Monday to Friday 10am–4pm (closed bank holidays and over Christmas); voicemail or email for a call-back

WHAT IT DOES

Trained volunteers with lived experience of arthritis offer a confidential listening service, emotional and practical support on day-to-day issues, and information on arthritis and Arthritis Ireland programmes. You can leave a voicemail or email for a call-back. Call 0818 252 846.

WHO IT HELPS

Anyone in Ireland living with any type of arthritis, whenever they were diagnosed, and their families.

Free service; call costs depend on your phone plan. Note: Peer support from trained volunteers, not medical advice or a crisis line; weekday hours only.

### MS Ireland MS Information Line — call 0818 233 233, weekdays (Ireland)

https://www.ms-society.ie/what-we-do/ms-information-line

**Call 0818 233 233**

**Hours:** Monday to Friday, 9.30am to 5pm (excluding public holidays)

WHAT IT DOES

Confidential information and support for anyone affected by MS, on diagnosis, accessing services, support and benefits, and MS Ireland's community workers. If no one answers, leave your name and number and they will call back the next working day. Emails are answered within 3 working days. Call 0818 233 233.

WHO IT HELPS

People living with multiple sclerosis in Ireland, their families and anyone affected by MS.

Free service; call costs depend on your phone plan. Note: Staff are not medically trained (as the page states): not a substitute for medical care or counselling; weekdays only.

### Headway national brain injury helpline — freephone 1800 400 478, weekdays (Ireland)

https://headway.ie/contact/

**Call 1800 400 478**

**Hours:** Monday to Friday 9am to 1pm and 2pm to 5pm

WHAT IT DOES

Headway's Information and Support team will deal with your query by phone, email, the online form or live chat on the website. Call freephone 1800 400 478.

WHO IT HELPS

People in Ireland affected by a brain injury, including stroke, and their families.

Free. The number is listed as 'National Helpline Freephone'. Note: Weekday office hours only (closed 1–2pm); an information and support line, not a crisis service.

### Alzheimer's Association 24/7 Helpline — call 800.272.3900, any time of day or night (United States)

https://www.alz.org/help-support/resources/helpline

**Call 800.272.3900**

**Hours:** Around the clock, 365 days a year (phone); live chat typically Monday–Saturday 7am–7pm CT

WHAT IT DOES

Talk to a live person for information, local resources, crisis assistance and emotional support about Alzheimer's and other dementias. For more in-depth help, a Care Consultant (a master's-level dementia expert) can work with you on an action plan. Bilingual staff and interpreters cover more than 200 languages; dial 711 for relay.

WHO IT HELPS

People living with dementia, caregivers, families and the public in the United States.

Free ('a free service', as the Association states).

### American Cancer Society 24/7 Cancer Helpline — call 1-800-227-2345, any time of day or night (United States)

https://www.cancer.org/about-us/online-help/contact-us.html

**Call 1-800-227-2345**

**Hours:** Phone: any time of day or night; live chat weekdays 7:00 am–6:30 pm CT

WHAT IT DOES

Trained cancer information specialists answer questions about a cancer diagnosis, offer guidance and a compassionate ear, and connect patients, caregivers and family members with programmes and resources, including help with tobacco-related topics. For medical questions, ACS encourages you to talk with your doctor.

WHO IT HELPS

People with cancer, their caregivers and family members in the United States.

Free service; call costs depend on your phone plan.

### American Diabetes Association Center for Information — call 1-800-DIABETES (800-342-2383), weekdays (United States)

https://diabetes.org/about-us/center-information

**Call 1-800-DIABETES (342-2383)**

**Hours:** Monday–Friday, 9:00 a.m.–5:30 p.m. ET

WHAT IT DOES

Information specialists answer general questions about diabetes in English or Spanish (with interpreters for other languages), refer you to diabetes self-management education near you, help connect you with financial aid resources and assist if you face discrimination because of diabetes. You can also chat online or email.

WHO IT HELPS

Individuals, caregivers and healthcare professionals in the United States with questions about diabetes.

Free service; call costs depend on your phone plan. Note: Weekday business hours only; an information and referral line that also handles ADA donations and events.

### Epilepsy Foundation Helpline — call 1-800-332-1000 (Spanish 1-866-748-8008), Mon–Fri 8am–8pm ET (United States)

https://www.epilepsy.com/helpline

**Call 1-800-332-1000** **En español 1-866-748-8008**

**Hours:** Monday–Friday 8:00 AM–8:00 PM EST, excluding holidays; chat 8:15 AM–3:00 PM ET

WHAT IT DOES

Trained information specialists answer questions about seizures and epilepsy and help you find resources, by phone, chat or online form. Chat is for US residents and depends on staffing; online form replies may take up to 14 business days. Do not use chat in a medical emergency — dial 911.

WHO IT HELPS

People living with epilepsy or seizures, their families and caregivers in the United States.

Free service; call costs depend on your phone plan. Note: Weekday hours only (not 24/7); not for medical emergencies — dial 911.

### Autism Society National Helpline — call 800-3-AUTISM (800-328-8476) for information and referral (United States)

https://autismsociety.org/contact-us/

**Call 800-3-AUTISM (800-328-8476)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Trained Information & Referral Specialists help you find autism resources, services and support options in your area and connect you with providers. The helpline does not provide direct services. The Society says responses may take longer than usual because of a rise in enquiries.

WHO IT HELPS

Autistic people, families, caregivers and anyone looking for autism resources in the United States.

Free service; call costs depend on your phone plan. Note: Not a crisis line (as the Society states) and hours are not given; in a crisis call or text 988 (the page still shows the older 1-800-273-8255 number).

### NCI Cancer Information Service — call 1-800-4-CANCER (1-800-422-6237) or chat (United States)

https://www.cancer.gov/contact

**Call 1-800-4-CANCER**

**Hours:** Mon–Fri 9am–9pm ET (phone and LiveHelp chat)

WHAT IT DOES

Trained information specialists give free, confidential, personalised answers about cancer: prevention and screening, symptoms and risk factors, treatment, finding treatment and clinical trials, and living with cancer. Call 1-800-4-CANCER (1-800-422-6237), use LiveHelp chat or email NCIinfo@nih.gov. Services in English and Spanish.

WHO IT HELPS

Patients, family and friends, health care providers and researchers with questions about cancer.

Free and confidential (as NCI states). Note: Information only, not a substitute for a doctor's advice (as NCI states); weekday hours.

### National MS Society MS Navigators — call 1-800-344-4867 or chat (United States)

https://www.nationalmssociety.org/contact-us

**Call 1-800-344-4867**

**Hours:** Phone Mon–Fri 9am–7pm ET; chat Mon–Fri 10am–6pm ET (may be unavailable on Society holidays or during staff meetings)

WHAT IT DOES

MS Navigators are professionals who connect people affected by multiple sclerosis with information, resources and support for their situation, and you can book dedicated appointment time. Call 1-800-344-4867, write through the website, or chat (it switches to email when no Navigator is free).

WHO IT HELPS

People living with multiple sclerosis and those supporting them who want one-to-one help with the challenges MS brings.

Free service; call costs depend on your phone plan. Note: Weekday hours; phone and chat may be unavailable on Society holidays or during staff meetings.

### Parkinson's Foundation Helpline — call 1-800-4PD-INFO (1-800-473-4636) (United States)

https://www.parkinson.org/resources-support/helpline

**Call 1-800-4PD-INFO**

**Hours:** Phone Mon–Fri 9am–7pm ET; email any time

WHAT IT DOES

Parkinson's information specialists from various health professions answer questions and refer you to PD-trained health professionals, support groups and exercise classes near you, and to organisations that may help with costs. Call 1-800-4PD-INFO (1-800-473-4636): press 1 for English or 3 for Spanish. Or email Helpline@Parkinson.org.

WHO IT HELPS

Anyone: people with Parkinson's, families, friends, care partners and health professionals.

Free (as the service states); toll-free number. Note: Weekday hours; information and referral, and the Foundation does not give financial aid.

### American Lung Association Lung HelpLine — call 1-800-LUNGUSA (1-800-586-4872, press 2) (United States)

https://www.lung.org/help-support/lung-helpline

**Call 1-800-LUNGUSA (press 2)** **TTY 1-800-501-1068**

**Hours:** Hours not stated on the service's page (live chat 'when available')

WHAT IT DOES

Registered nurses, respiratory therapists and tobacco treatment specialists answer questions on lung disease, tests and medicines, quitting smoking or vaping, oxygen, insurance and financial help, and help you find doctors and support groups. Call 1-800-LUNGUSA (1-800-586-4872, press 2); TTY 1-800-501-1068. Spanish-speaking staff and interpreters for 250+ languages.

WHO IT HELPS

People living with lung disease and their caregivers, and anyone with lung-health or quit-tobacco questions.

Free (as the service states). Note: Hours are not stated on the page.

### ADA National Network — call 1-800-949-4232 (voice/relay) with questions about the Americans with Disabilities Act (United States)

https://adata.org/

**Call 1-800-949-4232 (voice/relay)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

ADA specialists answer questions about rights and duties under the Americans with Disabilities Act. Call 1-800-949-4232 (voice or relay), or send your question online and it is forwarded to a technical-assistance expert in the region covering your state. Resources in Spanish are available.

WHO IT HELPS

Anyone with a question about the Americans with Disabilities Act.

Free service; call costs depend on your phone plan. Note: Information and technical assistance on the law; hours are not stated on the page.

### ADA Information Line (US Department of Justice) — call 800-514-0301, TTY 1-833-610-1264 (United States)

https://www.ada.gov/infoline/

**Call 800-514-0301  TTY 1-833-610-1264**

**Hours:** Monday–Friday (times not stated on the page)

WHAT IT DOES

Accessibility specialists answer confidential questions from individuals, businesses and state and local governments about ADA requirements, how the ADA applies to your situation, how to file a complaint, and technical questions. Call 800-514-0301 (voice) or 1-833-610-1264 (TTY). Calls about employment, housing discrimination or air travel may be referred to another federal agency.

WHO IT HELPS

Individuals, businesses and state and local governments with questions about the Americans with Disabilities Act.

Free service; call costs depend on your phone plan. Note: Weekdays only (times not stated); some topics are referred to other federal agencies.

### Job Accommodation Network (JAN) — call (800) 526-7234 for help with workplace accommodations and the ADA (United States)

https://askjan.org/contact-us.cfm

**Call (800) 526-7234**

**Hours:** Mon–Fri 9:00am–6:00pm Eastern

WHAT IT DOES

JAN gives free, confidential practical guidance on job accommodations and Title I of the ADA (employment). Call (800) 526-7234, email JAN@AskJAN.org or use the online form; employers can also use live chat. It helps to describe the condition or limitation and the job duties involved.

WHO IT HELPS

Disabled people who are working or job seeking, families and advocates, employers, and legal, medical and rehabilitation professionals.

Free and confidential (as JAN states). Note: Weekday hours only; live chat is for employers.

### Brain Injury Association of America — National Brain Injury Information Center, call 1-800-444-6443 (United States)

https://biausa.org/contact-the-national-brain-injury-information-center

**Call 1-800-444-6443**

**Hours:** Mon–Fri 9:00am–5:00pm ET

WHAT IT DOES

Brain injury specialists give easy-to-understand information about brain injury and help you find rehabilitation, legal, financial and other support services for your recovery. Call 1-800-444-6443 or email braininjuryinfo@biausa.org.

WHO IT HELPS

People living with brain injury and their loved ones.

Free (as the service states). Note: Weekday business hours only; an information and referral service.

### NKF Cares (National Kidney Foundation) — call 855.NKF.CARES (855.653.2273) (United States)

https://www.kidney.org/treatment-support/cares

**Call 855.653.2273**

**Hours:** Mon–Fri 9am–7pm ET

WHAT IT DOES

Trained specialists answer questions and talk through concerns about kidney disease, organ donation and transplantation, and point you to free resources. Call 855.NKF.CARES (855.653.2273).

WHO IT HELPS

Patients, family members and care partners affected by kidney disease, organ donation or transplantation.

Free service; call costs depend on your phone plan. Note: Weekday hours only.

### Arthritis Foundation Helpline — call 800-283-7800 or web chat (United States)

https://www.arthritis.org/helpline

**Call 800-283-7800**

**Hours:** Mon–Fri 9am–5pm ET (phone and web chat); holiday times may vary

WHAT IT DOES

A trained team, including a Spanish-speaking expert, answers questions about arthritis and refers you to resources, guidance and support. Call 800-283-7800 toll-free, chat on the website or use the online form; if no one is free, leave a message and expect a reply within two business days.

WHO IT HELPS

Adults in the US who have arthritis or care for someone who does.

Free (the Foundation describes the Helpline as a free resource); toll-free number. Note: Helpline staff are not medically trained and cannot give medical advice; adults in the US only; no cash assistance.

### Crohn's & Colitis Foundation IBD Help Center — call 1-888-MY-GUT-PAIN (1-888-694-8872) (United States)

https://www.crohnscolitisfoundation.org/help

**Call 1-888-MY-GUT-PAIN**

**Hours:** Phone: leave a message any time (staffed hours not stated); live chat Mon 9am–5pm and Tue & Thu 9am–9pm EST

WHAT IT DOES

Information Specialists give personal answers, guidance and support about Crohn's disease and ulcerative colitis, in over 170 languages. Call 1-888-MY-GUT-PAIN (1-888-694-8872) to speak to a specialist or leave a message any time for a call back, email info@crohnscolitisfoundation.org, or use live chat when open.

WHO IT HELPS

Anyone with questions about Crohn's disease or ulcerative colitis, including patients, parents and caregivers.

Free service; call costs depend on your phone plan. Note: Staffed phone hours are not stated (you can leave a message any time); chat only on Mondays, Tuesdays and Thursdays.

### Blood Cancer United (formerly The Leukemia & Lymphoma Society) Information Specialists — call 800-955-4572 (United States)

https://bloodcancerunited.org/resources/patients/information-specialists

**Call 800-955-4572**

**Hours:** Phone Mon–Fri 9am–9pm ET (you can leave a message outside these hours); live chat Mon–Fri 10am–7pm ET

WHAT IT DOES

Information Specialists, who are licensed social workers and nurses, give free information and support about blood cancer to patients, loved ones and caregivers. Call 800-955-4572, use live chat or send a message online. A separate Financial Assistance intake line is (877) 557-2672.

WHO IT HELPS

People diagnosed with blood cancer, their loved ones and caregivers.

Free (as the service states). Note: Weekday hours only. The Leukemia & Lymphoma Society is now called Blood Cancer United, as its page states.

### CancerCare Hopeline — call 800-813-HOPE (4673) for free support from oncology social workers (United States)

https://www.cancercare.org/about/contact-us

**Call 800-813-HOPE (4673)**

**Hours:** Hopeline Mon–Fri 10am–4pm EST

WHAT IT DOES

Oncology social workers and resource navigators help with the emotional, practical and financial challenges of cancer and connect you with counselling, support groups and other services. Call 800-813-HOPE (4673) or email info@cancercare.org.

WHO IT HELPS

People with cancer, caregivers and loved ones. Under-18s can get a reply to a first email; for follow-up help a parent or guardian needs to call.

Free (CancerCare states its services are free of charge). Note: Short weekday hours (10am–4pm Eastern); limited help for under-18s without a parent's or guardian's consent.

### Cancer Support Community Cancer Support Helpline — call 888-793-9355 (United States)

https://www.cancersupportcommunity.org/cancer-support-helpline

**Call 888-793-9355**

**Hours:** Mon–Thu 9am–7pm ET; Fri 9am–6pm ET

WHAT IT DOES

Community navigators and resource specialists give free navigation by phone and web chat: cancer information, emotional support during the call, financial navigation, and links to counselling, support groups, lodging and transport. Call toll-free 888-793-9355 (also published as CSC-867-5309). Bilingual Spanish navigators; phone interpreting in 200+ languages.

WHO IT HELPS

Anyone affected by cancer: patients, loved ones and caregivers, mainly in the US and Canada.

Free (as the service states); toll-free number. Note: No medical advice or individual counselling by phone; weekday hours only.

### Reeve Foundation Paralysis Resource Center — call 1-800-539-7309 to reach an Information Specialist (United States)

https://www.christopherreeve.org/todays-care/get-support/connect-with-an-information-specialist/

**Call 1-800-539-7309**

**Hours:** Mon–Fri 7am–8pm ET (leave a message after hours)

WHAT IT DOES

Information Specialists answer questions about living with paralysis, from finding rehabilitation facilities to insurance problems and adaptive activities, in 170 languages. Call 1-800-539-7309, schedule a call at a time that suits you, or send a question online.

WHO IT HELPS

People living with paralysis or spinal cord injury, their families and caregivers.

Free service; call costs depend on your phone plan. Note: Weekday hours only (message service after hours).

### Canadian Cancer Society information specialists — call 1-888-939-3333 (Canada)

https://cancer.ca/en/living-with-cancer/how-we-can-help/talk-to-an-information-specialist

**Call 1-888-939-3333**

**Hours:** Monday to Friday (times not stated on the page)

WHAT IT DOES

Call 1-888-939-3333, chat or email info@cancer.ca to talk with a cancer information specialist about treatment and side effects, clinical trials, coping and emotional support, prevention, complementary therapies and help in your community. Service is in English and French, with an interpreter service for other languages.

WHO IT HELPS

People with cancer, their caregivers, families and friends, the general public and health professionals in Canada.

Free service; call costs depend on your phone plan (the page calls it a national, toll-free service). Note: Monday to Friday only, with times not stated on the page; a cancer information service rather than medical care.

### Diabetes Canada information helpline — call 1-800-BANTING (226-8464) (Canada)

https://www.diabetes.ca/campaigns/information-referral-helpline

**Call 1-800-BANTING (226-8464)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Call 1-800-BANTING (226-8464) or email info@diabetes.ca for confidential answers to general diabetes information and management questions, trusted resources, and connections to local, provincial and national supports and Diabetes Canada programs. The helpline does not give medical advice or financial help.

WHO IT HELPS

Anyone living with or affected by diabetes or prediabetes, including newly diagnosed people, family members, people at risk and health professionals.

Free service; call costs depend on your phone plan (the page calls it toll-free support). Note: Hours not stated on the helpline page; information and referral only, not medical advice or crisis support.

### MS Canada MS Navigators — call 1-844-859-6789, chat or email for multiple sclerosis information and support (Canada)

https://mscanada.ca/about-us/contact-us

**Call 1-844-859-6789**

**Hours:** Monday to Friday, 8am to 8pm ET

WHAT IT DOES

MS Navigators from MS Canada's MS Knowledge Network give information on multiple sclerosis, treatment and MS Canada programs, and help you navigate your MS journey. Call 1-844-859-6789, use live chat on the MS Canada website, or email msnavigators@mscanada.ca.

WHO IT HELPS

People living with MS in Canada, their families and caregivers.

Free service; call costs depend on your phone plan. Note: An information and support line, not a crisis or medical service; weekday hours only.

### Parkinson Canada Support and Information line — call 1-888-664-1974 or email, weekdays (Canada)

https://www.parkinson.ca/resources/support-line/

**Call 1-888-664-1974**

**Hours:** Monday to Friday, 9:00 a.m. – 4:00 p.m. ET

WHAT IT DOES

Parkinson Canada's Support and Information Team gives personalised support, guidance and education at every stage of Parkinson's, and connects people to support groups, community resources, educational materials and national programs. Call 1-888-664-1974 or email support@parkinson.ca.

WHO IT HELPS

People living with Parkinson's in Canada, their care partners, and health care professionals.

Free service; the site calls it a toll-free support line. Note: Not a crisis line (the page says to call or text 9-8-8 if you need immediate support); weekday daytime hours only.

### First Link Dementia Helpline — call 1-800-936-6033, weekdays (B.C. and Yukon, Canada)

https://alzheimer.ca/bc/en/help-support/find-support-bc/first-link-dementia-helpline

**Call 1-800-936-6033** **Call 604-681-8651 (outside BC/Yukon)**

**Hours:** Monday to Friday: English 9 a.m. to 8 p.m.; Punjabi, Hindi, Urdu, Cantonese and Mandarin 9 a.m. to 4 p.m. (time zone not stated)

WHAT IT DOES

Helpline staff answer questions about Alzheimer's disease and other dementias — diagnosis, progression, changes in communication and behaviour, personal planning, staying independent and giving care — and connect callers with local support groups and education. Call 1-800-936-6033; from outside B.C. or the Yukon call 604-681-8651 (standard rates may apply). Every call is confidential.

WHO IT HELPS

Anyone affected by dementia, personally or professionally, in B.C. and the Yukon.

Toll-free in Canada (as the page states); standard rates may apply on 604-681-8651. Note: Weekdays only; set up for B.C. and the Yukon; the page does not state the time zone.

### Krebsinformationsdienst (Cancer Information Service) — call 0800 420 30 40, doctors answer cancer questions daily 8am–8pm (Germany)

https://www.krebsinformationsdienst.de/kontakt

**Call 0800 420 30 40**

**Hours:** Every day 8am–8pm (phone); emails usually answered within 2 working days

WHAT IT DOES

Doctors answer questions about cancer — such as diagnosis and treatment — by phone or email, in plain language and free of charge. Call 0800 420 30 40 (free within Germany) or email krebsinformationsdienst@dkfz.de. From abroad there is a charged number, +49 6221 999 8000.

WHO IT HELPS

Anyone in Germany with questions about cancer: people with cancer, family members and carers, and anyone concerned. Health professionals have a separate line on the same page.

Free within Germany (as the page states); the number for calls from abroad is charged. Note: An information service, not a crisis line; the 0800 number is free only from within Germany.

### CANSA — call 0800 22 6622 toll-free or WhatsApp for cancer information and free tele-counselling (South Africa)

https://cansa.org.za/cansas-care-support/cansa-tele-counselling-service/

**Call 0800 22 6622**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Free, confidential cancer-related counselling by phone or video for people with cancer and their families. Book online and a counsellor contacts you within 3 working days, in one of nine South African languages. For questions, call toll-free 0800 22 6622 or send a text-only WhatsApp message.

WHO IT HELPS

Adults, teens and children with cancer, their caregivers and families, and parents or guardians of children with cancer in South Africa.

Free (the toll-free number and counselling are free, as CANSA states). Note: Not a crisis line: counselling is booked and a counsellor replies within 3 working days; WhatsApp numbers are text only.

## Carers, Older People & Loneliness

### Carer Gateway — call 1800 422 737 for free carer support, Mon–Fri 8am–5pm (Australia)

https://www.carergateway.gov.au/about-us/contact-us

**Call 1800 422 737**

**Hours:** Monday to Friday, 8am-5pm

WHAT IT DOES

Free emotional and practical services for carers. Call 1800 422 737 and select option 1 to speak with your local Carer Gateway service provider, or request a call back at a convenient time. Interpreter: TIS on 131 450. In an emergency or if someone is in danger, call 000.

WHO IT HELPS

Carers anywhere in Australia looking for emotional and practical support.

Free services for carers (as Carer Gateway states); call costs depend on your phone plan. Note: Weekday business hours only; not a crisis line.

### My Aged Care contact centre — call 1800 200 422 for help with aged care, Mon–Sat (Australia)

https://www.myagedcare.gov.au/how-to-contact-my-aged-care

**Call 1800 200 422**

**Hours:** Monday to Friday: 8am to 8pm; Saturdays: 10am to 2pm; closed on Sundays and national public holidays

WHAT IT DOES

Independent help and advice on all aspects of Australian Government-funded aged care, including how to find and access services. You can also update your details, follow up a suspected scam, or ask for large print or braille. Interpreter: TIS 131 450, or call and ask for an Aboriginal and Torres Strait Islander interpreter.

WHO IT HELPS

Older people who need help at home or are looking into aged care homes, and family, friends or other trusted people calling on their behalf.

Free to call from Australian landlines and some mobile phones; check with your mobile provider (as My Aged Care states). Note: Not a crisis or emergency service; the page does not state a time zone for the hours.

### OPAN Aged Care Advocacy Line — call 1800 700 600, free advocacy for older people (Australia)

https://opan.org.au/contact-us/

**Call 1800 700 600**

**Hours:** 8am–8pm Monday to Friday; 10am–4pm Saturdays (time zone not stated)

WHAT IT DOES

Speak to an advocate for information or support about government-funded aged care services and your rights. You can also complete an online form, and the OPAN member organisation in your state or territory will contact you (the call may come from a private number). Interpreters can be arranged when you call. Call 1800 700 600.

WHO IT HELPS

Older people seeking or receiving government-funded aged care services in Australia.

Free, confidential and independent (as the service states); call costs depend on your phone plan. Note: Aged care information and advocacy, not a crisis line.

### Carers NZ helpline — call 0800 777 797 for advice and referrals for family carers (New Zealand)

https://carers.net.nz/contact-us/

**Call 0800 777 797**

**Hours:** During business hours (exact days and times not stated)

WHAT IT DOES

The National Carer Resource Centre helpline answers family carers' questions and gives individual support, advice and referrals to other sources of help; you can also ask for a free Carer Infopack with the Guide for Carers. Call 0800 777 797 (toll free) or email centre@carers.net.nz.

WHO IT HELPS

Family carers and whānau in New Zealand who help someone with extra needs.

Free to call ('0800 777 797 (toll free)'). Note: Business hours only (exact times not stated); it is an advice and referral line for carers.

### Carers UK Helpline — call 0808 808 7777, weekdays, information for unpaid carers (UK)

https://www.carersuk.org/help-and-advice/helpline-and-other-support/

**Call 0808 808 7777**

**Hours:** Monday to Friday, 9am–6pm (including bank holidays)

WHAT IT DOES

Advisers give information and signposting to unpaid carers on benefits and financial support, carers' rights at work, carers' assessments, services, and how to complain or challenge decisions. Email advice@carersuk.org for more detailed guidance. Carers UK can answer Carer's Allowance questions but is not part of the DWP.

WHO IT HELPS

Unpaid carers looking after a friend or family member, and people supporting them.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: Information and advice, not emotional or crisis support – for a listening ear Carers UK points to Samaritans (116 123).

### Age UK Advice Line — call 0800 678 1602 free, 8am–7pm, 365 days a year (UK)

https://www.ageuk.org.uk/services/age-uk-advice-line/

**Call 0800 678 1602**

**Hours:** 8am–7pm, 365 days a year, including bank holidays

WHAT IT DOES

Advisers give reliable, up-to-date information on later-life questions – benefits, care homes, hospital stays, heating and money worries – send information guides and help you find services run by your local Age UK. You can also call if you are feeling lonely or need practical help.

WHO IT HELPS

Older people, and their families, friends, carers and professionals.

Free ('a free, confidential national telephone service').

### The Silver Line Helpline — call 0800 4 70 80 90 free, 24/7, for people aged 55+ (UK)

https://www.ageuk.org.uk/services/silverline/

**Call 0800 4 70 80 90**

**Hours:** 24 hours a day, 365 days a year

WHAT IT DOES

A free, confidential telephone service offering friendship, conversation and support to older people, day or night, and help to find other support services. Call whenever you feel lonely or need someone to talk to.

WHO IT HELPS

People aged 55 and over across the UK, especially those feeling lonely or isolated.

Free ('a free, confidential telephone service').

### Age Scotland Helpline — free call 0800 12 44 222, Monday to Friday 9am–1pm (Scotland)

https://www.agescotland.org.uk/how-we-help/helpline

**Call 0800 12 44 222**

**Hours:** Monday to Friday, 9am–1pm

WHAT IT DOES

Skilled advisers give information and advice on money and benefits (including benefit checks), social care, housing, energy, staying safe and warm, and legal issues — and a friendly chat if you are feeling lonely, with referral to Age Scotland's Friendship Line. Interpreting is available through Language Line. You can also send an online helpline enquiry.

WHO IT HELPS

Older people, their carers and families in Scotland.

Free ('a free, confidential phone service'). Note: Weekday mornings only (advisers spend afternoons on benefit checks and other enquiries).

### Age NI Advice Service — freephone 0808 808 7575, Monday to Friday 9am–5pm (Northern Ireland)

https://www.ageni.org/services/advice-advocacy/

**Freephone 0808 808 7575**

**Hours:** Monday – Friday, 9am–5pm

WHAT IT DOES

Specialist advisers give free, confidential information, advice and practical support on welfare benefits, community care, housing and health, and can do a free benefit check to make sure older people get what they are entitled to.

WHO IT HELPS

Older people in Northern Ireland, and anyone who needs advice for an older person they know.

Free ('Free to call'). Note: Northern Ireland only; weekdays 9am–5pm.

### Independent Age Helpline — freephone 0800 319 6789, weekdays, for people at or near State Pension age (UK)

https://www.independentage.org/get-advice/helpline

**Call 0800 319 6789**

**Hours:** Mon–Fri 8.30am–5.30pm; closed on bank holidays

WHAT IT DOES

The Helpline team listens and helps straight away where it can, or arranges a free chat with a specialist adviser about benefits and entitlements (including free benefits checks), paying for care at home, housing and grants. Call 0800 319 6789 or email; Relay UK text-to-speech, BSL video interpreting and phone interpreters are available.

WHO IT HELPS

People who have reached State Pension age, and those approaching it (benefits checks: within six months of it) who want to plan for their future.

Free (the page calls it a free and confidential Helpline). Note: Advice and information, not an emergency service; weekdays only.

### ALONE National Support & Referral Line — call 0818 222 024 for older people, 8am–8pm daily (Ireland)

https://alone.ie/

**Call 0818 222 024**

**Hours:** Seven days a week from 8am – 8pm

WHAT IT DOES

Older people, members of the public and professionals can call for advice, support and information, including older people feeling lonely, isolated or afraid. ALONE can refer you to its services, and a Support Coordinator assesses needs, makes a support plan and can arrange visitation or telephone befriending. Call 0818 222 024.

WHO IT HELPS

All older people in Ireland, with no eligibility criteria. If you refer someone else, ALONE asks that you have that person's consent; professionals can also refer older people.

Free service. Calls cost no more than a local landline call and are free from Vodafone, landline bundles, PAYG bundles and mobile contracts; if cost is a difficulty, ALONE will call you. Note: An 0818 number, so a local-rate charge may apply from some phones; open 8am–8pm.

### Family Carers Ireland National Freephone Careline — call 1800 24 07 24 (Ireland)

https://familycarers.ie/carer-supports/national-freephone-careline/

**Call 1800 24 07 24**

**Hours:** 9am to 5:30pm Monday to Thursday and 9am to 5pm on Friday; outside these hours Samaritans take calls from family carers

WHAT IT DOES

Experienced, trained staff and volunteers offer a listening ear and practical guidance to family carers, with information on topics such as Carer's Allowance, respite and counselling, and can refer you to a local Carer Support Manager for ongoing support. Call 1800 24 07 24.

WHO IT HELPS

Family carers looking after children or adults with additional needs, disabilities, frailty, palliative care needs, chronic illness, mental health challenges or addiction.

Free. Family Carers Ireland says all calls from Irish landlines and mobiles are free of charge. Note: Staffed on weekdays only; outside these hours the page says Samaritans take calls from family carers.

### Seniorline — freephone 1800 80 45 91, listening service for older people, 10am–10pm every day (Ireland)

https://www.thirdageireland.ie/seniorline

**Freephone 1800 80 45 91**

**Hours:** Every day, 10am to 10pm (365 days a year)

WHAT IT DOES

A confidential listening service for older people, answered by trained older volunteers. Call if you are feeling lonely, worried about something or just need a chat; volunteers can also point you to the right place for information, such as pensions or entitlements.

WHO IT HELPS

Older people in Ireland.

Freephone (as the page states); the page's description still calls it 'LoCall', so call costs may depend on your phone plan. Note: A listening service run by volunteers, not a crisis or advice line.

### Eldercare Locator — call or text 1-800-677-1116 to find local services for older adults, weekdays (United States)

https://eldercare.acl.gov/home

**Call 1-800-677-1116** **Text 1-800-677-1116**

**Hours:** Monday–Friday 8:00 AM–9:00 PM ET (as stated by USAging, which runs the call centre; not shown on the Locator page)

WHAT IT DOES

Trained staff connect older adults and their families with services in their community, such as their local Area Agency on Aging and meal programmes, by phone, text, online chat or email. It is an information and referral service.

WHO IT HELPS

Older adults, people with disabilities, and their families and caregivers anywhere in the United States.

Free service; call costs depend on your phone plan. Note: Weekday hours only, and official pages differ (USAging: 8am–9pm ET; an ACL page: 9am–8pm ET).

### VA Caregiver Support Line — call 1-855-260-3274, support for caregivers of Veterans (United States)

https://www.caregiver.va.gov/CAREGIVER/Caregiver_Support_Line.asp

**Call 1-855-260-3274**

**Hours:** Mon–Fri 8am–8pm ET (as stated on the VA Caregiver Support Program home page)

WHAT IT DOES

VA staff give information on caregiver support services, counselling and education, offer short-term counselling to manage stress and burnout (coping skills, problem-solving), and connect you to the Caregiver Support Program team at your local VA medical centre. Call 1-855-260-3274.

WHO IT HELPS

Caregivers, family members and friends of Veterans, Veterans themselves and community partners. A good first call if you are new to VA or unsure about eligibility.

Toll-free number (as the service states). Note: Weekday hours only; for a crisis the VA directs Veterans and families to the Veterans Crisis Line (dial 988 then press 1).

### Ontario Caregiver Helpline — call 1-833-416-2273, 24/7 information for family caregivers (Ontario, Canada)

https://ontariocaregiver.ca/help/helpline/

**Call 1-833-416-2273**

**Hours:** Phone 24/7; online chat Mon–Fri 7am–9pm EST

WHAT IT DOES

Call 1-833-416-2273 (CARE) to talk with a Community Resource Specialist who understands caregivers' needs and can connect you with information and services for you or the person you care for. Service is in English and French, with interpretation for 150 languages on request. It is not a crisis or counselling line: call 911 or 988 in an emergency.

WHO IT HELPS

Caregivers in Ontario supporting a family member, friend or neighbour; service providers can also call on behalf of clients.

Free. The helpline says its service is free to caregivers. Note: Ontario only; information and referral, not a crisis or counselling line.

### Info-aidant (Caregiver Support Helpline, L'Appui) — call 1 855 852-7784 or chat, weekdays (Québec, Canada)

https://www.lappui.org/en/about-us/contact-our-caregiver-support-helpline/

**Call 1 855 852-7784**

**Hours:** Monday to Friday, 8 a.m. to 6 p.m

WHAT IT DOES

Trained caregiver counsellors offer personalised, non-judgemental listening, information and referral for people caring for a family member or friend, at any stage of caregiving; L'Appui's resource directory covers respite, transport and home care across Québec. Call 1 855 852-7784 or use live chat. The service is professional, confidential and free.

WHO IT HELPS

Caregivers in Québec and their family and friends, plus health professionals, service workers and employers.

Free (as the service states). Note: Québec only; weekday daytime hours; the page does not state which languages the line works in (L'Appui's site is in French and English).

### Friendship Line (Institute on Aging) — call 888.670.1360, 24/7 emotional support for older adults (California, USA)

https://www.ioaging.org/friendship-line/

**Call 888.670.1360** **Spanish: 888.571.0411**

**Hours:** 24/7

WHAT IT DOES

Trained staff and volunteers offer friendly conversation, active listening, grief support, crisis intervention and suicide prevention, and can arrange regular check-in calls. You don't have to be in crisis to call. Separate numbers serve callers in Spanish, Cantonese, Mandarin, Korean, Tagalog, Vietnamese and Russian.

WHO IT HELPS

Adults aged 60+, adults living with disabilities, and caregivers. The Institute on Aging describes it as a service for people in California.

Free ('a free, confidential helpline', as the Institute on Aging states). Note: Described as a California service — callers in other states may not be eligible. The old 1-800-971-0016 number no longer appears on its page.

### Linka seniorů — call 800 200 007, free and confidential line for older people and their carers, daily 8am–8pm (Czechia)

https://linka-senioru.elpida.cz/

**Call 800 200 007**

**Hours:** Every day 8am–8pm; emails answered within three working days

WHAT IT DOES

A trained professional listens and helps older people through difficult situations — loneliness, conflict, loss, abuse or crisis — and gives useful contacts for other services and institutions. Call 800 200 007, or email linkasenioru@elpida.cz.

WHO IT HELPS

Older people in Czechia, people caring for older people, and anyone in crisis who wants to talk.

Free — calls are free thanks to support from the O2 Foundation (as the service states). Note: Not 24/7 and not an emergency service.

## Grief & Bereavement

### StandBy Support After Suicide — call 1300 727 247 for free support after a suicide, 6am–10pm daily (Australia)

https://standbysupport.com.au/find-support/

**Call 1300 727 247  SMS 0428 842 041 (Deaf/hard of hearing)**

**Hours:** 6am to 10pm, 7 days a week (time zone not stated)

WHAT IT DOES

Free face-to-face and/or telephone support for anyone bereaved or impacted by suicide, at any stage in their life, at a time and place that suits you. Call 1300 727 247 for free phone support that connects you to services across Australia; Deaf and hard of hearing people can SMS 0428 842 041. For immediate crisis support, StandBy directs you to Lifeline 13 11 14, or 000 in an emergency.

WHO IT HELPS

Individuals, families, friends, witnesses, first responders and service providers bereaved or impacted by suicide, whether recently or long ago.

Free ('free face-to face and/or telephone support'). Note: Not a crisis line (StandBy directs people in crisis to Lifeline or 000); not 24/7, and the time zone for its hours is not stated.

### Red Nose Grief and Loss — call 1300 308 307, 24/7 support line after the death of a baby or child (Australia)

https://rednose.org.au/grief-and-loss-support/overview/

**Call 1300 308 307**

**Hours:** 24/7

WHAT IT DOES

Gentle, compassionate support and guidance for anyone grieving the death of a baby or child, including after miscarriage, ectopic pregnancy, medical termination or stillbirth. Call the 24/7 Support Line on 1300 308 307. Red Nose also offers live chat and an online enquiry form, after which its bereavement intake team contacts you.

WHO IT HELPS

Anyone who has lost a baby or child: parents, siblings, grandparents, extended family, friends and colleagues, plus health professionals and first responders.

Free ('Free, specialised support for anyone affected by the sudden and unexpected death of a baby or child'); call costs depend on your phone plan.

### Aoake te Rā Bereaved by Suicide Service — free support; refer yourself online or leave a message on 0800 000 053 (New Zealand)

https://www.aoaketera.org.nz/

**Leave a message: 0800 000 053**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

A free, nationwide service that connects people bereaved by suicide with a Provider from its national network for brief therapeutic support. Refer yourself online, email, or leave a message on 0800 000 053. It is not a crisis service: for immediate support call or text 1737, and in an emergency call 111.

WHO IT HELPS

Anyone in New Zealand affected by suicide loss, whether the loss was recent or years ago.

Free ('We are a free service'). Note: Not a crisis service; access is by referral form, email or leaving a phone message, and phone hours are not stated.

### Cruse Bereavement Support Helpline — call 0808 808 1677 free (UK)

https://www.cruse.org.uk/get-support/helpline/

**Call 0808 808 1677**

**Hours:** Monday, Wednesday, Thursday, Friday 9.30am–5pm; Tuesday 1pm–8pm; closed Saturday and Sunday

WHAT IT DOES

Trained bereavement volunteers offer emotional support and space to talk about your feelings and how you've been coping after someone dies. They can tell you about ongoing one-to-one or group support from local Cruse branches. You can also contact Cruse through its webform at any time.

WHO IT HELPS

Anyone in the UK affected by grief (the helpline supports people calling from the UK).

Free from all UK landlines and mobiles. Note: Weekday hours only, closed weekends; lines are busy. If you are struggling meanwhile, Cruse suggests Samaritans (116 123).

### Survivors of Bereavement by Suicide (SoBS) — call 0300 111 5065 for peer support after a suicide (UK)

https://uksobs.com/how-we-can-help/

**Call 0300 111 5065**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

A supportline run by trained volunteers who have been personally affected by suicide. It is not a counselling service and cannot help with wider mental health or social care needs, but volunteers listen and support your grief; because of demand, call length is limited. SoBS also offers local and virtual peer support groups, email support and an online forum.

WHO IT HELPS

Adults (18+) in the UK bereaved or affected by suicide, however long ago and whatever their relationship to the person who died. SoBS services cannot be used by under-18s.

Free service; call costs depend on your phone plan (0300 number). Note: Hours are not stated; adults only; not a counselling or crisis service, and calls are time-limited.

### Sands National Helpline — free call 0808 164 3332 or email, support after pregnancy or baby loss (UK)

https://www.sands.org.uk/support-you/how-we-offer-support/helpline

**Call 0808 164 3332**

**Hours:** 10am to 3pm Monday to Friday, and 6pm to 9pm Tuesday, Wednesday and Thursday evenings; not open on bank holidays unless stated on the website

WHAT IT DOES

Experienced helpline staff give confidential, non-judgemental bereavement support after the death of a baby, recently or long ago: coping with grief, practical decisions after a baby dies, another pregnancy, supporting a bereaved parent, and local groups or the online community. Calls can last up to an hour; emails are answered within 48 hours. Interpreter or BSL video calls can be arranged by email.

WHO IT HELPS

Anyone affected by pregnancy or baby loss in England, Wales, Scotland or Northern Ireland — bereaved parents, grandparents, other family, friends, colleagues and professionals.

Free to call from landlines and mobiles (as Sands states). Note: Not 24/7: weekday daytimes plus three evenings; closed weekends and bank holidays.

### Child Bereavement UK Helpline — call 0800 02 888 40 or text/WhatsApp 07418 341 800, weekdays 8am–8pm (UK)

https://www.childbereavementuk.org/on-demand

**Call 0800 02 888 40** **Text/WhatsApp 07418 341 800**

**Hours:** Monday to Friday, 8am–8pm (excluding bank holidays)

WHAT IT DOES

Trained bereavement specialists give you time and space to talk, information and emotional support, with no appointment or waiting list — a one-off conversation or regular support. They do not offer counselling or medical advice and are not an emergency service. Contact by phone, text or WhatsApp (13+), email or live chat; interpreters and BSL interpreters are sourced where possible.

WHO IT HELPS

Children and young people aged 25 or under who are grieving, parents whose baby or child has died or is expected to die before their 26th birthday, and anyone supporting them, including professionals.

Free service ('free, UK-wide support services'); call costs depend on your phone plan. Note: Weekdays only; not counselling and not an emergency service; WhatsApp support is for ages 13+.

### BC Bereavement Helpline — call 1-877-779-2223 or 604-738-9950, weekdays (British Columbia, Canada)

https://bcbh.ca/grief-support/our-helpline/

**Call 1-877-779-2223 (toll-free)** **Call 604-738-9950**

**Hours:** Monday to Friday, 9:00 am to 5:00 pm

WHAT IT DOES

Trained volunteers offer compassionate listening, support and information to people who are grieving a death, and use a directory of 300+ B.C. grief and loss organisations to find support that fits the type of loss, location and ability to pay. Call 604-738-9950 or toll-free 1-877-779-2223, or email contact@bcbh.ca.

WHO IT HELPS

Anyone in British Columbia coping with grief and loss.

Free (the page says the call is free, confidential and anonymous). Note: Weekday daytime hours only; answered by trained volunteers; referrals are to B.C. services.

### The Lullaby Trust bereavement helpline — call 0808 802 6868, every day, after the death of a baby or young child (UK)

https://www.lullabytrust.org.uk/bereavement-support/find-support/bereavement-support-helpline/

**Call 0808 802 6868**

**Hours:** Mon–Fri 10am–2pm; weekends and public holidays 6pm–10pm

WHAT IT DOES

A listening service: talk freely, for as long as you need, with an understanding listener. Helpline advisers answer during office hours; at weekends and on public holidays calls are answered by bereaved parents, grandparents and relatives. Callers can be put in touch with a befriender. Call 0808 802 6868 or email support@lullabytrust.org.uk (also to request a call). Webchat runs Mon–Fri 10am–12pm.

WHO IT HELPS

Anyone affected by the sudden or unexpected death of a baby or young child — parents, family members and anyone close to a bereaved family.

Free from all landlines and most mobile networks (as the service states). Note: A listening service, not formal counselling; limited hours each day.

### The Compassionate Friends helpline — call 0345 123 2304 for bereaved parents, siblings and grandparents (UK)

https://www.tcf.org.uk/helpline-main/

**Call 0345 123 2304**

**Hours:** Mon–Thu 10am–4pm and 7pm–9pm; Fri 10am–4pm (no weekends, bank holidays or Friday evenings since 1 July 2026)

WHAT IT DOES

Volunteers who are all bereaved parents listen, offer emotional support, put you in touch with local support where possible, send a free bereavement pack and signpost to other help. Call 0345 123 2304 — however long ago your child died — or email helpline@tcf.org.uk. If no one answers, leave your name and number for a call back.

WHO IT HELPS

Bereaved parents, adult siblings and grandparents, however long ago the death was.

Free service. The page says calls cost the same as calling an 01 or 02 landline number, from a landline or mobile. Note: Peer support, not counselling or a crisis service; hours were reduced from 1 July 2026.

### Child Death Helpline — freephone 0800 282 986, every day, for anyone affected by the death of a child (UK)

https://www.childdeathhelpline.org.uk/

**Call 0800 282 986**

**Hours:** Mon–Fri 10am–1pm; every day 7pm–10pm

WHAT IT DOES

Trained volunteers, all bereaved parents, offer a confidential space to talk openly about your child's life and death, and give information about local services — at the time of loss or years later. Call 0800 282 986.

WHO IT HELPS

Anyone affected by the death of a child of any age, in any circumstances, however recently or long ago: parents, grandparents, siblings, wider family, friends and professionals.

Free (freephone, as the service states). Note: A listening service, not counselling; limited hours each day.

### Cruse Scotland Free Bereavement Helpline — call 0808 802 6161, weekdays (Scotland)

https://www.crusescotland.org.uk/get-support/free-bereavement-helpline/

**Call 0808 802 6161**

**Hours:** Mon–Fri 9am–5pm, with late nights until 8pm on Mon and Thu

WHAT IT DOES

Specially trained volunteers listen while you talk in confidence about your grief, give information and reassurance, and guide you to further support from Cruse Scotland and other organisations. Call 0808 802 6161 or email support@crusescotland.org.uk.

WHO IT HELPS

Anyone in Scotland who has been bereaved.

Free (the page says 'calls to this number are free'). Note: Scotland only; weekdays only.

### Irish Hospice Foundation Bereavement Support Line — freephone 1800 80 70 77 (Ireland)

https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support-line/

**Call 1800 80 70 77**

**Hours:** 10am to 1pm, Monday to Friday

WHAT IT DOES

A confidential line offering comfort and emotional support if you are grieving or supporting someone who is bereaved. Run by the Irish Hospice Foundation in partnership with the HSE. Freephone 1800 80 70 77, Monday to Friday, 10am to 1pm.

WHO IT HELPS

Anyone in Ireland who is grieving, or who is supporting someone who has been bereaved.

Free. The Irish Hospice Foundation describes it as a free, freephone line. Note: Open weekday mornings only (10am–1pm). If you are bereaved by suicide or in crisis, Pieta (1800 247 247) is available 24/7.

### Féileacáin Support Line — call 085 249 6464 after the death of a baby during or after pregnancy (Ireland)

https://feileacain.ie/support/the-feileacain-support-line/

**Call 085 249 6464**

**Hours:** Hours not stated on the service's page (the support line hours are blank); office hours Monday to Friday 9.30–17.30, closed weekends and bank holidays

WHAT IT DOES

A peer support line offering compassion, empathy and experience after stillbirth or neonatal death; the team are not all qualified counsellors and cannot help with medical or mental health emergencies. Outside its hours, or in a crisis, it directs callers to Samaritans (116 123) or Pieta (1800 247 247). Call 085 249 6464.

WHO IT HELPS

Parents and families in Ireland affected by the death of a baby during or after pregnancy, including those bereaved long ago.

Free service; call costs depend on your phone plan (085 is a mobile number). Note: Peer support, not counselling or a crisis line; support line hours are not given on its page (office open weekdays 9.30–17.30).

### TAPS National Military Survivor Helpline — call 800-959-TAPS (8277), 24/7 (United States)

https://www.taps.org/survivorcareteam

**Call 800-959-TAPS (8277)**

**Hours:** 24/7, day or night

WHAT IT DOES

A compassionate, resourceful listener answers day or night. The TAPS Survivor Care Team — surviving military family members trained in peer-based support and traumatic grief — can connect you with TAPS programmes, a volunteer peer mentor and referrals for professional counselling.

WHO IT HELPS

Anyone grieving the death of a military loved one.

Free service; call costs depend on your phone plan. Note: Specifically for survivors grieving the death of a military loved one.

### First Candle Grief Line — call 1-800-221-7437 after the death of a baby (United States)

https://firstcandle.org/bereavement-support-2/

**Call 1-800-221-7437**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Grief counselling for a family member after the death of an infant, with one-to-one support and access to materials and local support services. Call 1-800-221-7437. First Candle also offers a bereavement library and an online community for people affected by pregnancy and infant loss.

WHO IT HELPS

Parents, grandparents and other family members after the death of a baby, including SIDS and other sleep-related infant deaths.

Free service; call costs depend on your phone plan. Note: Hours are not stated on the page.

## Money, Housing & Legal Help

### National Debt Helpline — call 1800 007 007 for free financial counselling, weekdays (Australia)

https://ndh.org.au/about-national-debt-helpline/contact-us/

**Call 1800 007 007**

**Hours:** Phone: Monday to Friday, 9.30 am – 4.30 pm; live chat 9:00 am to 8.00 pm weekdays (time zone not stated)

WHAT IT DOES

A trained financial counsellor assesses your situation and gives free advice, can refer you to your closest face-to-face financial counselling service, and can connect you with legal, crisis food and accommodation, and health services. Call 1800 007 007 or chat online on the website.

WHO IT HELPS

Anyone in Australia worried about debts or bills, or not sure where to start with money problems.

Free (a free, independent and confidential service, as the helpline states). Note: Weekday hours only, and the page does not state a time zone.

### Link2home — call 1800 152 152, 24/7 homelessness information and referral line (New South Wales, Australia)

https://www.nsw.gov.au/housing-and-construction/social-affordable/emergency-housing/homelessness

**Call 1800 152 152**

**Hours:** 24 hours a day, 7 days a week; referrals to accommodation and support 9am to 10pm only

WHAT IT DOES

Information about local services, an assessment of what help you need, and referral to specialist homelessness services, support services and temporary accommodation. From 10pm to 9am it gives information and assessments only, and refers people to emergency services if needed. Call 1800 152 152.

WHO IT HELPS

People in NSW who are homeless or at risk of losing their home. Veterans and ex-service members can also call Link2Home Veterans and Ex-Service on 1800 326 989.

Free service; call costs depend on your phone plan (the page does not state call costs). Note: New South Wales only; between 10pm and 9am it cannot make accommodation referrals.

### Homeless Hotline — call 1800 474 753, 24/7 homelessness information and referral (Queensland, Australia)

https://www.qld.gov.au/housing/emergency-temporary-housing/homeless-persons-information-qld

**Call 1800 474 753**

**Hours:** 24 hours a day, 7 days a week

WHAT IT DOES

A phone information and referral service for people who are experiencing homelessness, or who are housed but at risk of homelessness. Call 1800 474 753. Interpreter: call 1800 512 451. If you are d/Deaf, hard of hearing or have a speech difficulty, use the National Relay Service and ask to call 13 74 68.

WHO IT HELPS

People in Queensland experiencing homelessness or at risk of homelessness.

Calls to the Homeless Hotline are free; calls from mobiles are charged at applicable rates (as the Queensland Government states). Note: Queensland service; calls from mobiles may be charged.

### Victorian homelessness and crisis accommodation line — free call 1800 825 955, 24 hours (Victoria, Australia)

https://www.housing.vic.gov.au/crisis-emergency-accommodation

**Free call 1800 825 955  Or (03) 9536 7777**

**Hours:** 'Free 24 hour phone line' ('Call 1800 825 955 (free call) at any time'); the page's Statewide After Hours Service listing for the same number gives 5pm to 9am Monday to Friday and 24 hours on weekends and public holidays

WHAT IT DOES

For people who are homeless, at risk of homelessness or escaping family violence. Someone takes your call to get you help nearby; after hours you are referred to the Salvation Army Crisis Services. Women and children escaping family violence can also call Safe Steps on 1800 015 188 (24 hours). If you are in danger right now, call 000.

WHO IT HELPS

Anyone in Victoria who is homeless, at risk of homelessness, or escaping family violence.

Free call on 1800 825 955 (as the page states); the page does not say whether (03) 9536 7777 is free. Note: Victoria only; the page gives two hour statements for the same number and still refers to the former DHHS, so hours may be described differently elsewhere.

### LawAccess NSW (Legal Aid NSW) — call 1300 888 529 or chat for free legal information, weekdays (New South Wales, Australia)

https://www.legalaid.nsw.gov.au/contact-us

**Call 1300 888 529** **Under 18: Youth Hotline 1800 10 18 10**

**Hours:** LawAccess NSW: 9am to 5pm, Monday to Friday (excluding public holidays). Youth Hotline: 9am to midnight weekdays, 24 hours from Friday 9am to Sunday midnight and on public holidays

WHAT IT DOES

LawAccess NSW is a free information service that is part of Legal Aid NSW. Staff are not lawyers but know the law and the services that can help, and can book you an appointment with a lawyer if you meet the rules. It is the best first step before visiting a Legal Aid office. Domestic violence legal help: 1800 979 529. Interpreter: TIS 131 450; from overseas +61 2 8527 3700.

WHO IT HELPS

People in NSW with a legal problem; under-18s can call the Legal Aid NSW Youth Hotline for information and advice.

Free information service; call costs depend on your phone plan. Note: NSW only; weekdays only, and staff are not lawyers — a lawyer appointment depends on eligibility (lawaccess.nsw.gov.au showed a maintenance page when checked).

### Legal Aid Queensland — call 1300 65 11 88 for free legal information, weekdays (Queensland, Australia)

https://www.legalaid.qld.gov.au/Get-legal-help/Help-over-the-phone

**Call 1300 65 11 88** **Under 18s: 1800 LAQ LAQ (1800 527 527)** **First Nations line 1300 65 01 43**

**Hours:** Legal information line: Monday to Friday, 8.30am to 4.30pm (AEST), excluding public holidays. Youth Legal Advice Hotline: Monday to Thursday 8am to 9pm and Friday 8am to Sunday 5pm (excluding Good Friday, Easter Sunday and Christmas Day). Aboriginal and Torres Strait Islander line: hours not stated

WHAT IT DOES

A lawyer or staff member listens to your problem, may give general legal information, and explains which services are available and how to use them. If your problem is more serious and you meet the eligibility criteria, they arrange a legal advice session with a lawyer. The line is in high demand. Interpreters: call TIS on 13 14 50 and ask for 1800 998 980.

WHO IT HELPS

People in Queensland with a legal problem. The Youth Legal Advice Hotline is for people under 18 or with a Childrens Court matter.

Free legal information and advice; 'Local call costs apply for landlines within Australia. Mobiles will likely be charged full call rates' (as the page states). Note: Queensland only; weekday hours, and the phone line is often busy.

### Victoria Legal Aid Legal Help — call 1300 792 387 or use Legal Help Chat, weekdays 8am–6pm (Victoria, Australia)

https://www.legalaid.vic.gov.au/speak-to-us

**Call 1300 792 387**

**Hours:** 8 am to 6 pm, Monday to Friday; closed on public holidays (phone and chat)

WHAT IT DOES

Legal Help gives free general legal information and referrals by phone or online chat; legal advice is only for people who are eligible, and chat cannot book appointments or give specific advice. The phone line is often busy, so calling early in the day is best. A free interpreter can be organised when you call, and the site has a support page for people who are deaf or find it hard to hear or speak on the phone.

WHO IT HELPS

People in Victoria with a legal problem, or people calling to help a child under 18, a client or someone else.

Free (the page calls it 'our free Legal Help phone line'); call costs depend on your phone plan. Note: Victoria only; weekdays only, and general information unless you are eligible for legal advice.

### Legal Aid WA Infoline — call 1300 650 579 for legal information and referral, weekdays (Western Australia)

https://www.legalaid.wa.gov.au/get-legal-help/get-legal-help/get-help-over-phone

**Call 1300 650 579**

**Hours:** Infoline: Monday to Friday, 9.00am to 4.00pm (WST); not open on public holidays. Legal Yarn (First Nations callers): 9.00 am to 4.00 pm, Monday to Friday

WHAT IT DOES

Information Officers give basic information about common legal problems, refer you to Legal Aid WA services or other organisations, book legal advice appointments with lawyers or paralegals where available, and take applications for a lawyer to run your case. They cannot give legal advice about your specific issue. Telephone interpreters and the National Relay Service can be used.

WHO IT HELPS

People in Western Australia with a legal problem; Legal Yarn is a culturally safe telephone information service for Aboriginal and Torres Strait Islander people.

'Calls from landlines or public phones are charged at local call rates. Calls from mobile phones are charged by your mobile phone carrier' (as the page states). Note: Western Australia only; weekdays 9am–4pm WST, and no specific legal advice over the Infoline.

### Legal Services Commission of SA Legal Helpline — call 1300 366 424, weekdays 9am–4.30pm (South Australia)

https://lsc.sa.gov.au/cb_pages/legal_advice.php

**Call 1300 366 424** **From interstate: (08) 8111 5600**

**Hours:** Monday to Friday, 9:00 am to 4:30 pm

WHAT IT DOES

The free Legal Helpline gives preliminary information, general advice and referrals, usually about your basic legal rights and obligations. If the problem is too complex for a phone call, you may be offered an appointment at a Legal Services office or referred elsewhere. Advice covers family law, child protection, intervention orders, criminal, fines, debt, Centrelink and more. Legal Chat runs weekdays.

WHO IT HELPS

People in South Australia with a legal problem. Some topics get general information only, and advice is not given to organisations or businesses.

Free helpline; 'for the cost of a local call (excluding mobiles) if calling from within South Australia' (as the page states). Note: South Australia only; weekdays only, and phone advice is general and limited to certain areas of law.

### Tasmania Legal Aid Legal Help — call 1300 366 611, Monday to Friday 8.45am–5pm (Tasmania, Australia)

https://www.legalaid.tas.gov.au/contact-us/

**Call 1300 366 611**

**Hours:** Monday to Friday, 8.45am–5pm

WHAT IT DOES

The Legal Help telephone service gives free and confidential legal information. Legal advice specific to your situation, in person or over the phone, depends on the eligibility guidelines. You can also request a call back online; call-backs come from 6236 3800 or 6328 4000.

WHO IT HELPS

People living in, or affected by, the laws of Tasmania.

Free and confidential legal information; call costs depend on your phone plan. Note: Tasmania only; weekdays only, and legal advice depends on eligibility.

### Legal Aid ACT Helpline — call 1300 654 314, Mon–Thu 8.30am–7pm, Fri 8.30am–5pm (ACT, Australia)

https://www.legalaidact.org.au/what-we-do/legal-aid-helpline

**Call 1300 654 314** **Tenancy advice: 1300 402 512**

**Hours:** Monday to Thursday, 8:30am to 7pm; Friday, 8:30am to 5pm

WHAT IT DOES

Helpline staff give legal information and resources, make an appointment with a lawyer if needed and refer you to other services; they do not give legal advice over the phone. Legal Aid ACT offers free one-off advice in many areas of law, no matter your income. If no one answers, leave a voicemail and they will call back from a private number. Free TIS interpreters and the National Relay Service can be used.

WHO IT HELPS

People in the ACT with a legal problem or general enquiry; the Youth Law Centre (under 25) uses the same number.

Free ('Legal Aid's phone services are free and confidential'); call costs depend on your phone plan. Note: ACT only; no legal advice over the phone — information, appointments and referrals.

### Legal Aid NT Helpline — free call 1800 019 343, Monday to Friday 8am–4.30pm (Northern Territory, Australia)

https://www.legalaid.nt.gov.au/need-help/helpline/

**Call 1800 019 343**

**Hours:** Monday to Friday, 8.00am to 4.30pm (time zone not stated on the page)

WHAT IT DOES

Qualified operators give free legal information over the phone, help you work out next steps and tell you where to get more help. They can organise an appointment for free legal advice and send written information by post or email. If you speak another language, call TIS on 13 14 50 and ask to be connected to the Legal Aid Helpline. Online chat is also offered on the site.

WHO IT HELPS

Anyone in the Northern Territory with a legal question ('A free, confidential service for everyone').

Free ('A free, confidential service for everyone'; the home page calls 1800 019 343 a Freecall number). Note: Northern Territory; weekdays only, and legal advice is by appointment.

### Small Business Debt Helpline — call 1800 413 828, free financial counselling for small business owners, weekdays (Australia)

https://sbdh.org.au/

**Call 1800 413 828**

**Hours:** Monday to Friday, 9am to 5.30pm AEDT (as published)

WHAT IT DOES

Qualified small business financial counsellors give free, independent and confidential advice to small business owners in financial difficulty — business debts, loan repayments, bills, leases, tax and closing a business — and connect you with other help when needed. They do not sell anything or work on commission. Call 1800 413 828.

WHO IT HELPS

Small business owners in Australia struggling with business finances, and people worried about someone who is.

Free (as the service states); call costs depend on your phone plan. Note: Weekday business hours; for personal (non-business) debts the site points to the National Debt Helpline.

### Mob Strong Debt Help — call 1800 808 488, free legal and money help for Aboriginal and Torres Strait Islander people (Australia)

https://financialrights.org.au/getting-help/mob-strong-debt-help/

**Call 1800 808 488**

**Hours:** Monday to Friday 9.30am–4.30pm (Sydney time), as shown on Financial Rights' contact page

WHAT IT DOES

A free nationwide legal advice and financial counselling service for Aboriginal and Torres Strait Islander people, specialising in consumer credit (credit cards, pay day loans, car loans), banking, debt recovery and insurance, including car, home, life and funeral insurance. Guided and operated by Aboriginal and Torres Strait Islander staff. Call 1800 808 488.

WHO IT HELPS

Aboriginal and Torres Strait Islander people anywhere in Australia with money, debt, banking or insurance problems.

Free (as the service states); call costs depend on your phone plan. Note: Weekday hours (Sydney time) only.

### Entrypoint Perth — call 1800 124 684 for homelessness assessment and referral, 7 days (Western Australia)

https://www.entrypointperth.com.au/

**Call 1800 124 684**

**Hours:** Monday–Friday 9:00am–7:00pm; Saturday and Sunday 9:00am–5:00pm; closed public holidays

WHAT IT DOES

Assessment and Referral Officers assess your situation by phone or in person, explain accommodation and support options and, if you are eligible, refer you to specialist homelessness services or crisis accommodation, including if you are escaping family and domestic violence. If you can't get through, leave a message or use the online form. Call 1800 124 684 or 6496 0001.

WHO IT HELPS

People who are homeless or at risk of homelessness in Perth or regional Western Australia (full assessment and referral in Perth; information and family-violence referrals for regional WA).

Free (the site says 'Entrypoint Perth is a free service'). Note: Western Australia only and not 24/7; the site has a separate 24-hour emergency contacts page.

### MoneyTalks — free financial helpline, call 0800 345 123 or text 4029 (New Zealand)

https://fincap.org.nz/moneytalks/about

**Call 0800 345 123** **Text 4029**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Helpline advisors answer questions about budgeting, debt and other money matters and can connect you with a free local financial mentor (180+ services nationwide). Call 0800 345 123, text 4029, email help@moneytalks.co.nz or use the live chat on the website.

WHO IT HELPS

Anyone in Aotearoa who needs help with day-to-day money matters like budgeting and debt, including people in financial stress or hardship.

Free ('MoneyTalks provides free support on money matters'; 'Free text 4029'). Note: Opening hours are not stated on the service's page.

### Citizens Advice Bureau — call 0800 FOR CAB (0800 367 222) for free advice, Mon–Fri 9am–4pm, Sat 9.30am–1pm (New Zealand)

https://www.cab.org.nz/find-a-cab/contact-us

**Call 0800 FOR CAB (0800 367 222)**

**Hours:** Mon–Fri 9–4pm or Sat 9.30–1pm (as written on the site); live chat when an operator is available

WHAT IT DOES

CAB volunteers give free, confidential information and advice to help you understand your rights and obligations and get the support you need to take action, or point you to the right service. You can also contact your local CAB, use live chat when the chat icon shows, or send a message through the online form.

WHO IT HELPS

Anyone in New Zealand who needs information or advice about their rights or about where to get help.

Free service ('free confidential information and advice'); call costs depend on your phone plan. Note: Not a crisis line; limited weekday and Saturday-morning hours.

### YouthLaw Aotearoa — free legal advice line 0800 UTHLAW (884 529) for under-25s, weekdays (New Zealand)

https://youthlaw.co.nz/free-legal-help/free-legal-advice-line/

**Call 0800 UTHLAW (884 529)**

**Hours:** Monday to Friday, 10am to 4pm (you may reach voicemail; leave a message)

WHAT IT DOES

Lawyers give free legal advice by phone to children and young people, on things like school, police and youth justice, home and family, bullying, and welfare and benefits. If you get voicemail, leave your name, number and a little about why you called. The service says the contact form is the best first step.

WHO IT HELPS

Anyone in New Zealand aged under 25 who cannot get legal help elsewhere, or someone acting on their behalf.

Free. 'You can call us for free' (as the service states). Note: Under-25s only, weekday hours, and calls may go to voicemail; not an emergency service.

### Tenancy Services information line — freephone 0800 836 262 (0800 TENANCY), weekdays (New Zealand)

https://www.tenancy.govt.nz/about-tenancy-services/contact-us/

**Call 0800 836 262** **From overseas +64 4 238 4695**

**Hours:** 8:00am – 5:30pm, Monday to Friday (closed public holidays)

WHAT IT DOES

The government's Tenancy Information line answers questions about bonds and other tenancy matters under the Residential Tenancies Act, such as tenancy agreements, notice, rent and the Tenancy Tribunal. A free telephone interpreter is available (call after 9am and ask), and Deaf callers can use the NZ Relay video service.

WHO IT HELPS

Tenants and landlords in New Zealand. Flatmates, boarders living with the owner, holiday homes, retirement villages and commercial tenancies are not covered by the Act, and the line cannot advise on them.

Free. 'You can call us for free if you are in New Zealand' (as the page states). Note: Weekday office hours only; tenancy information, not legal representation or emergency housing; some arrangements (flatmates, boarders living with the owner) are not covered.

### Shelter emergency housing helpline — call 0808 800 4444 free, weekdays (England and Scotland)

https://england.shelter.org.uk/get_help/helpline

**Call 0808 800 4444**

**Hours:** England: Mon–Fri 8am–5pm; Scotland: Mon–Fri 9am–5pm; closed weekends and bank holidays

WHAT IT DOES

Advisers give advice (not accommodation) if you are homeless, have nowhere to stay tonight, are at risk of abuse or harm at home, or are worried about losing your home in the next 2 months. You might wait over an hour at busy times. Interpreters on request; webchat or Relay UK for Deaf or speech-impaired callers (BSL via Contact Scotland BSL in Scotland).

WHO IT HELPS

People in England (advice on English housing law) and, via Shelter Scotland, people in Scotland. Shelter points people in Wales to Shelter Cymru.

Free ('Call our free helpline'); Shelter Scotland: free from UK landlines and most mobile networks. Note: Weekday daytime only; waits can exceed an hour; Shelter gives advice but does not provide accommodation.

### National Debtline — call 0808 808 4000 free or webchat, free debt advice (England, Wales and Scotland)

https://nationaldebtline.org/

**Call 0808 808 4000**

**Hours:** Monday to Friday 9am–8pm; Saturday 9:30am–1pm; Sunday closed (phone and webchat)

WHAT IT DOES

Free, confidential and independent debt advice: advisers help you understand your options for dealing with debts, alongside sample letters and online tools. Advice may differ depending on the country you live in.

WHO IT HELPS

People struggling with debt in England and Wales or Scotland.

Free ('we never charge for our support. Every call, webchat, and online tool is free to use'). Note: Not 24-hour – closed Sundays.

### StepChange Debt Charity — freephone 0800 138 1111, free debt advice (UK)

https://www.stepchange.org/contact-us.aspx

**Call 0800 138 1111**

**Hours:** Phone Monday to Friday 8am–8pm, Saturday 9am–2pm; online debt advice 24 hours a day, 7 days a week

WHAT IT DOES

Free, impartial debt advice to help you get your finances back on track, by phone or through StepChange's online debt advice tool, which you can use any time.

WHO IT HELPS

People in the UK in financial difficulty or struggling with debt. StepChange says its service isn't right for self-employed people at the moment and points them to Business Debtline, or Advice NI in Northern Ireland.

Free; 'Freephone (including all mobiles)'. Note: Phone not 24-hour; not currently for self-employed people (StepChange recommends Business Debtline, or Advice NI in Northern Ireland).

### Citizens Advice — Adviceline 0800 144 8848 and debt helpline 0800 240 4420 (England)

https://www.citizensadvice.org.uk/about-us/contact-us/

**Adviceline England 0800 144 8848** **Debt helpline 0800 240 4420**

**Hours:** Adviceline usually 9am–5pm Mon–Fri; debt helpline 9am–8pm Mon–Fri and 9.30am–1pm Sat; none on public holidays

WHAT IT DOES

Trained advisers give free, confidential advice on problems such as money and debt, benefits and Universal Credit, energy and consumer issues, and can direct you to your local Citizens Advice. Online chat by topic. Relay UK: dial 18001 before any of the numbers.

WHO IT HELPS

People in England. A few parts of England are not yet covered by Adviceline – callers are given other options. (Wales has its own Advicelink line, shown on the Citizens Advice Wales pages.)

Free from mobiles and landlines (as Citizens Advice states). Note: Daytime hours, not public holidays; not available in a few parts of England.

### MoneyHelper — free call 0800 011 3797, webchat or WhatsApp for money and pensions guidance, weekdays (UK)

https://www.moneyhelper.org.uk/en/contact-us

**Call 0800 011 3797  WhatsApp +44 7701 342744**

**Hours:** Phone, webchat and WhatsApp: Monday to Friday, 9am to 5pm; closed Saturday, Sunday and bank holidays

WHAT IT DOES

Free, impartial money and pensions guidance — including free, confidential help if you are worried about debt, your pension options, Universal Credit and everyday money. Webchat asks a few questions, then connects you with a specialist. From outside the UK call +44 (0)20 7932 5780. Help in other languages is offered.

WHO IT HELPS

Anyone in the UK who wants free guidance on money, debt, benefits or pensions.

Free ('UK calls are free and may be recorded'; 'MoneyHelper is a free service from the Money and Pensions Service'). Note: Weekdays 9am–5pm only; guidance and signposting rather than crisis support.

### Housing Rights helpline — call 028 9024 5640 for free housing advice, weekdays 9:30am–4:30pm (Northern Ireland)

https://www.housingrights.org.uk/housing-advice

**Call 028 9024 5640**

**Hours:** 9:30am to 4:30pm, Monday to Friday; closed on public holidays (helpline and online chat)

WHAT IT DOES

Advisers give free advice on homelessness, renting, paying for housing, rent or mortgage arrears, repossession and eviction, and repairs. Listen for the options on the phone message and choose the right one. If you need somewhere to stay tonight, the page says to call the Housing Executive on 0344 8920 900, or 0344 8920 908 out of hours.

WHO IT HELPS

Anyone living in Northern Ireland with a housing problem or facing homelessness.

Free advice; it is an ordinary Belfast (028) number, so call costs depend on your phone plan. Note: Northern Ireland only and weekdays only; the Housing Executive emergency numbers come from Housing Rights' page because the Housing Executive's own site blocked access.

### Shelter Cymru urgent housing helpline — call 08000 495 495, Monday to Friday 9am–4pm (Wales)

https://sheltercymru.org.uk/housing-advice/telephone-advice/

**Call 08000 495 495**

**Hours:** 9am – 4pm, Monday to Friday

WHAT IT DOES

Talk to an expert housing adviser if it is urgent — nowhere to sleep or about to be homeless, at risk of harm, being evicted or facing court. The line is very busy, so keep trying; for non-urgent issues use webchat or online advice. Young people aged 16–24 with no safe place to stay can call the Llamau Youth Homeless Helpline on 0800 0 495 495 (press option 1), 5pm–9am and all weekend.

WHO IT HELPS

People in Wales with an urgent housing problem or at risk of homelessness.

Call costs for 08000 495 495 are not stated on the page; the Llamau youth line is 'free of charge'. Note: Wales only; weekdays 9am–4pm, and very high demand means delays.

### Civil Legal Advice (legal aid) — call 0345 345 4345, weekdays and Saturday mornings (England and Wales)

https://www.gov.uk/civil-legal-advice

**Call 0345 345 4345**

**Hours:** Mon–Fri 9am–8pm; Sat 9am–12:30pm

WHAT IT DOES

Free, confidential legal advice under legal aid for people who qualify — e.g. debt when your home is at risk, homelessness or eviction, domestic abuse, a child being taken into care, special educational needs and discrimination. Explain your problem and show proof of your finances; if eligible you are put through to a legal adviser. Call 0345 345 4345 (Relay UK: 18001 then 0345 345 4345).

WHO IT HELPS

People in England or Wales who are eligible for legal aid; you can check eligibility online first.

Advice is free if you are eligible; call costs depend on your phone plan (GOV.UK's call-charges table lists 03 numbers at the same approximate rates as 01 and 02 numbers), and you can ask CLA to call you back if you do not want to pay for the call. Note: Means-tested — you must be eligible for legal aid and have proof of your finances ready; England and Wales only.

### Scottish Citizens Advice Helpline — freephone 0800 028 1456 to reach a local Citizens Advice Bureau (Scotland)

https://www.cas.org.uk/get-advice

**Call 0800 028 1456**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Free, confidential and impartial advice from the Citizens Advice network in Scotland. Calling 0800 028 1456 (the Scottish Citizens Advice Helpline) puts you through to an adviser at your local Citizens Advice Bureau: say the first part of your postcode to be transferred. Tell the bureau about any language or access needs.

WHO IT HELPS

People in Scotland. Citizens Advice's Scotland contact page says a local bureau can usually only give advice if you live or work in its area.

Free (Citizens Advice's Scotland contact page calls it a 'free phone line'; 0800 numbers are free on GOV.UK's call-charges table). Note: Scotland only; opening hours are not stated and depend on your local bureau, which usually only advises people who live or work in its area.

### MABS Helpline — call 0818 07 2000 for free money and debt advice (Ireland)

https://mabs.ie/en/contact-us/

**Call 0818 07 2000**

**Hours:** Monday to Friday from 9am to 8pm

WHAT IT DOES

Money advisers give free, confidential, non-judgemental advice to help you manage your money and deal with problem debt, on many money management and debt issues. You can stay anonymous or request a call back. Call 0818 07 2000 or email helpline@mabs.ie.

WHO IT HELPS

Anyone in Ireland worried about money, budgeting or debt.

Free service; call costs depend on your phone plan (0818 number). Note: Weekdays only; 0818 calls may be charged depending on your phone plan; the MABS WhatsApp chat is temporarily closed.

### Threshold Freephone Helpline — call 1800 454 454 for free housing advice for renters (Ireland)

https://threshold.ie/get-help/

**Call 1800 454 454** **From abroad 00 353 91 563080**

**Hours:** 9:00am to 9:00pm Monday to Friday; closed public holidays. Email an advisor 9:30am to 5:00pm Monday to Friday

WHAT IT DOES

Housing advisors give free, confidential, tailored one-to-one advice to tenants with housing problems. You can also email an advisor or book a time at an outreach clinic. Freephone 1800 454 454.

WHO IT HELPS

Tenants and renters in Ireland with housing problems.

Free. Threshold offers free and confidential advice on a freephone line; the international number is charged. Note: Weekdays only and closed on public holidays.

### FLAC Telephone Information & Referral Line — call 01 906 10 10 for basic legal information (Ireland)

https://www.flac.ie/help/infoline/

**Call 01 906 10 10**

**Hours:** Monday to Friday 9.30am–1pm; Monday evenings 7–9pm

WHAT IT DOES

The information line team gives basic legal information and, in some cases, refers you to another voluntary body or state service. They cannot give legal advice over the phone. FLAC also runs free legal advice clinics, some through Irish Sign Language. Call 01 906 10 10.

WHO IT HELPS

Anyone in Ireland with a legal question who needs to know where they stand or where to go next.

Free service; call costs depend on your phone plan. Note: Basic legal information and referral only (no legal advice by phone); short weekday hours plus Monday evenings.

### Citizens Information Phone Service — call 0818 07 4000, Mon–Fri 9am–8pm (Ireland)

https://www.citizensinformation.ie/en/about/contact-us/

**Call 0818 07 4000** **From abroad +353 21 229 8178**

**Hours:** Monday to Friday, 9am to 8pm

WHAT IT DOES

Answers questions about your rights and entitlements in Ireland on the topics covered by citizensinformation.ie, such as health, social welfare, employment, money and tax, housing, justice and family, when the website has not answered them. Local Citizens Information Centres also give free, confidential help. Call 0818 07 4000.

WHO IT HELPS

Anyone living in Ireland, or calling from abroad about Irish public services and rights.

Calls to 0818 numbers cost no more than calling a landline and are included in bundles that cover landline calls (as the service states). Note: An information service, not legal or financial advice or a crisis line; calls are charged at landline rates.

### 211 — call 211 for local help with housing, food, bills and health services, 24/7 (United States)

https://211.org/about-us

**Call 211**

**Hours:** 24/7 (as stated by 211.org)

WHAT IT DOES

Dial 211 to talk to a trained local community specialist who helps you find services for basic needs such as housing, food, transportation, health care, utility bills and disaster recovery. Calls are confidential and can be anonymous. Many local 211s also take web chats and texts.

WHO IT HELPS

Anyone in the United States who needs help finding local community or social services.

Free service; call costs depend on your phone plan. Note: Run by more than 200 local 211 agencies, so services and chat/text options vary by area.

### National Call Center for Homeless Veterans — call 1-877-4AID-VET (1-877-424-3838) or chat, 24/7 (United States)

https://www.va.gov/homeless/nationalcallcenter.asp

**Call 1-877-4AID-VET (424-3838)**

**Hours:** 24/7

WHAT IT DOES

A trained VA counsellor asks about your situation, identifies urgent needs, helps you find housing support or VA services nearby and connects you with local VA staff if you need ongoing help. You can call or chat any time, day or night. For thoughts of suicide, call or text 988 and press 1.

WHO IT HELPS

Veterans who are homeless or at risk of homelessness, and family members, friends and community providers helping a veteran.

Free ('The chat is free and confidential', as VA states).

### Farm Aid Hotline — call 1-800-FARM-AID (1-800-327-6243) for farmers in difficulty (United States)

https://www.farmaid.org/our-work/resources-for-farmers/

**Call 1-800-FARM-AID**

**Hours:** Mon–Fri 9am–9pm ET (6am–6pm PT)

WHAT IT DOES

Hotline operators connect farmers with services, resources and opportunities for their situation, including farm stress, legal help and disaster recovery. Call 1-800-FARM-AID (1-800-327-6243) or request help online (replies within 24–48 hours).

WHO IT HELPS

Farmers of any scale or type of production (Farm Aid says it assists all farmers) who need help with financial, legal, disaster or stress-related problems.

Free service; call costs depend on your phone plan. Note: Weekday hours; it mainly connects farmers to other organisations' services.

### Medicare — call 1-800-MEDICARE (1-800-633-4227) or live chat, 24/7 (United States)

https://www.medicare.gov/talk-to-someone

**Call 1-800-MEDICARE TTY 1-877-486-2048**

**Hours:** 24 hours a day, 7 days a week (except some federal holidays)

WHAT IT DOES

Talk to or live chat with a real person when you need help with Medicare beyond what is on Medicare.gov. Call 1-800-MEDICARE (1-800-633-4227); TTY 1-877-486-2048. The page also points to free State Health Insurance Assistance Programs (SHIPs) for help choosing plans, understanding costs and appeals.

WHO IT HELPS

People with Medicare, those about to join, and their families and caregivers.

Free service; call costs depend on your phone plan. Note: Medicare information and account help, not health advice; to sign up for Part A or B you contact Social Security instead.

### 211 — dial 2-1-1 to find community and social services, 24 hours in most areas (Canada)

https://211.ca/

**Call 2-1-1**

**Hours:** 24 hours a day in most of Canada

WHAT IT DOES

Dial 2-1-1 to be connected to government and community-based, non-clinical health and social services near you. You do not have to give your name. 211 is also available by chat, text and website in many areas, in more than 150 languages.

WHO IT HELPS

Anyone in Canada who needs help finding non-clinical health and social services, for themselves or someone else.

Free. 211 describes itself as a free and confidential service. Note: An information and referral line for non-clinical health and social services; 24-hour access and chat or text are offered 'in most of Canada', not everywhere.

### Social Welfare Department Hotline — call 2343 2255, 24-hour information line, social workers in duty hours (Hong Kong)

https://www.swd.gov.hk/en/department/

**Call 2343 2255**

**Hours:** Recorded information 24 hours; social workers Mon–Fri 9:00am–5:00pm and Sat 9:00am–12:00 noon; at other times calls can be transferred to Tung Wah Group of Hospitals' social workers

WHAT IT DOES

The Hong Kong Government's welfare hotline. A 24-hour voice system gives information on welfare services. In duty hours SWD social workers give brief counselling, support and advice and arrange follow-up. Outside those hours (including public holidays) callers can transfer to the Hotline and Outreaching Service Team run by Tung Wah Group of Hospitals, leave a message, or seek help from the police.

WHO IT HELPS

Anyone in Hong Kong who needs welfare information or a social worker's help, for themselves or someone else.

Free service; call costs depend on your phone plan. Note: SWD social workers answer only in duty hours; at other times you choose to be transferred to Tung Wah Group of Hospitals' team.

### NALSA Legal Services Helpline — call 15100, toll-free (India)

https://nalsa.gov.in/

**Call 15100**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Toll-free helpline of the National Legal Services Authority, the statutory body that provides free legal services to weaker sections of society and organises Lok Adalats (people's courts) to settle disputes amicably. State Legal Services Authorities give free legal services in each state.

WHO IT HELPS

People in India who need legal help, especially those from weaker sections of society who may qualify for free legal services.

Free (toll-free, as the page states). Note: Hours and languages are not stated on the page; the helpline's own site (nalsa15100.in) could not be read.

### Legal Aid South Africa Advice Line — call 0800 110 110 or send a Please Call Me to 079 835 7179 (South Africa)

https://legal-aid.co.za/

**Call 0800 110 110** **Please Call Me 079 835 7179**

**Hours:** Mon–Fri 7am–7pm

WHAT IT DOES

Legal Aid South Africa gives free legal advice and representation to people who cannot afford it. Call the Advice Line 0800 110 110 on weekdays, or send a 'Please Call Me' to 079 835 7179 and they will call you back. A means test decides who qualifies for representation.

WHO IT HELPS

People in South Africa who need legal advice and cannot afford a lawyer; representation depends on a means test.

Free legal aid for those who qualify; the page does not say whether the Advice Line call is free. Note: Weekday hours only; representation is means-tested; not an emergency service.

### Health and Welfare Call Center 129 (보건복지상담센터, Ministry of Health and Welfare) — call 129, free (South Korea)

https://www.129.go.kr/intro/intro02.do

**Call 129**

**Hours:** Weekdays 09:00–18:00; crisis response team (emergency welfare support, child and elder abuse, mental health) 24 hours, 365 days

WHAT IT DOES

The government's national health and welfare advice line. Counsellors explain health care and health insurance, basic living support, childbirth and child benefits, support for older and disabled people, and emergency welfare support. The crisis response team handles child and elder abuse, mental health and emergency welfare 24 hours a day. Video (sign language) and chat counselling are also offered.

WHO IT HELPS

Anyone in South Korea, from anywhere in the country, with no area code needed. The page is in Korean and does not state other languages.

Free (the page says '국번없이 (무료)129' — no area code, free). Note: General advice is weekdays 9am–6pm only; just the crisis response team (abuse, mental health, emergency welfare) works 24 hours.

## Abroad, Scams, Crime & Disasters — Consular Help, Police Non-Emergency, Fraud and Disaster Lines

### Consular Emergency Centre (DFAT) — call +61 2 6261 3305 from overseas or 1300 555 135 in Australia, 24 hours (for Australians abroad)

https://canada.highcommission.gov.au/otwa/consular.html

**Call +61 2 6261 3305 (from overseas)** **Call 1300 555 135 (within Australia)**

**Hours:** 24 hours (the page calls it the 24-Hour Consular Emergency Centre)

WHAT IT DOES

If you are an Australian citizen overseas and need urgent consular or passport help, including outside the local embassy's business hours, the Consular Emergency Centre in Canberra can advise you. Call +61 2 6261 3305 from overseas or 1300 555 135 from within Australia. Consular help has limits and cannot override local law.

WHO IT HELPS

Australian citizens travelling or living overseas (1300 555 135 is the number to use from within Australia). The page says help for Australian permanent residents is limited to crisis situations.

Free service; international call charges may apply. Note: Consular help has limits; if you are in immediate danger, call the local emergency number first.

### Police Assistance Line — call 131 444 for non-urgent police help, 24 hours (Australia)

https://www.afp.gov.au/about-us/contact-us

**Call 131 444**

**Hours:** 24 hours (the AFP page calls it the 24-hour Police Assistance Line; Victoria Police states 24 hours, 7 days a week)

WHAT IT DOES

Call 131 444 if you need help from police in a non-urgent situation or want to report a crime that has already happened; you are connected to your local state or territory police. It is not for emergencies: if you are in danger, need to report a crime in progress or need police to attend immediately, call Triple Zero (000).

WHO IT HELPS

Anyone in Australia who needs non-urgent police assistance or wants to report a past crime or make a general police enquiry.

Free service; call costs depend on your phone plan. Note: Not an emergency line — call 000 if anyone is in danger or a crime is happening now.

### Crime Stoppers Australia — call 1800 333 000 to share information about crime anonymously (Australia)

https://crimestoppers.com.au/how-it-works/

**Call 1800 333 000**

**Hours:** Hours not stated on the service's page (callers speak with an operator or leave a message); online reports any time, day or night

WHAT IT DOES

If you know something about an unsolved crime or suspicious activity, you can tell Crime Stoppers without saying who you are. Trained call takers record the information and send it to police; their phones show no caller ID. Call 1800 333 000 or report online through your state or territory. For police help call 131 444; in an emergency call 000.

WHO IT HELPS

Anyone in Australia with information about crime or suspicious behaviour, including people who do not want to give their name, make a statement or go to court.

Free — the service calls 1800 333 000 its toll-free hotline. Note: Not an emergency or support line — it passes information to police; call 000 in an emergency.

### IDCARE — call 1800 595 160 for help after scams, identity theft or cyber attacks (Australia)

https://www.idcare.org/individuals

**Call 1800 595 160** **Call +61 73555 5900 (international)**

**Hours:** Mon–Fri 7am–7pm AEST

WHAT IT DOES

IDCARE's Identity & Cyber Security Case Managers give tailored, independent advice if you have been scammed, had ID stolen or accounts opened in your name, had a phone or computer hacked or remotely accessed, or are being tracked, threatened or sextorted online. Call 1800 595 160 or use the online form; IDCARE says it responds to enquiries within two business days.

WHO IT HELPS

Individuals in Australia worried about scams, identity theft or online security (state landline numbers and an international number are also listed). Small businesses and organisations use a separate line, 1800 595 170.

Free — IDCARE says it does not charge individual community members for its base support service. Note: Not an emergency or crisis line and not a government service; phone help is weekdays only.

### State Emergency Service (SES) — call 132 500 for flood and storm emergency help (Australia)

https://www.ses.vic.gov.au/when-to-call

**Call 132 500**

**Hours:** VICSES says calls are logged by its 24/7 call centre; other state pages do not state hours

WHAT IT DOES

Call 132 500 for emergency help in a flood or storm — for example if your home is flooding or about to flood, your roof is badly damaged or leaking, or a fallen tree has damaged your home or is blocking you in. Your request is logged, jobs are prioritised and a local volunteer may contact you. Some states also cover tsunami, cyclone, landslide or earthquake. If anyone's life is in danger, call 000.

WHO IT HELPS

Anyone in Australia whose home or property is affected by a flood or storm; the same number reaches the SES in each state and territory.

Free service; call costs depend on your phone plan. Note: For life-threatening emergencies call 000; SES gives emergency help only — use your insurer or a tradesperson for minor damage and repairs.

### My Blue Sky — call +61 2 9514 8115 or text +61 481 070 844 for help with forced marriage (Australia)

https://www.mybluesky.org.au/

**Call +61 2 9514 8115** **Text +61 481 070 844**

**Hours:** Phone Mon–Fri 9am–5pm (Sydney time); text and email hours not stated

WHAT IT DOES

My Blue Sky is Australia's national forced marriage service. It gives free, confidential legal advice and can help you understand your rights and options, deal with visas and Immigration, make a safety plan or seek court orders, take legal action such as divorce, find counselling, housing and financial help, and report to police if you want to. Interpreters are available.

WHO IT HELPS

Anyone in Australia being forced to marry or in a forced marriage, or worried about someone who is; frontline workers can also get advice. The service says you have rights no matter your age, visa status, gender, sexuality, ethnicity, culture or religion.

Free — the service says its legal advice is free and confidential. Note: Not an emergency service and phone hours are weekdays only — call 000 if someone is hurt or in danger.

### SafeTravel consular emergency line (MFAT) — call +64 99 20 20 20 or 0800 30 10 30 (for New Zealanders abroad)

https://www.safetravel.govt.nz/contact-us

**Call +64 99 20 20 20** **Call 0800 30 10 30**

**Hours:** Hours not stated on the service's page (it asks that non-emergency matters, such as a death or arrest of a New Zealander overseas, be raised in New Zealand business hours or with the local embassy)

WHAT IT DOES

If you are a New Zealander overseas and need urgent consular assistance, call the SafeTravel emergency number. New Zealand embassies, high commissions and consulates help New Zealand citizens who are having difficulty overseas. The page lists +64 99 20 20 20 and 0800 30 10 30; you can also find your nearest embassy and register your travel on SafeTravel.

WHO IT HELPS

New Zealand citizens travelling or living overseas.

Free service; international call charges may apply. Note: The page does not state hours or which number to use from where; in immediate danger call local emergency services first.

### National Cyber Security Centre (NCSC) — call 0800 114 115 for help reporting scams and online security problems (New Zealand)

https://www.ncsc.govt.nz/who-we-are/contact-us/

**Call 0800 114 115**

**Hours:** Mon–Fri 7am–7pm; closed on public holidays

WHAT IT DOES

Report a cyber security issue — such as a phishing or scam text or email, a hacked account or another online security incident — through the NCSC reporting tool for individuals and small businesses, or call 0800 114 115 for help using it. The team triages reports and may contact you with advice; reports also help the NCSC understand the scams affecting New Zealanders and get scam websites taken down.

WHO IT HELPS

Individuals and small to medium businesses in New Zealand; deaf, hard of hearing, deaf-blind or speech-impaired people can contact the NCSC through NZ Relay.

Free — calling is free within New Zealand (as the service states). Note: Not an emergency line and weekday hours only — call 111 if anyone is in immediate danger or a crime is being committed.

### Employment New Zealand — call 0800 200 088 to report migrant worker exploitation (New Zealand)

https://www.employment.govt.nz/resolving-problems/migrant-exploitation

**Call 0800 200 088**

**Hours:** Mon–Fri 8.00am–5.30pm, except public holidays

WHAT IT DOES

If you or someone you know is a migrant worker being exploited — for example not paid for all hours worked, made to work excessive hours, or threatened over your visa — you can report it online or by phone. To speak in your own language, call 0800 200 088 and say the language you speak; interpreters cover over 180 languages. Reports are assessed with Immigration New Zealand.

WHO IT HELPS

Migrant workers in New Zealand and anyone worried about them; the page asks people not to be afraid to report, even if they are working unlawfully or worried about being deported. A credible report can support a Migrant Exploitation Protection Work Visa.

Free service; call costs depend on your phone plan. Note: Weekday hours only and not an emergency line — if you are in immediate physical danger, call 111 and ask for Police.

### NZ Police 105 non-emergency line — call 105 or report online, 24/7 (New Zealand)

https://www.police.govt.nz/105support

**Call 105** **From overseas +64 49 105 105**

**Hours:** 24/7 (phone and online reporting)

WHAT IT DOES

Police communicators answer 105 to take reports that do not need an urgent response, such as burglary, theft, lost property, scams, driving behaviour or someone being threatened, and pass them to the right station. Calls are recorded. If it is happening now or anyone is in danger, call 111 instead.

WHO IT HELPS

Anyone in New Zealand reporting a non-urgent crime or incident, or giving information to Police. For anonymous reports Police point to Crime Stoppers (0800 555 111).

Free. The page says 105 is 'a free nationwide service' from any mobile or landline; calls from overseas may incur international toll charges. Note: Not for emergencies (call 111); there is no text-based 105 service and 105 cannot be dialled from internet or overseas phone systems.

### Crime Stoppers New Zealand — call 0800 555 111 any time to report crime anonymously (New Zealand)

https://crimestoppers-nz.org/how-it-works/

**Call 0800 555 111** **From overseas +64 9 927 3971**

**Hours:** Any time (as the page states); online form also available

WHAT IT DOES

Trained call takers take information about a crime or suspicious behaviour without asking who you are, remove anything that could identify you, and pass a report to Police, Customs or Immigration. Calls are not traced and do not show on a phone bill. Call 0800 555 111 or use the secure online form.

WHO IT HELPS

Anyone in New Zealand with information about a crime who does not want to report it to Police directly.

Free. 'Calls to Crime Stoppers are free and don't show up on a phone bill' (as the service states). Note: Not an emergency or victim-support service (call 111 if urgent); phone calls are taken in English only, and Teams or internet calling should not be used.

### Netsafe helpline — call 0508 638 723 or text Netsafe to 4282 for online harm and scams (New Zealand)

https://netsafe.org.nz/netsafe/contact-us

**Call 0508 638 723** **Text Netsafe to 4282** **From overseas +64 9666 0840**

**Hours:** Monday to Friday, 9am–5pm

WHAT IT DOES

Netsafe's helpline takes reports of online harm and scams from New Zealanders and gives advice and support to resolve them. Call 0508 638 723 or text Netsafe to 4282. New Zealanders overseas can call +64 9666 0840.

WHO IT HELPS

Anyone in New Zealand affected by online harm or a scam, and parents, whānau or others helping them.

Free service; call costs depend on your phone plan. Note: Weekday office hours only and not an emergency service (in an emergency in New Zealand call 111).

### Foreign, Commonwealth & Development Office — call (+44) (0)207 008 5000, 24/7 (for British nationals abroad)

https://www.gov.uk/government/organisations/foreign-commonwealth-development-office

**Call (+44) (0)207 008 5000 from abroad** **Call 020 7008 5000 (from the UK)**

**Hours:** 24/7 — the FCDO says you can contact it at any time in an emergency (select option 1)

WHAT IT DOES

If you are a British national abroad and need urgent help — for example after an accident or if you have been arrested — call the FCDO at any time and select option 1. If you call through a British embassy, high commission or consulate, choose 'consular services for British nationals overseas'. In immediate danger, call the local emergency number.

WHO IT HELPS

British nationals travelling or living overseas; 020 7008 5000 is the same number dialled from within the UK.

Free service; international call charges may apply. Note: In immediate danger call the local emergency number first; the same number is also the FCDO general enquiries line (choose option 1 for emergencies).

### Report Fraud — call 0300 123 2040 to report fraud and cyber crime (England, Wales and Northern Ireland)

https://www.reportfraud.police.uk/contact-us/

**Call 0300 123 2040** **Call +44 300 123 2040 from abroad** **Textphone 0300 123 2050**

**Hours:** Phone: 24 hours per day, 7 days per week, with reduced availability 8pm–8am (as the page states)

WHAT IT DOES

Report Fraud is the national reporting centre where you tell the police about fraud, scams and cyber crime. Call 0300 123 2040 or report online; the website also has victim resources and advice on what to do next. If you live in Scotland, report to Police Scotland on 101. If someone is in immediate danger, call 999.

WHO IT HELPS

People and organisations in England, Wales and Northern Ireland affected by fraud or cyber crime; deaf or hard of hearing people can use textphone 0300 123 2050.

Free service; the page says calls are included in inclusive mobile minutes, otherwise they typically cost 35p per minute depending on your network provider. Note: Not for Scotland (use 101) and not an emergency line; calls typically cost 35p a minute if not covered by your inclusive minutes.

### Modern Slavery & Exploitation Helpline — call 08000 121 700 for advice or to report concerns (UK)

https://www.modernslaveryhelpline.org/

**Call 08000 121 700**

**Hours:** 8am–6pm, Monday to Sunday (temporarily reduced hours 'until further notice', as the page states)

WHAT IT DOES

A trained adviser gives information, advice and guidance on any modern slavery or exploitation issue, checks first that you are safe, and can help you or someone else get support, report what you have seen to police or other agencies, and plan for safety. You can stay anonymous or ask for your details to be kept confidential. Call 08000 121 700 or report online.

WHO IT HELPS

Potential victims and survivors, members of the public, frontline professionals and businesses in the UK who are worried about modern slavery or exploitation.

Free service; call costs depend on your phone plan. Note: Hours are temporarily reduced to 8am–6pm daily; call 999 if anyone is in immediate danger.

### Floodline — call 0345 988 1188 for flood warnings and advice, 24 hours (England)

https://www.gov.uk/check-flooding

**Call 0345 988 1188** **Textphone 0345 602 6340**

**Hours:** 24-hour service

WHAT IT DOES

Floodline gives current flood warnings and alerts and flood risk information by phone, as an alternative to the GOV.UK 'Check for flooding' service (river, sea, groundwater and rainfall levels and flood risk over the next five days). For surface-water or flash flooding, contact your local council.

WHO IT HELPS

People in England; the page links to separate flood services for Wales, Scotland and Northern Ireland.

Free service; 0345 numbers cost the same as calls to 01/02 numbers and may be included in call packages (GOV.UK call charges page). Note: An information line, not an emergency service; calls are charged at standard landline rates if not in your call package.

### Victim Support Scotland — call 0800 160 1985 for free support after crime (Scotland)

https://victimsupport.scot/

**Call 0800 160 1985**

**Hours:** Mon–Fri 8am–8pm; Sat–Sun 10am–4pm (phone and webchat)

WHAT IT DOES

Victim Support Scotland's free helpline offers support and information to anyone affected by crime, whatever the crime, including families bereaved by crime and witnesses. Call 0800 160 1985 or chat with the helpline online during opening hours.

WHO IT HELPS

People in Scotland affected by crime, including victims, witnesses and bereaved families.

Free (the service calls it a free support helpline). Note: Not a 24-hour or emergency service — call 999 in an emergency.

### Forced Marriage Unit — call 020 7008 0151 for help to stop or leave a forced marriage, including abroad (UK)

https://www.gov.uk/stop-forced-marriage

**Call 020 7008 0151** **Call +44 (0)20 7008 0151 from overseas** **Out of hours: 020 7008 5000**

**Hours:** Mon–Fri 9am–5pm; out of hours call 020 7008 5000

WHAT IT DOES

A trained professional gives free advice if you are trying to stop a forced marriage, need help leaving one, or think you are about to be taken abroad to marry. The FMU can help you find a safe place to stay and stop a UK visa you were forced to sponsor, and works with embassies to help British nationals taken abroad. Call 999 in an emergency.

WHO IT HELPS

Anyone in the UK at risk of, or in, a forced marriage, and people worried about someone who has been taken abroad to be married. If you are already abroad, contact the nearest British embassy.

Free advice; call costs depend on your phone plan (international charges may apply from overseas). Note: Office hours on weekdays (out-of-hours via the FCDO switchboard); call 999 in an emergency.

### Missing People helpline — call or text 116 000, every day, for people missing or worried about someone (UK)

https://www.missingpeople.org.uk/talk-to-us

**Call 116 000** **Text 116 000**

**Hours:** Every day: calls 10am–5pm; texts 10am–10pm; online chat 5:30pm–10pm; email replies within 24 hours

WHAT IT DOES

Highly trained staff and volunteers discuss your options and try to get you the support you need, with emotional support every day for as long as someone is missing. Call or text 116 000 — even with no credit on your mobile; interpreting via Language Line. If you are worried about a missing person's safety, the page says to contact the police first (999 if urgent, or 101).

WHO IT HELPS

People who are missing or thinking of going missing, and families and friends who are worried about someone.

Free (the page says the helpline is free and you can call or text with no credit). Note: Not an emergency service; the page says hours may change or close at short notice due to capacity.

### Crimestoppers — call 0800 555 111 to report crime 100% anonymously, 24/7 (UK)

https://crimestoppers-uk.org/give-information

**Call 0800 555 111**

**Hours:** 24 hours, 7 days ('any time, day or night, any day of the year')

WHAT IT DOES

An independent charity that takes information about crime while guaranteeing your anonymity. Call 0800 555 111 or use the anonymous online form. What you share may be passed to trusted partner organisations to help keep communities and workplaces safe.

WHO IT HELPS

Anyone in the UK with information about a crime who wants to stay anonymous.

Free service; 0800 numbers are freephone (GOV.UK lists 0800 calls as free). Note: For passing on information, not for emergencies or for support as a victim — call 999 in an emergency.

### Victim Support Supportline — freephone 08 08 16 89 111 or live chat, 24/7, after any crime (England and Wales)

https://www.victimsupport.org.uk/help-and-support/get-help/supportline/

**Call 08 08 16 89 111**

**Hours:** 24 hours, 7 days, every day of the year including Christmas (phone and live chat)

WHAT IT DOES

Trained Supportline staff listen in confidence (anonymously if you prefer), explain your rights and options, and can put you in touch with local Victim Support services for ongoing help or with specialist organisations. Call 08 08 16 89 111 or use the 24/7 live chat. Victim Support is independent of the police.

WHO IT HELPS

Anyone in England or Wales affected by crime, whether or not it was reported to the police and however long ago it happened.

Free (the page says 'call us free'). Note: England and Wales only; not designed as ongoing support or an emergency service — call 999 in an emergency.

### Police non-emergency number — call 101 for non-emergency police enquiries (UK)

https://www.police.uk/pu/contact-us/

**Call 101** **Textphone 18001 101**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Call 101 to contact the police when it is not an emergency — for example to tell them about a crime or something that does not feel right, or when you need assistance or advice. When you call, say your language or the name of your country if you need an interpreter. People with a hearing or speech impairment can use 18001 101. Call 999 if someone is in danger or a crime is happening now.

WHO IT HELPS

Anyone in the UK who needs the police but not urgently; Police Scotland and the PSNI also use 101.

Free (GOV.UK lists 101 as free from landlines and mobiles). Note: Not for emergencies — call 999. Hours are not stated on police.uk.

### Department of Foreign Affairs consular assistance — call +353 (0)1 4082000 out of hours, 24/7 (for Irish citizens abroad)

https://www.ireland.ie/en/dfa/overseas-travel/assistance-abroad/consular-assistance-charter/

**Call +353 (0)1 4082000 (out of hours)** **Call +353 (0)1 4082527 (office hours)**

**Hours:** 24/7 in Dublin: +353 (0)1 4082527 during office hours, +353 (0)1 4082000 for emergencies out of hours

WHAT IT DOES

If something goes wrong when you are abroad — a death, serious injury, detention or another emergency — the Department of Foreign Affairs can give practical advice and help, issue a temporary travel document in an emergency, contact family for you, and tell you about local legal and medical support. You can also contact your local Irish embassy or consulate.

WHO IT HELPS

Irish citizens travelling or living abroad. EU citizens can also seek consular help from other EU member states where their own country has no representation.

Free service; international call charges may apply. Note: Consular staff cannot give legal or medical advice, pay medical bills or intervene in another country's courts; in danger call local emergency services first.

### Crime Victims Helpline — freephone 116 006 or text 085 133 7711 (Ireland)

https://www.crimevictimshelpline.ie/

**Call 116 006** **Text 085 133 7711**

**Hours:** Phone: Mon–Thu 10am–7:30pm; Fri 10am–5pm; Saturday and bank holidays 2pm–4pm; Sunday closed. Online messages monitored Mon–Fri 10am–4pm (excluding bank holidays)

WHAT IT DOES

Trained staff and volunteers listen with empathy and in confidence, answer questions about the criminal justice system and your rights, and guide you to local or specialist victim support. It helps whatever the crime, whenever it happened and whether or not it was reported to the Gardaí. Freephone 116 006.

WHO IT HELPS

Anyone in Ireland affected by crime, and their friends and family; professionals working with victims can also call.

Free. The number is listed as 'Freephone 116 006'. Note: Not an emergency service (call 112 or 999 if in danger); limited hours and closed on Sundays.

### Garda Confidential Line — call 1800 666 111 to report crime anonymously (Ireland)

https://www.garda.ie/en/

**Call 1800 666 111**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

A confidential number run by An Garda Síochána for reporting crime anonymously. If a crime is happening now or there is an emergency, call 999 or 112 instead. Call 1800 666 111.

WHO IT HELPS

Anyone in Ireland with information about a crime who wants to report it anonymously.

Free service; call costs depend on your phone plan. Note: Not for emergencies (call 999 or 112); hours are not stated and it is a reporting line, not victim support.

### FTC Consumer Response Center — call 1-877-FTC-HELP (382-4357) to report scams and fraud (United States)

https://www.ftc.gov/about-ftc/contact

**Call 1-877-FTC-HELP (382-4357)**

**Hours:** Hours not stated on the service's page (the FAQ says calls in languages other than English and Spanish are taken 9am–5pm ET)

WHAT IT DOES

Report scams, fraud, bad business practices and unwanted calls to the FTC online at ReportFraud.ftc.gov, or by phone if you cannot use the website. You get next steps, and your report goes into a database used by law enforcement across the country. For identity theft, use IdentityTheft.gov.

WHO IT HELPS

Anyone in the US; Spanish speakers can report at ReporteFraude.ftc.gov, and other languages are available by phone (press 3).

Free service; call costs depend on your phone plan. Note: A reporting line, not a support or emergency service; hours are not stated on the page.

### National Center for Missing & Exploited Children — call 1-800-THE-LOST (1-800-843-5678), 24-hour call centre (United States)

https://www.missingkids.org/footer/contactus

**Call 1-800-THE-LOST**

**Hours:** 24 hours, 7 days (24-Hour Call Center)

WHAT IT DOES

NCMEC's 24-hour call centre takes reports and information about missing or exploited children. Call 1-800-THE-LOST (1-800-843-5678). Online sexual exploitation of a child can be reported at CyberTipline.org. NCMEC's mental-health and emotional support services are available only within the United States.

WHO IT HELPS

Families, carers and anyone with information about a missing or exploited child. People outside the US can also call 1-800-THE-LOST or report to the CyberTipline.

Free service; call costs depend on your phone plan. Note: If a child is in immediate danger, call 911 first (as the page advises).

### US Department of State emergencies abroad — call 1-888-407-4747 (US & Canada) or +1 202-501-4444 (overseas) (for US citizens abroad)

https://travel.state.gov/content/travel/en/contact-us/Emergencies-Abroad.html

**Call 1-888-407-4747 (from US & Canada)** **Call +1 202-501-4444 (from overseas)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

If you are a US citizen abroad and need help in an emergency, or need to report a lost or stolen passport, contact the nearest US embassy or consulate, or call the State Department in the United States: 1-888-407-4747 from the US and Canada, +1 202-501-4444 from overseas.

WHO IT HELPS

US citizens abroad who need emergency help. The page gives one number for calling from the US and Canada and another for calling from overseas.

Free service; international call charges may apply. Note: Hours are not stated on the page; it also directs you to the nearest US embassy or consulate.

### National Elder Fraud Hotline — call 833-FRAUD-11 (833-372-8311), for fraud against people aged 60+ (United States)

https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope

**Call 833-FRAUD-11 (833-372-8311)**

**Hours:** Mon–Fri 10:00am–6:00pm ET

WHAT IT DOES

A case manager helps you report fraud against anyone aged 60 or older to the right federal, state and local agencies, stays your point of contact and links you to other help. Call 833-FRAUD-11 (833-372-8311); English, Spanish and other languages. Scammers have impersonated this hotline: never give personal details or money to anyone threatening a lawsuit in its name.

WHO IT HELPS

Older adults (60+) targeted by fraud or scams, and family, carers or anyone reporting for them.

Free (the service calls itself 'a free resource' with 'personalized service at no cost to you'). Note: Weekday hours only; it helps with reporting and referrals. Call 911 in an emergency.

### AARP Fraud Watch Network Helpline — call 877-908-3360 for help with scams (United States)

https://www.aarp.org/money/scams-fraud/helpline/

**Call 877-908-3360**

**Hours:** Mon–Fri 8am–8pm ET

WHAT IT DOES

Fraud specialists, including volunteers, help you decide whether something is a scam, report it, and plan next steps if you or a loved one has been targeted, and share trusted resources. Call 877-908-3360. Translation services are available on calls. They give guidance and support, not investigation or recovery of money.

WHO IT HELPS

Anyone who has spotted a scam, is unsure whether something is a scam, or has been (or has a loved one who has been) a victim. The page does not say AARP membership is needed.

Free (AARP describes its Fraud Watch Network resources as free); call costs depend on your phone plan. Note: Guidance and support only, no investigation or case recovery; weekday hours.

### Identity Theft Resource Center (ITRC) — call or text 888.400.5530, free help after identity theft or scams (United States)

https://www.idtheftcenter.org/victim-help-center/

**Call 888.400.5530** **Text 888.400.5530**

**Hours:** 6am–5pm PST ('normal business hours'; days not stated)

WHAT IT DOES

Expert advisors give one-to-one help to victims of identity theft, fraud and scams, for example what to do after a data breach and how to freeze your credit. Call or text 888.400.5530 toll-free during business hours, or chat with an advisor on the website.

WHO IT HELPS

Anyone affected by identity theft, fraud, scams or a data breach, and people supporting a victim.

Free of charge (as the ITRC states); toll-free by phone or text. Note: Business hours only (6am–5pm Pacific); the page does not say which days.

### FEMA Helpline — call 1-800-621-3362 for disaster assistance questions (United States)

https://www.fema.gov/about/contact

**Call 1-800-621-3362**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Answers questions about your application for federal disaster assistance or your eligibility for a type of help. Call 1-800-621-3362: press 1 for English, 2 for Spanish, 3 for other languages; 711 and Video Relay Service are available. You can also apply and track your application at DisasterAssistance.gov or email AskIA@fema.dhs.gov.

WHO IT HELPS

Disaster survivors in the United States with questions about applying for, or receiving, FEMA assistance.

Free service; call costs depend on your phone plan. Note: Hours are not stated on FEMA's page (a HUD page says 7am–7pm local time, 7 days, 'until further notice'). For disaster aid questions; call 911 in an emergency.

### Cybertip.ca — call 1-866-658-9022 or report online about online sexual exploitation of children and sextortion (Canada)

https://www.cybertip.ca/en/contact/

**Call 1-866-658-9022**

**Hours:** Phone hours not stated; contact-form messages are reviewed Mon–Fri 8:30am–4pm Central Time

WHAT IT DOES

Cybertip.ca is Canada's tipline for reporting online child sexual abuse and exploitation, including shared intimate images, online luring and sextortion of young people. Report online or call toll-free 1-866-658-9022; it also supports survivors and families. If you are in crisis, call 911, Kids Help Phone or 9-8-8.

WHO IT HELPS

Young people, parents and anyone in Canada with concerns about the sexual exploitation of children online.

Free — the page lists 1-866-658-9022 as toll-free. Note: A reporting tipline, not a crisis line; phone hours are not stated.

### Emergency Watch and Response Centre (Global Affairs Canada) — call +1-613-996-8885 or text +1-613-686-3658, 24/7 (for Canadians abroad)

https://travel.gc.ca/assistance/emergency-assistance

**Call +1-613-996-8885 (from abroad)** **Call 1-800-387-3124 (Canada/US)** **Text +1-613-686-3658**

**Hours:** 24 hours, 7 days ("24/7 consular assistance")

WHAT IT DOES

Global Affairs Canada's Emergency Watch and Response Centre gives 24/7 consular help to Canadian citizens in an emergency abroad. From abroad, call +1-613-996-8885 (collect where available) or contact the nearest embassy or consulate; you can also text +1-613-686-3658 or email SOS@international.gc.ca. Calling from Canada for a Canadian abroad: 613-996-8885 or 1-800-387-3124 (toll-free from the US and Canada).

WHO IT HELPS

Canadian citizens outside Canada who need emergency help, and people in Canada calling on their behalf. TTY: 613-944-1310 or 1-800-394-3472 (toll-free from the US and Canada).

Free service; international call charges may apply (calls from abroad can be made collect where available; the page says carrier charges may apply to SMS). Note: For Canadian citizens abroad; the page says it does not provide information about immigration, permanent residence or visas.

### Canadian Anti-Fraud Centre — call 1-888-495-8501 or report online to report fraud, scams and cybercrime (Canada)

https://antifraudcentre-centreantifraude.ca/report-signalez-eng.htm

**Call 1-888-495-8501**

**Hours:** Phone: Monday to Friday, 10 am to 4:45 pm (Eastern time); closed on holidays

WHAT IT DOES

The Canadian Anti-Fraud Centre takes reports of fraud and cybercrime from victims and witnesses and shares the information with police to link cases and support investigations. Report by phone on 1-888-495-8501 or online at reportcyberandfraud.canada.ca, anonymously if you wish. It does not investigate: the page advises victims to contact their local police as soon as possible.

WHO IT HELPS

Anyone in Canada who has been a victim of, or has witnessed, fraud, a scam or cybercrime, including businesses.

Free service; the page lists 1-888-495-8501 as toll free. Note: A fraud reporting centre, not a support or crisis line; phone answered on weekdays only; local police investigate.

### Crime Stoppers — call 1-800-222-TIPS (8477) to report crime information anonymously (Canada)

https://canadiancrimestoppers.org/

**Call 1-800-222-TIPS (8477)**

**Hours:** Hours not stated on the service's page

WHAT IT DOES

Crime Stoppers lets you pass on information about an unsolved crime or suspected criminal activity without giving your name. Call 1-800-222-TIPS (8477) or use the secure online portal; an operator takes your tip, and local Crime Stoppers programs pass the information to police. Crime Stoppers is not the police, does not use caller ID or tracing, and gives each tipster a code to check on the tip and any cash reward.

WHO IT HELPS

Anyone in Canada who knows about a crime and wants to report it anonymously. In an emergency, if you are the victim of a crime or see a crime in progress, call 9-1-1 instead (as the page advises).

Free service; call costs depend on your phone plan. Note: An anonymous tip line, not a support or emergency service; hours are not stated; tips go to local Crime Stoppers programs.

### Línea 145 — call 145, free and anonymous national line to report human trafficking, 24/7 (Argentina)

https://www.argentina.gob.ar/justicia/politicacriminal/trata-de-personas/linea-nacional-gratuita-y-anonima-145

**Call 145**

**Hours:** 24 hours, 365 days a year

WHAT IT DOES

The national line to report trafficking and exploitation of people and get guidance as a possible victim or someone who suspects it. Reports go straight to the specialist prosecutors' office (Protex); emergencies go urgently to the security forces. Call 145; WhatsApp +54911-2189-5495 or email.

WHO IT HELPS

Possible victims of trafficking or exploitation, and anyone in Argentina who suspects someone is being trafficked or exploited.

Free (the line is described as 'gratuita'). Note: A reporting and guidance line; the page is in Spanish and does not state other languages.

### Ohvriabi (Victim Support) — call 116 006, free crisis line for victims of crime and violence, 24/7 (Estonia)

https://www.palunabi.ee/en/victim-support

**Call 116 006** **From abroad +372 614 7393** **Call 116 123 (emotional support)**

**Hours:** 116 006: 24/7. 116 123 emotional support line: every day 10am–midnight

WHAT IT DOES

Crisis counsellors give round-the-clock support, explain your rights and options and connect you with the right specialists after a crime, violence, neglect or the loss of a loved one in a crime or accident. Call 116 006 (from abroad +372 614 7393) or use the web chat. The same service runs an emotional support line, 116 123.

WHO IT HELPS

Victims of crime, violence, neglect or mistreatment in Estonia, people bereaved by a crime or accident, and anyone reporting someone who may need help.

Free, and anonymous if you wish (as the service states). International charges apply from abroad. Note: Calls to the helpline are recorded (as the service states). Support is in Estonian, Russian and English.

### France Victimes 116 006 — free national victim-support line for any crime, accident or violence, 9am–7pm every day (France)

https://www.france-victimes.fr/index.php/accueil/espace-aide-aux-victimes-2

**Call 116 006**

**Hours:** Every day of the year 9am–7pm; outside these hours you can leave your number for a call back

WHAT IT DOES

Advisers listen, explain your rights and put you in touch with the nearest of about 130 local victim-support associations across mainland and overseas France. Call 116 006 or email victimes@116006.fr; outside opening hours an anonymous message system lets you leave a number to be called back.

WHO IT HELPS

Anyone who has been a victim — of physical, sexual or psychological violence inside or outside the family, a road accident, theft, a scam or any other offence — and their family.

Free service and free call (as the service states). Note: Not an emergency line and not 24/7: calls are answered 9am–7pm, and outside these hours you can leave your number for a call-back.

### Línea y Chat Nacional contra la Trata de Personas — call or WhatsApp 800 5533 000, human trafficking help, 24/7 (Mexico)

https://consejociudadanomx.org/asi-te-ayudamos/junt-at-s-vs-la-trata-de-personas-6271c7545ecab

**Call 800 5533 000**

**Hours:** 24 hours, 7 days

WHAT IT DOES

A national line to report human trafficking and get help as a victim or witness. The team coordinates with federal, state and local authorities and civil organisations to help victims and witnesses, free and in confidence. Call or WhatsApp 800 5533 000.

WHO IT HELPS

Victims and witnesses of human trafficking or forced labour in Mexico, including people worried about a job offer that seems too good to be true.

Free (the page says help is given 'gratis, de manera confidencial y 24/7'). Note: The page is in Spanish and does not state other languages.

### ScamShield Helpline — call 1799, 24/7 anti-scam helpline (Singapore)

https://www.scamshield.gov.sg/about-scamshield/what-is-scamshield/

**Call 1799**

**Hours:** 24 hours, 7 days

WHAT IT DOES

Call if you are unsure whether a message, call or offer is a scam. Operators help you check potential scams and advise how to protect yourself from fraud at any time of day. The ScamShield website also explains what to do if you have been scammed, and you can send scam questions to helpline operators by online chat.

WHO IT HELPS

Anyone in Singapore who is worried about a possible scam.

Free service; call costs depend on your phone plan.

## Worldwide Helpline Directories — When Your Country Isn't Listed

### Find A Helpline — free directory of verified helplines you can call, text or chat with, searchable by country and topic (worldwide)

https://findahelpline.com/

**Hours:** Directory website; each helpline's own hours are shown in its listing

WHAT IT DOES

A free online directory, not a helpline itself. Choose your country and what you need help with — such as suicidal thoughts, abuse, anxiety, grief or substance use — and it lists free, confidential helplines you can phone, text or chat with. ThroughLine says partner helplines verify their details directly and the data is maintained daily.

WHO IT HELPS

Anyone, anywhere, looking for a free helpline — especially useful when travelling or living somewhere you do not know the local numbers. Friends and carers can use it to find support for someone else.

Free to use. The helplines it lists are described as free; call costs depend on your phone plan. Note: A directory, not a crisis service — in immediate danger call your local emergency number. The page gives two coverage figures (130+ and 175+ countries).

### Child Helpline International — find your country's child helpline in a directory of 150+ member helplines (worldwide)

https://childhelplineinternational.org/helplines/

**Hours:** Directory website; each child helpline sets its own hours

WHAT IT DOES

A list of member child helplines grouped by region — Africa, the Americas and Caribbean, Asia-Pacific, Europe, and the Middle East and North Africa. Child helplines listen to children and young people, offer counselling and are often their first link to child-protection services. Several members, especially in Europe, use the number 116 111.

WHO IT HELPS

Children (18 and under), young people (25 and under) and adults worried about a child, in any of the 130+ countries and territories with a member helpline.

Free to use. Call costs for each helpline are set locally — check the helpline's own page. Note: A directory, not a helpline; not every country has a child helpline, and each member's number is on its own website.

### WAVE Find Help — database of national women's helplines and about 1,440 specialist violence services in 46 European countries

https://wave-network.org/find-help/

**Hours:** Online database; each service sets its own hours

WHAT IT DOES

A searchable map and list of national women's helplines in 46 European countries and around 1,440 women's specialist services, such as shelters, counselling centres and helplines. WAVE's Information Centre also answers cross-border requests from survivors and the people supporting them, referring them to services in the right country.

WHO IT HELPS

Women and girls experiencing violence anywhere in Europe, and friends, family or workers helping them find local support.

Free to use. Note: A directory, not a helpline; map pins may not show a service's real address, and the page gives two different service totals.

03

# Support After Abuse — Help for Every Survivor, of Every Age and Background

SUPPORT AFTER ABUSE

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# Support After Abuse — Help for Every Survivor, of Every Age and Background

**If you are in danger right now, call your local emergency number** — 000 in Australia, 111 in New Zealand, 999 or 112 in the UK, 112 or 999 in Ireland, 112 across the European Union, 911 in the US and Canada. Free helplines for violence and abuse, open day and night, are in chapter 02 (Helplines & Crisis Lines). This chapter gathers 152 services and tools for anyone who has experienced abuse — domestic and family violence, coercive control, sexual violence, child abuse, abuse in institutions, elder abuse, abuse of people with disability, financial abuse, stalking and image-based or online abuse, forced marriage and trafficking — and for the people supporting them: ways to find local services and plan for safety, specialist help for women, men, children, older people, people with disability, LGBTQIA+ people, First Nations peoples and migrants, legal help and compensation, counselling and peer support, and practical help such as refuges and care for pets. They are run by governments, national services and long-established charities. Each listing says who it is for, where it works and what it costs, as the service states it. Every listing was found on the service's own website, checked again independently, and opened a third time before it was added (October 2026). If someone may be checking your phone or computer, the technology-safety guides in this chapter explain how to browse more safely, and the Quick exit button leaves this site at once. Each listing links to the service's own website, which has its latest details.

## Start Here — Recognising Abuse, Safety Planning & Finding Local Services

### 1800RESPECT Service Directory — search for local domestic, family and sexual violence services (Australia)

https://1800respect.org.au/services

WHAT IT DOES

A free national online directory of services for people affected by domestic, family and sexual violence, including specialist services, crisis helplines, housing, legal, health and financial help. Search by category (for example Legal, Housing or Workplace Sexual Harassment), keyword and state. If you can't find the right service, a 1800RESPECT counsellor can help on 1800 737 732.

WHO IT HELPS

People experiencing domestic, family or sexual violence anywhere in Australia, the friends and family supporting them, and frontline workers.

Free (as the service states).

### Daisy app (1800RESPECT) — free app to find local support services without leaving browser history (Australia)

https://1800respect.org.au/daisy

WHAT IT DOES

Daisy is a free app from 1800RESPECT that lists support services near you. Choose the type of service you need (for example legal services or Aboriginal and Torres Strait Islander services) and your state to see opening times, contact details and what each service offers. Service websites open inside the app, so they won't show up in your browser history.

WHO IT HELPS

People in Australia experiencing violence or abuse, and the people supporting them, who use an iPhone or Android phone.

Free to use and download (as the service states).

### The Orange Door — free family violence and family wellbeing support, no referral needed (Victoria, Australia)

https://www.orangedoor.vic.gov.au/

**WHAT IT DOES**

The Orange Door helps people who are experiencing or using family violence, and families who need support with the care and wellbeing of children and young people. Staff listen and connect you with the help you need, and Aboriginal and Torres Strait Islander people can choose to be supported by an Aboriginal Community-Controlled Organisation worker. Find your nearest location or after-hours support on the website.

**WHO IT HELPS**

People in Victoria of any age, gender, sex, sexuality, culture, religion or ability who feel unsafe at home or in a relationship, children and young people, and people worried about someone.

Free, and you don't need a referral (as the service states). Note: Victoria only. In danger now, call 000.

### Family Violence Information Disclosure Scheme (NZ Police) — ask about a partner's history of family violence (New Zealand)

https://www.police.govt.nz/advice-services/family-violence-help-and-support/family-violence-information-disclosure-scheme

**WHAT IT DOES**

If you are worried about your safety, you can ask New Zealand Police about a partner's history of family violence to help you make decisions about your safety and your relationship. A parent, friend or other concerned person can also apply. Use the online FVIDS form, visit a police station or call 105. Each request is considered case by case and not every request leads to a disclosure.

**WHO IT HELPS**

Anyone in New Zealand with concerns about their safety in a relationship, and concerned third parties such as a parent or friend. You do not need to be experiencing violence right now to ask.

No fee is mentioned (a New Zealand Police service). Note: Police decide case by case and may not share information. In an emergency call 111.

### Family Services Directory (Ministry of Social Development) — search family violence and family support services (New Zealand)

https://www.familyservices.govt.nz/directory/

**WHAT IT DOES**

A searchable government database of family support organisations across New Zealand. Choose the Family Violence category, or others such as Legal / Civil Services, Basic Needs, Older People or Ethnic Services, and your region to find local providers and how to contact them.

**WHO IT HELPS**

Anyone in New Zealand looking for help with family violence or other family problems, and people supporting them.

Free to search; no fee is mentioned.

### Women's Aid Directory — find local domestic abuse and violence against women services (UK)

https://womensaid.org.uk/information-support/womens-aid-directory/

**WHAT IT DOES**

A searchable directory of local, regional and national services specialising in violence against women and girls, including domestic abuse, sexual violence, forced marriage and stalking/harassment. Search by area; each listing gives the service's website and referral email. It also lists by-and-for services for Black and minoritised, d/Deaf and disabled, and LGBT+ survivors.

**WHO IT HELPS**

Women experiencing abuse, and people supporting them. Services for men appear only where the same service also supports women.

No charge to search the directory (no fee is mentioned).

### Bright Sky — free app and website to spot abuse and find support (UK)

https://www.hestia.org/brightsky

**WHAT IT DOES**

A free app (Apple App Store and Google Play) and website for anyone affected by domestic abuse. It has short questions to assess the safety of a relationship, information on the signs of abuse, guidance on what support is available, tips for safely supporting a friend, family member or colleague, and a directory of specialist local services. Available in English, Welsh, Polish, Punjabi and Urdu.

**WHO IT HELPS**

Anyone experiencing domestic abuse, or anyone worried about a friend, family member or colleague, in the UK.

Free (as the service states: 'The Bright Sky app is free to use').

### Safe Ireland — find your local domestic violence support service and refuge (Ireland)

https://www.safeireland.ie/find-help/where-to-find-help/

**WHAT IT DOES**

Lists the 38 independent domestic violence services in towns across Ireland, by county. Local services offer emotional support, counselling and advice, help to find safe accommodation, support when going to court and help with applying for protection orders. If you are unsure which service is nearest, Safe Ireland can give you contact details (01 5783001).

**WHO IT HELPS**

Women experiencing domestic violence anywhere in Ireland, and family members or friends worried about someone's safety.

Free (as the service states: 'Services are free, confidential* and available to all women'). Note: The local services listed are for women; services follow Children First guidelines, so disclosures about child abuse may have to be reported.

### DomesticShelters.org — searchable directory of domestic violence shelters and programs (United States and Canada)

https://www.domesticshelters.org/

**WHAT IT DOES**

Search by location for domestic violence shelters, programs and hotlines, and filter by services and language. The site also has a large free library of articles, safety-planning guides and webinars for survivors, and a link to a global directory for help outside the US and Canada.

**WHO IT HELPS**

People experiencing domestic violence in the United States and Canada, and family, friends and professionals helping them.

Free (the site describes itself as a 'free searchable directory' and 'a free public service').

### OVC Directory of Crime Victim Services — search for local victim services (United States)

https://ovc.ojp.gov/directory-crime-victim-services

**WHAT IT DOES**

A US Government directory of thousands of non-emergency victim service programs. Filter by location, type of victimisation and service provided to find local help such as advocacy, counselling and legal support, in the United States and some other countries.

**WHO IT HELPS**

Victims of any crime, including domestic violence, sexual assault, elder abuse and trafficking, and the people supporting them.

Free to search (US Government website; no fee is mentioned on the page); the listed programs set their own terms. Note: Listings are supplied by the programs themselves and are not endorsed by OVC; for emergencies call 911.

### Victim Services Directory — find victim services near you (Canada)

https://www.justice.gc.ca/eng/cj-jp/victims-victimes/vsd-rsv/index.html

**WHAT IT DOES**

A federal directory of victim service providers across Canada. Search by postal code, region, type of victimisation (such as domestic abuse, sexual assault or forced marriage) and type of service, or browse the map or the full listing.

**WHO IT HELPS**

Victims of crime anywhere in Canada, their families, and people helping them find local services.

Free to search (Government of Canada website; no fee is mentioned on the page); each listed service sets its own terms. Note: A directory, not a support service; in danger call 9-1-1. The page warns of fraudsters pretending to be from the Department of Justice.

### Signal for Help — a silent hand signal to ask for help, and a free responder course (Canada)

https://canadianwomen.org/signal-for-help/

**WHAT IT DOES**

Explains the one-handed Signal for Help gesture that a person experiencing abuse can use on a video call or in other situations, without leaving a digital trace, and what to do if you see it. Offers a free self-paced Responder mini-course, a downloadable action guide and a podcast.

**WHO IT HELPS**

People experiencing gender-based violence, and friends, family, colleagues and bystanders who want to know how to respond safely.

Free (the Responder mini-course is described as 'free and flexible'). Note: An awareness and education tool, not a support service; if someone is in immediate danger call 911.

### Dinutvei.no — national guide to help after violence and sexual abuse, with anonymous questions (Norway)

https://dinutvei.no/

**WHAT IT DOES**

Norway's national guide to violence in close relationships, rape and other sexual abuse. It gives quality-checked information (including on psychological violence, stalking, online abuse, negative social control, honour-based violence and forced marriage), your legal rights, a list of help services near you, and an anonymous question service.

**WHO IT HELPS**

People in Norway who have experienced violence or sexual abuse, those close to them, and professionals who meet them.

No charge is mentioned; it is a public website and questions can be asked anonymously.

### Lila.help — directory of vetted gender-based violence helplines and support organisations (Worldwide)

https://lila.help/

**WHAT IT DOES**

A global directory run by the Global Network of Women's Shelters. Search by your location, postcode or city to find gender-based violence helplines and NGOs in almost every country; the site is in 17 languages and has an emergency exit button. Every organisation is checked before it is added.

**WHO IT HELPS**

Women and girls (and people helping them) experiencing harassment, rape, sexual abuse, physical or psychological violence, anywhere in the world.

Free to search online; no fee is mentioned on the site. Note: Lila.help says its database is a work in progress, so some countries may have few or no listings; the services listed focus on women and girls.

## Women

### Scottish Women's Aid — find your nearest local Women's Aid group (Scotland)

https://womensaid.scot/find-nearest-wa-group/

**WHAT IT DOES**

Search by postcode to find your local Women's Aid group in Scotland, with address, phone, email and opening hours. Local groups can offer temporary refuge accommodation, 1:1 support and counselling, safety planning, court support and advocacy, support for children and young people, and recovery programmes.

**WHO IT HELPS**

Women, children and young people in Scotland affected by domestic abuse, and those who support them.

Free (as the service states: the network 'offers free and confidential expert, direct support to women and children experiencing domestic abuse'). Note: For women, children and young people; some groups in the finder are marked as not affiliated to Scottish Women's Aid.

### Women's Aid Federation Northern Ireland — local Women's Aid groups (Northern Ireland)

https://www.womensaidni.org/get-help/local-groups/

**WHAT IT DOES**

Contact details for the seven local Women's Aid groups across Northern Ireland, which deliver specialised support services to women and children who have experienced domestic abuse; contact them for support, information and emergency accommodation. Groups are open Monday to Friday, 9am to 5pm; Belfast & Lisburn Women's Aid also runs a weekday webchat.

**WHO IT HELPS**

Women, children and young people in Northern Ireland who have experienced domestic abuse.

The site does not state whether there is a fee — ask when you contact them. Note: Groups are open weekdays 9am–5pm (out of hours, use the 24-hour Domestic and Sexual Abuse Helpline); the site does not state whether there is a fee — ask when you contact them.

### FLOWS (Finding Legal Options for Women Survivors) — free legal advice on protective court orders (England and Wales)

https://www.flows.org.uk/

**WHAT IT DOES**

A legal support service for women experiencing domestic abuse who want protection through the family court. FLOWS gives free legal advice by phone or email on the best steps to take and the likelihood of success, links you with vetted local advisers, and offers 'FLOWS Answers' for questions about reporting to the police. Contact the team by phone, email or the online form, weekdays 9am–5pm.

**WHO IT HELPS**

Women and girls in England and Wales who have experienced domestic abuse. Front-line professionals supporting survivors can also use it.

Free (as the service states: 'We provide free legal advice over the telephone or email'). Note: Women and girls only; available weekdays 9am–5pm.

### Luke's Place — family court support and a free legal clinic for women leaving abuse (Ontario, Canada)

https://lukesplace.ca/for-women/

**WHAT IT DOES**

Free family-court support, safety planning and court accompaniment for women in Durham Region, plus a Legal Clinic open to women across Ontario that gives free advice from a family lawyer by phone or video. Its FamilyCourtAndBeyond.ca site and workbook help women anywhere prepare for family court.

**WHO IT HELPS**

Women aged 16 and over (including trans and Two-Spirit women) who have left or are leaving an abusive partner and are dealing with family law; in-person services are for Durham Region.

Free ('All our services for survivors are free, including free language interpretation'). Note: In-person support is for Durham Region only; the Legal Clinic is Ontario-wide. Give a safe number and time before they call back.

### Casa da Mulher Brasileira — police, courts, legal aid and support for women in one 24-hour centre (Brazil)

https://www.gov.br/mulheres/pt-br/acesso-a-informacao/acoes-e-programas/casa-da-mulher-brasileira

WHAT IT DOES

Integrated centres where a woman facing violence can find, in one place: reception and assessment, psychosocial support, a women's police station, specialist courts, the public prosecutor, the public defender, help towards financial independence, a children's play area, short-stay shelter (up to 24 hours) for women at imminent risk, and transport to other services. They work 24 hours a day, every day.

WHO IT HELPS

Women in Brazil experiencing any form of violence, with their children (aged 0–12 can be cared for during appointments).

No fee is mentioned on the Ministry of Women page (public services). Note: Only available in cities that have a Casa da Mulher Brasileira unit.

### CIDFF — free legal information and support for women facing violence, 98 centres (France)

https://fncidff.info/lutte-contre-les-violences-sexistes-et-sexuelles/

WHAT IT DOES

Women's and family rights information centres (CIDFF) give free, confidential legal information, psychological and/or social support, and referral for every form of violence — physical, sexual, psychological, economic and cyber. They also support women using protection measures such as protection orders. Use 'Trouver mon CIDFF' to find your local centre.

WHO IT HELPS

All women and gender minorities who experience violence in mainland France and overseas, whatever their age, nationality, immigration or social status, income or where they live.

Free (as stated: 'de manière gratuite et confidentielle'). Note: For women and gender minorities only. Help is given at your local CIDFF and its drop-in sessions (permanences) — find yours with "Trouver mon CIDFF".

### D.i.Re — find a women-run anti-violence centre or shelter, region by region (Italy)

https://www.direcontrolaviolenza.it/i-centri-antiviolenza/

WHAT IT DOES

Find the nearest of D.i.Re's anti-violence centres, region by region. The centres offer phone support, face-to-face meetings, psychological and legal advice, support groups, help with work, and secret-address shelters (case rifugio) for women and their children. D.i.Re also runs an anonymous, free webchat, Monday–Friday 11:00–15:00 (not on public holidays).

WHO IT HELPS

Women in Italy experiencing male violence, and their children.

Generally free (as D.i.Re states), with an income-based contribution to costs in shelters. Note: For women and their children. Shelters may ask for a contribution based on income.

### Aman Centre — free protection, counselling and temporary shelter for women and children (Qatar)

https://www.aman.org.qa/en/faq

WHAT IT DOES

Aman protects and rehabilitates women and children who have experienced violence or family breakdown. It offers social, psychological and legal counselling, rehabilitation sessions, temporary shelter when needed, and help to rejoin family and community. Contact its 24-hour 919 hotline (several languages), visit the centre, or be referred by hospitals, prosecutors or police.

WHO IT HELPS

Women and children in Qatar — citizens and residents — affected by violence or family breakdown.

Free (as stated: 'the Aman Centre extends its services free of charge to all citizens and residents in the State of Qatar'). Note: Office hours are 7:30am–2pm, while the 919 hotline is 24 hours. Parts of the website are in Arabic only.

## Men

### SAMSN Eight-week Support Groups — free groups for male survivors of child sexual abuse (Australia)

https://samsn.org.au/survivors/support-for-survivors/eight-week-support-groups/

**WHAT IT DOES**

Two-hour sessions over eight weeks for men who were sexually assaulted as boys or adolescents, facilitated by two experienced professionals, with topics from 'Getting started' to 'Moving forward with hope'. Register by calling 1800 472 676 or with the online form; a facilitator does a phone or Zoom assessment first. Afterwards you can join monthly online drop-in meetings, and SAMSN can lend an iPad for online groups.

**WHO IT HELPS**

Any male who was sexually assaulted during childhood. SAMSN's 2026 groups are listed as NSW (Online) and in person in Parramatta, Newcastle and Erskineville.

Free — 'There is no cost to participants to attend' (as the service states). Note: Waitlists apply — the page says the current wait is about 6 months. 2026 groups are NSW online or in Parramatta, Newcastle and Erskineville; ask SAMSN if you live in another state.

### ManKind Initiative — Oak Book directory of support services for male victims of domestic abuse (UK)

https://mankind.org.uk/help-for-victims/directory/

**WHAT IT DOES**

A searchable directory of domestic abuse support services for men across the UK, with filters to find local support. The same section has information on types of domestic abuse, what you can do, legal support and emergency housing for men.

**WHO IT HELPS**

Men experiencing domestic abuse in the UK, and family, friends and colleagues worried about a man.

No charge to search the directory (no fee is mentioned). Note: ManKind states it is not responsible for the quality of support provided by organisations in the directory.

### SurvivorsUK — chat, groups and counselling for male and non-binary survivors of sexual violence (UK)

https://www.survivorsuk.org/ways-we-can-help/

**WHAT IT DOES**

Runs the National Male and Non-binary Survivors Helpline by webchat, WhatsApp and SMS (12pm–8pm every day) and phone (weekdays 10am–midday), plus group work for anyone in the UK, mostly online. People living in London can also get individual counselling, an Independent Sexual Violence Advisor (ISVA) and a case worker. Outside London, online counselling in England and Wales is arranged with partners via 1in6.

**WHO IT HELPS**

Men, boys, trans and non-binary people who have experienced sexual abuse at any time in their lives, and their families, friends and allies.

Counselling and the ISVA service are stated as free ('we do not charge for counselling sessions'); no charge is mentioned for the helpline or group work. Note: Counselling, ISVA and case worker services are only for people living in London (ISVA also if the abuse happened in London); group work is for ages 18+.

### 1in6 — free weekly online support groups for male survivors of sexual abuse or assault (United States)

https://1in6.org/support-group-chat

**WHAT IT DOES**

Text-based online groups, facilitated by a counsellor, for men who have had unwanted or abusive sexual experiences in childhood or adulthood. Groups run Monday to Friday, are capped at 10 people, and you join anonymously with a display name; no audio or video.

**WHO IT HELPS**

Men aged 18 and over who have experienced sexual abuse or assault. The wider 1in6 site also supports family, friends and partners.

Free ('Groups are cost-free'). Note: Peer support, not therapy or a crisis service; groups follow US Eastern time and are not held on some holidays.

## Children & Young People

### Bravehearts Brave Beginnings — counselling for children and families affected by child sexual abuse (South East Queensland, Australia)

https://bravehearts.org.au/get-help/children-young-people-families/counselling/

**WHAT IT DOES**

Psychologists, social workers and counsellors help children and young people affected by child sexual abuse, and their non-offending family members, manage the trauma using evidence-based approaches. The service also sees children under 12 with harmful sexual behaviour. Parents, carers, schools, GPs and agencies can refer using the online form or by calling 1800 272 831.

**WHO IT HELPS**

Children and young people affected by child sexual abuse, and their non-offending parents, partners and siblings, who live in eligible South East Queensland catchment areas.

Free for eligible children, young people and non-offending family members in South East Queensland; a fee-for-service option is offered to people who are not eligible (as the service states). Note: Listed SEQ catchments only. Waitlists are marked closed for Beenleigh & Redlands and the Gold Coast; North Brisbane & Moreton Bay (Strathpine) is not. If a child is in immediate danger, call 000.

### Australian Centre to Counter Child Exploitation — report online grooming, sextortion and child sexual abuse material (Australia)

https://www.accce.gov.au/report

**WHAT IT DOES**

Report suspected online grooming or inappropriate contact with a child, live streaming or sharing of child sexual abuse material, and coercing or blackmailing children for sexual purposes, including sexual extortion. No information is too small, and police will not blame or criticise you for being a victim. The page also links to eSafety and ReportCyber for related reports, and to support services.

**WHO IT HELPS**

Anyone worried about online child sexual exploitation where the offender or the victim is in Australia, including young people themselves, parents and carers.

No fee is mentioned (a police reporting service). Note: If a child is in immediate danger call 000. Report physical or historical child sexual abuse to state or territory police.

### CEOP Safety Centre — report online sexual abuse or grooming of a child to the police (UK)

https://www.ceop.police.uk/Safety-Centre/

**WHAT IT DOES**

A secure online way to report online sexual abuse or grooming, such as someone asking for nude images, threatening to share images, or pressuring a young person to live-stream or meet. One of CEOP's experienced Child Protection Advisors will make sure you get the help you need. The site has separate information for young people and for adults worried about a child.

**WHO IT HELPS**

Children and young people worried about something that has happened online, and parents, carers or other adults worried about a child.

No charge is mentioned (reporting is a police service). Note: CEOP cannot respond to reports about bullying, fake accounts or account hacking; in immediate danger call 999.

### Report Remove (Childline and Internet Watch Foundation) — get nude images of yourself removed from the internet, under 18s (UK)

https://www.iwf.org.uk/our-technology/report-remove/

**WHAT IT DOES**

Lets young people confidentially report sexual images or videos of themselves so they can be removed from the internet. You start on Childline's Report Remove page, choose your age range, create a Childline account for updates, and the report is handled by the Internet Watch Foundation. A Childline counsellor is available if you want extra support.

**WHO IT HELPS**

Young people under 18 in the UK whose nude or sexual images or videos have been, or may be, shared online.

Free (as the service states: 'Report Remove is safe, easy and free'). Note: Under 18s only; you need a Childline account and identity is verified through Yoti.

### Tusla — how to report a concern about a child to the Child and Family Agency (Ireland)

https://www.tusla.ie/children-first/parents-and-guardians/how-do-i-report-a-concern-about-a-child/

**WHAT IT DOES**

Explains when and how to tell Tusla if you have reasonable grounds for concern that a child may have been, is being, or is at risk of being abused or neglected. You can report in person, by phone or in writing to the local social work duty service where the child lives, or ring first to discuss the concern informally. The page lists what information to give.

**WHO IT HELPS**

Parents, guardians and any member of the public in Ireland who is worried about a child.

No charge is mentioned (state child protection service). Note: You do not need proof, only reasonable grounds; Tusla says it cannot guarantee confidentiality but generally will not reveal who reported without permission.

### Stop It Now! — confidential help for adults worried about child sexual abuse (United States)

https://www.stopitnow.org/get-immediate-help

**WHAT IT DOES**

Trained helpline counsellors answer questions from anyone worried about a child's safety or about someone's sexual behaviour towards children, by phone (1.888.PREVENT), email or chat. There is also an interactive Online Help Center and an 'Ask Now!' advice column.

**WHO IT HELPS**

Parents, family members, survivors, professionals and anyone with a concern about child sexual abuse. Young people aged 14–21 are directed to its youth service, WhatsOK.

Free ('free, confidential, and direct support'). Note: Helpline counsellors are not therapists and do not provide ongoing counselling; if a child is in danger now, call 911.

### Family and Child Protective Services Units — social work help for child abuse and domestic violence (Hong Kong)

https://www.swd.gov.hk/en/pubsvc/family/cat_familyandc/familyandc/index.html

**WHAT IT DOES**

Social Welfare Department units that protect children who have been harmed or maltreated and help spouses or cohabitants harmed by domestic violence. They handle enquiries and referrals, carry out outreach, investigation (jointly with police for suspected child abuse), statutory protection and casework, and refer to psychological, child care and refuge services.

**WHO IT HELPS**

Children who are or have been harmed or maltreated, people harmed by or affected by domestic violence, and their family members in Hong Kong; contact the unit covering your home address.

No fee is mentioned on the Social Welfare Department page (government service).

## Adult Survivors of Childhood & Institutional Abuse

### National Redress Scheme — payment, counselling and an apology for institutional child sexual abuse; applications close 30 June 2027 (Australia)

https://www.nationalredress.gov.au/

**WHAT IT DOES**

The Scheme acknowledges that many children were sexually abused in Australian institutions. An offer of redress can include a payment, confidential and culturally safe counselling, and a direct personal response such as an apology from the institution. Apply on a paper form or online through myGov; free Redress Support Services and knowmore can help before you apply.

**WHO IT HELPS**

People who were sexually abused as children in Australian institutions. Eligibility rules apply — check them with the Scheme, knowmore or a Redress Support Service.

No application fee is mentioned; government-funded Redress Support Services give free practical and emotional support (as the Scheme states). Note: DEADLINE: applications close 30 June 2027 (open now — the Scheme says applications can be made any time before that date). Get free help early from knowmore (1800 605 762) or a Redress Support Service.

### Knowmore Legal Service — free legal advice and financial counselling for survivors of child sexual abuse (Australia)

https://knowmore.org.au/services/legal-advice/

**WHAT IT DOES**

Knowmore's lawyers advise survivors of child sexual abuse about redress, compensation, civil claims, victims support schemes, getting documents and speaking out, and help Stolen Generations survivors with the WA and Territories redress schemes. Support workers, financial counsellors and Aboriginal and Torres Strait Islander engagement staff work with the lawyers. Free call 1800 605 762, Monday to Friday 9am–5pm.

**WHO IT HELPS**

Victim-survivors of childhood sexual abuse anywhere in Australia, including people considering a National Redress Scheme application or offer, and Stolen Generations survivors.

Free and confidential (as the service states).

### Find & Connect Support Services — records, family tracing and counselling for people who grew up in children's Homes (Australia)

https://www.findandconnect.gov.au/support-services/

**WHAT IT DOES**

Find & Connect support services help people who spent time in an orphanage or children's Home to get personalised support and counselling, obtain their personal records where possible, understand why they were placed in care, and reconnect with family. Freecall 1800 16 11 09 (Monday to Friday, 9am–5pm) puts you through to the service in your state or territory, or use the online form.

**WHO IT HELPS**

People who were in an orphanage, children's Home or other out-of-home care in Australia between 1920 and 1990, and their families.

Freecall number; no fees are mentioned for the support services. Note: Only for people in care in Australia between 1920 and 1990 and their families. Find & Connect does not hold records itself.

### NAPAC — free booklets for adult survivors of childhood abuse and their supporters (UK)

https://napac.org.uk/project_category/booklets/

**WHAT IT DOES**

A series of short booklets for adult survivors of any form of childhood abuse, free to download and also available in audio. Titles include 'Was it really abuse?', 'It wasn't your fault', 'You are not alone', 'Healing at your pace', 'Male survivors', 'A guide to disclosure', and Easy Read versions such as 'Disability and abuse'.

**WHO IT HELPS**

Adults who experienced any form of abuse in childhood, and the people who support them.

Free (as the service states: booklets 'are free to download').

### Future Pathways — support for adults abused or neglected as children in care in Scotland (Scotland)

https://future-pathways.co.uk/how-we-help/who-can-get-support/

**WHAT IT DOES**

A support coordinator works with you on your own goals, such as finding local support and services, getting support for your mental health, finding your care records, training and education, and local activities. Register by freephone (0808 164 2005, weekdays 10am–4pm), email or the online form; if you email or use the form, the team will call you.

**WHO IT HELPS**

Adults (18+) who were abused or neglected under 18 in a care setting in Scotland (children's homes, foster care, boarding schools, long hospital stays, young offenders' institutions), even if they now live elsewhere.

Free (as the service states: 'Support from Future Pathways is free'). Note: Only for abuse or neglect that happened in a care setting in Scotland; there is a waiting list for full support (some help is offered while you wait).

### One in Four — psychotherapy for adult survivors of child sexual abuse (Ireland)

https://oneinfour.ie/our-services/therapy-services/

**WHAT IT DOES**

Offers individual psychotherapy (usually weekly, in its Dublin office or remotely), structured group therapy and neurofeedback therapy, delivered by qualified professionals. Family members affected by a disclosure can also get support. Get in touch by phone (01 662 4070) or the contact form.

**WHO IT HELPS**

Adults in Ireland who experienced sexual abuse as children, and their families.

Therapy costs €60 per session; low-cost options are available case by case (as the service states). Its advocacy support is free of charge. Note: Therapy is charged (€60 per session unless a lower rate is agreed) and there is a waiting list, though assessments are usually offered within a couple of weeks.

### Towards Healing — counselling for survivors of institutional, clerical or religious abuse (Ireland)

https://towardshealing.ie/services-2/

**WHAT IT DOES**

Arranges one-to-one counselling with an accredited counsellor near you (or in a nearby town for privacy), structured telephone and online counselling, and counselling for family members. Start by calling the freephone registration and information line (1800 303416 in the Republic of Ireland), which is staffed by clinicians, Tuesday to Friday 10am–4pm.

**WHO IT HELPS**

Survivors of religious, institutional or clerical abuse, including those living abroad, and their adult immediate family members (spouse, partner, parent, child or sibling).

The site does not state whether there is a fee — ask when you contact them. The registration line is freephone and the service is fully funded by the Catholic Church in Ireland. Note: Survivors get an initial 12 sessions (family members up to 20); mainly for abuse in Catholic Church settings; the site does not state whether there is a fee — ask when you contact them.

### Hilfe-Portal Sexueller Missbrauch — database of help for childhood sexual abuse (Germany)

https://www.hilfe-portal-missbrauch.de/hilfe-finden

**WHAT IT DOES**

An official database of help after sexual violence in childhood and youth: specialist counselling centres, victim support services, crisis services, therapists, clinics and legal help. Filter by type of service and by accessibility, such as wheelchair-accessible rooms or help for people with visual impairments.

**WHO IT HELPS**

Children and young people affected by sexual violence, adults who experienced it in childhood or youth, and the people supporting them, in Germany.

Free to search; no fee is mentioned. Costs depend on the service you choose — doctors, therapists and clinics are listed separately for statutory insurance and for private insurance or self-payers.

### Survivors of Incest Anonymous (SIA) — free 12-step peer meetings for adult survivors of child sexual abuse (Worldwide)

https://siawso.org/

**WHAT IT DOES**

A self-help fellowship where adult survivors of child sexual abuse by a family member or anyone who betrayed their trust meet to share and support each other. Meetings are held in person, online (including international Zoom meetings) and by phone; find one on the Meetings page.

**WHO IT HELPS**

Adults aged 18 and over who were sexually abused as children and want to recover (and who are not abusing any child). Some meetings are for specific groups.

Free ('There are no dues or fees'); voluntary contributions are invited. Note: A peer-led 12-step program with a spiritual approach, not therapy or a crisis service.

## Older People

### Compass — understand, prevent and respond to elder abuse, with links to services (Australia)

https://www.compass.info/

**WHAT IT DOES**

Compass helps older people and those who support them recognise and respond to elder abuse, including financial abuse, coercive control, guardianship and powers of attorney. It has information tailored to older women, older men, carers, LGBTQIA+ people, Aboriginal and Torres Strait Islander people and multicultural communities, an 'Am I safe and respected?' quiz, and links to service providers across Australia.

**WHO IT HELPS**

Older people in Australia, their families, friends and carers, and professionals.

Free to use online; no fee or sign-up was needed to read it.

### Seniors Rights Service — free legal advice for older people, including on elder abuse (New South Wales, Australia)

https://seniorsrightsservice.org.au/legal-services/general-legal/

**WHAT IT DOES**

Free, confidential legal advice and other help for older people on most civil legal issues, including abuse of an older person — financial, physical and emotional abuse by relatives, carers or professionals. Call 02 9281 3600 for telephone advice. Solicitors and aged care advocates travel across NSW, and there is First Nations, LGBTQ+ and multilingual support.

**WHO IT HELPS**

Older people living in New South Wales, and people making a referral for them.

Free and confidential (as the service states). Note: NSW only.

### Hourglass Community Response — local hubs supporting older people experiencing abuse (UK)

https://wearehourglass.org/community-response

**WHAT IT DOES**

Local Community Response hubs give older people who have experienced, or are at risk of, harm, abuse or exploitation specialist advice and support, including casework, advocacy and follow-up calls. The Sussex, South East London and Thames Valley hubs have Independent Domestic Violence Advocates for victim-survivors aged 60 and over. Call the Hourglass helpline (0808 808 8141), which can refer you to your hub.

**WHO IT HELPS**

Older people at risk of, experiencing or recovering from abuse, and family, friends or professionals concerned about them, in the hub areas.

The 24/7 helpline is stated as free; the site does not state whether there is a fee for hub support — ask when you contact them. Note: Hubs cover only Scotland, Northern Ireland, Sussex, five South East London boroughs and parts of the Thames Valley; the site does not say if hub support has a fee — ask.

### NAPSA Help in Your Area — how to report abuse of an older person or adult with disability to Adult Protective Services (United States)

https://www.napsa-now.org/help-in-your-area/

**WHAT IT DOES**

Select your state or territory to get the Adult Protective Services (APS) number or online form for reporting abuse, neglect or financial exploitation of older adults and adults with disability, plus local office lists where available.

**WHO IT HELPS**

Anyone worried about an older adult or an adult with disability being abused, neglected or exploited, and older people and disabled adults themselves, in all US states and territories.

No cost is mentioned; the page lists each state's APS phone line or online reporting form and says 'All calls are confidential'. Note: Age rules and how to report differ by state (some states have separate services for people under or over 60); call 911 in an emergency.

### Canadian Network for the Prevention of Elder Abuse — where to get help, by province (Canada)

https://cnpea.ca/en/what-is-elder-abuse/get-help

**WHAT IT DOES**

Guides older adults, caregivers and bystanders to help for abuse or neglect: emergency and police contacts, shelters (which also support older women), and province-by-province elder abuse lines and services. Reminds you that you can ask for information without giving your name.

**WHO IT HELPS**

Older people in Canada experiencing abuse or neglect, and concerned family, friends, caregivers and neighbours.

Free to use (charity website; no fee is mentioned). Note: CNPEA cannot give legal advice or make referrals itself; it points you to provincial and local services.

## People with Disability

### Sunny app (1800RESPECT) — free app for people with disability who have experienced violence and abuse (Australia)

https://1800respect.org.au/sunny

**WHAT IT DOES**

Sunny helps people with disability tell their story, understand what has happened, learn about different types of abuse, know their rights and find people who can help. It was co-designed with women with disability, works with screen readers on iPhone and Android, and meets WCAG 2.0 level AA. Download it free from the App Store or Google Play.

**WHO IT HELPS**

People with disability in Australia who have experienced, or are experiencing, violence and abuse.

Free to download and use (as the service states).

### Disability Advocacy Network Australia — find a free independent disability advocate in your state (Australia)

https://dana.org.au/what-is-advocacy/

**WHAT IT DOES**

DANA explains the kinds of disability advocacy and lists independent advocacy organisations in each state and territory. Advocates support a person with disability to speak up and defend their rights, and legal advocates can stand up for someone who is being discriminated against, abused or neglected. DANA does not give individual advocacy itself — contact one of the listed organisations.

**WHO IT HELPS**

People with disability anywhere in Australia, and family members or supporters who want help to advocate with them.

Free — 'advocacy support in Australia is a free service' (as DANA states).

### SignHealth Domestic Abuse and Sexual Violence Service — specialist advocates for Deaf people (England)

https://signhealth.org.uk/with-deaf-people/domestic-abuse/domestic-abuse-service/

**WHAT IT DOES**

Every person gets a dedicated worker who makes a safety and support plan and helps with housing, children, therapy and the legal system, including dealing with the police. Refer yourself online, text only (07800 003421), email da@signhealth.org.uk or use the Deaf Abuse Live Chat on the page. BSL videos and a quiz explain domestic abuse.

**WHO IT HELPS**

Deaf people experiencing domestic abuse or sexual violence in England; Deaf people in Wales can contact the service for advice or help finding local support.

The site does not state whether there is a fee — ask when you contact them. Note: Covers most of England (Cambridgeshire, Derbyshire and Nottinghamshire are signposted to local Deaf services); Wales gets advice only; the site does not state whether there is a fee — ask when you contact them.

### National Disability Rights Network — find your state Protection and Advocacy (P&A) agency (United States)

https://www.ndrn.org/about/ndrn-member-agencies/

**WHAT IT DOES**

Select your state or territory to contact its Protection and Advocacy agency, the legally based disability rights service. NDRN lists reasons to contact your P&A, including being physically harmed, sexually assaulted, or having money taken by staff in hospitals, nursing homes, schools or other residential facilities.

**WHO IT HELPS**

People with any disability in every US state and territory (and a Native American P&A in the Four Corners region), and family members or supporters.

Free to use (a directory; no fee is mentioned on NDRN's pages). The site does not say whether P&A agencies charge — ask your state P&A. Note: A directory of state agencies, not a crisis service; the site does not state whether there is a fee — ask when you contact them. In immediate danger call 911.

### Suse hilft — accessible information and local help for women and girls with disability facing violence (Germany)

https://www.suse-hilft.de/de/

**WHAT IT DOES**

Information about violence and your rights, written for women and girls with disability, including in Easy Language (Leichte Sprache) and German Sign Language videos. It covers violence in disability services and lists counselling, protection, self-help, therapy, self-defence and legal contacts, with a search for help near you.

**WHO IT HELPS**

Women and girls with disability in Germany who have experienced or fear violence, and the people who support them.

Free to read online; no fee is mentioned on the site. Note: The site says its addresses are recommendations and it takes no responsibility for the quality of the services listed.

## LGBTQIA+ People

### Say It Out Loud (ACON) — information, safety planning and a service finder for LGBTQ+ people facing abuse (Australia)

https://sayitoutloud.org.au/

**WHAT IT DOES**

A national resource for LGBTQ+ communities on sexual, domestic and family violence. It explains intimate partner violence, family violence, sexual assault and elder abuse, with a healthy-relationship quiz, safety planning and tech-abuse information, a service finder, and toolkits for friends and family. ACON also runs survivor groups and workshops in NSW, including online.

**WHO IT HELPS**

LGBTQ+ people across Australia who are experiencing or have experienced violence, their friends and family, and service providers.

Free to use online; no fee or sign-up was needed to read it.

### Galop — advocacy and support for LGBTQ+ young people facing abuse, ages 13–25 (UK)

https://www.galop.org.uk/children-young-people

**WHAT IT DOES**

Advocates work with LGBTQ+ young people experiencing abuse from family, partners, peers, adults or the community, including those homeless because of abuse. They give advice and safety planning, emotional support, help with police, social services, schools and housing, and a specialist advocate (CHISVA) for sexual violence. Under 18s refer themselves online; those 18 and over start by calling the National Helpline.

**WHO IT HELPS**

LGBTQ+ young people aged 13 to 25, including those unsure about their identity, who are experiencing or worried about abuse.

Free (as the service states: 'free, confidential and independent support'). Note: Ages 13–25 only; the page does not say which parts of the UK the young people's advocacy service covers — check when you get in touch.

### FORGE — self-help guides for transgender and non-binary survivors of violence (United States)

https://forge-forward.org/collections/self-help/

**WHAT IT DOES**

Downloadable guides written for transgender and non-binary survivors of sexual assault and other violence: a self-help guide to healing, a guide for partners and friends, a guide to choosing a therapist, a guide for support-group facilitators, and safe dating tips.

**WHO IT HELPS**

Transgender, non-binary and gender-diverse survivors of violence, and their partners, friends and support-group facilitators.

Free to download (PDFs on FORGE's site with no sign-up; no fee is mentioned). Note: Information only; the guides date from 2015–2016, so some service and resource details may be out of date.

### The Network/La Red — hotline, advocacy and support groups for LGBTQ+ survivors of partner abuse (Massachusetts, United States)

https://www.tnlr.org/en/24-hour-hotline/

**WHAT IT DOES**

A 24-hour toll-free hotline offering emotional support, safety planning, crisis intervention and referrals, with links to advocates, telephone support groups (including a BIPOC group) and a housing program. You do not have to leave the relationship to get support.

**WHO IT HELPS**

Lesbian, gay, bisexual, queer and transgender people, and people in kink and polyamorous communities, being abused by a partner, plus their friends and family.

Free ('our services are free'). Note: Based in Boston, Massachusetts, and its Safehome housing is within the state. The support-group page still mentions the pandemic, so ask the hotline which groups run now.

## First Nations & Indigenous Peoples

### Aboriginal Family Legal Services — free legal help for Aboriginal and Torres Strait Islander people facing family violence (Western Australia)

https://afls.org.au/pages/about

**WHAT IT DOES**

AFLS gives free specialist legal assistance and non-legal support to Aboriginal and Torres Strait Islander people experiencing, or at risk of, family violence and sexual assault. It helps with family violence restraining orders, family law, child protection, criminal injury compensation and redress, with offices in Perth, Pinjarra, Broome, Carnarvon, Geraldton, Kalgoorlie, Port Hedland and Kununurra.

**WHO IT HELPS**

Aboriginal and Torres Strait Islander people in Western Australia experiencing or at risk of family violence or sexual assault.

Free (as the service states). Note: Western Australia only.

### Indian Residential School Survivors Society — free cultural, emotional and crisis support (British Columbia, Canada)

https://www.irsss.ca/irsss-services

**WHAT IT DOES**

Indigenous-led counselling, cultural support from Elders, a 24/7 crisis line and help with settlement applications for Survivors of residential and day schools and their families. Request counselling with the online form; services are by phone, online and in communities across BC.

**WHO IT HELPS**

First Nations Survivors of Indian Residential Schools, Day Schools, the Sixties Scoop and related harms, Intergenerational Survivors, and families of missing and murdered Indigenous relatives in BC.

Free ('our services are free for Survivors'). Note: For First Nations families and community members in British Columbia; counselling appointments are not currently offered in person.

## Migrants, Refugees & Culturally Diverse Communities — incl. Forced Marriage & Trafficking

### Department of Home Affairs Domestic and Family Violence Support team — visa help for temporary visa holders (Australia)

https://immi.homeaffairs.gov.au/visas/domestic-family-violence-and-your-visa/how-we-can-help

**WHAT IT DOES**

Temporary visa holders experiencing domestic and family violence can contact a specialist Support team through an online form, and a Visa Support Officer will contact them. You may be eligible for the family violence provisions. The person using violence cannot cancel your visa, and Home Affairs will not refer the matter to police unless there is an immediate threat or a child must be reported.

**WHO IT HELPS**

People in Australia on a temporary visa or with an ongoing visa application who are experiencing domestic and family violence, and the legal and community services supporting them.

No fee is mentioned for contacting the Support team. Note: Not a crisis service; it helps with visa status under migration law. Home Affairs encourages you to also get independent immigration advice.

### Australian Red Cross Support for Trafficked People Program — casework for people affected by modern slavery (Australia)

https://www.redcross.org.au/migration/support-for-people-impacted-by-modern-slavery/

**WHAT IT DOES**

Intensive casework for people who have experienced human trafficking, slavery, forced labour or other modern slavery: help finding a safe place to stay, money for essentials, links to health, housing, legal, migration and employment services, and emotional support. Support lasts at least 90 days plus a transition period. Call 1800 113 015 for confidential advice, also if you're worried about someone.

**WHO IT HELPS**

Anyone in Australia who has experienced modern slavery (including forced marriage where other exploitation is present) and is referred by the Australian Federal Police or the Additional Referral Pathway run by The Salvation Army.

No cost is mentioned; the program can provide financial assistance for essentials. Note: Entry is by referral from the AFP (131 237) or The Salvation Army's Additional Referral Pathway (1800 000 277).

### Latin American Women's Rights Service (LAWRS) — violence against women support in Spanish and Portuguese (London, England)

https://lawrs.org.uk/what-we-do/

**WHAT IT DOES**

Advice, advocacy and emotional and practical support for Latin American women facing domestic abuse, sexual violence, harmful practices, stalking, harassment, trafficking or exploitation, including risk assessment, safety planning and accompaniment to statutory services. Also family and immigration law surgeries and counselling (self-referral only for now). Email referrals@lawrs.org.uk with a safe time to call back.

**WHO IT HELPS**

Latin American women aged 16 and over living in London, whatever their immigration status.

Free (as the service states: 'Our services are free, confidential and non-judgemental'). Note: London only; LAWRS cannot take cases where the last incident of violence was more than 6 months ago.

### Bawso — support for Black, minority ethnic and migrant survivors of abuse, forced marriage and trafficking (Wales)

https://bawso.org.uk/en/

**WHAT IT DOES**

Practical and emotional support for survivors of domestic abuse, sexual violence, female genital mutilation, forced marriage, honour-based violence, modern slavery and human trafficking. Services include crisis support, advocacy and advice, outreach, refuges and safe houses, and empowerment programmes. Call the free 24-hour line (0800 7318147) or use the online referral form.

**WHO IT HELPS**

Black, minority ethnic and migrant survivors of abuse or exploitation in Wales; the home page says it takes referrals from all over the UK.

The 24-hour helpline is free (as the service states: 'Call FREE 24 hours a day'); the site does not state whether there is a fee for other services — ask when you contact them. Note: Services are delivered in Wales; the site does not state whether there is a fee for services other than the helpline — ask when you contact them.

### Tahirih Justice Center — free legal and social services for immigrant survivors of gender-based violence (United States)

https://www.tahirih.org/get-help/

**WHAT IT DOES**

Free, confidential legal and social services for immigrants facing domestic violence, sexual assault, forced marriage, trafficking or female genital mutilation/cutting. Call the central line on weekdays; services are delivered from offices in five US cities (no walk-ins).

**WHO IT HELPS**

Immigrant women, girls and all survivors of gender-based violence near Atlanta, Greater Baltimore, Greater Washington DC, Houston or the San Francisco Bay Area.

Free ('We provide free and confidential legal and social services'). Note: Direct services are limited to five metropolitan areas and run Monday to Friday, 9am–5pm local time; it is not a crisis line.

### Tahirih Forced Marriage Initiative — help for people facing or fleeing forced marriage (United States)

https://preventforcedmarriage.org/get-help/

**WHAT IT DOES**

Staff discuss your rights and options, help you plan to stay safe (including before travel overseas) and connect you with local shelter, legal and counselling services. The page gives tips on contacting them safely if your phone or email may be monitored.

**WHO IT HELPS**

Anyone in the US at risk of or escaping a forced marriage, of any age, gender, immigration status, nationality, sexual orientation or religion, and people helping them.

Free (Tahirih offers 'free and confidential assistance to individuals at risk of forced marriage'). Note: Not a 24-hour line: staffed weekdays 9am–5:30pm Eastern; Tahirih's pages show two different phone numbers, so check the page or email FMI@tahirih.org.

### Asian Pacific Institute on Gender-Based Violence — directory of culturally specific programs (United States)

https://api-gbv.org/resources/directory-api-services/

**WHAT IT DOES**

A 2026 directory of about 150 US agencies with culturally specific domestic and gender violence programs for Asian, Native Hawaiian, Pacific Islander, Middle Eastern and North African survivors, plus an online database searchable by location, services and language.

**WHO IT HELPS**

Survivors from Asian, Native Hawaiian, Pacific Islander, Middle Eastern and North African communities in the US, and people helping them find culturally appropriate support.

Free to view and download (no fee is mentioned on the page); each listed agency sets its own services. Note: Information is largely self-reported by agencies and language capacity can change; contact agencies directly to confirm.

### La Strada International — map of anti-trafficking NGOs and their hotlines (Europe)

https://www.lastradainternational.org/members-lsi/

**WHAT IT DOES**

Click your country on the map to see whether a La Strada member organisation works there and to view its hotline and contact details. Members give trafficked people social, medical and legal support, shelter, reintegration and employment help, and advice by phone, some of it in foreign languages.

**WHO IT HELPS**

People who have been trafficked or exploited, or are at risk, in Europe — including migrants — and people worried about them.

Free to use the map; no fee is mentioned. La Strada says most members run a hotline, 'in some cases toll free'; the page does not state the cost of member services — ask when you contact them. Note: Covers 24 European countries only; if there is no member in your country, the page points to other anti-trafficking networks.

### KOK — specialist counselling centres and free online contact point for trafficking survivors (Germany)

https://www.kok-gegen-menschenhandel.de/hilfe

**WHAT IT DOES**

KOK's search lists specialist counselling centres for people affected by human trafficking across Germany. Its Online-Anlaufstelle Menschenhandel lets you chat or email experienced counsellors, who assess your situation and refer you to suitable help; conversations are in German and English.

**WHO IT HELPS**

People in Germany who may be affected by human trafficking or exploitation — including sexual and labour exploitation — and people helping them.

The online contact point is free (as KOK states: 'Das Angebot ist anonym und kostenlos'). The search is free to use; it does not state costs for local centres — ask when you contact them. Note: The online contact point works in German and English only; it gives a first assessment and refers you on, rather than ongoing support.

## Sexual Violence & Rape

### Australian Sexual Violence Support Directory (NASASV) — specialist sexual assault services by state and territory (Australia)

https://www.nasasv.org.au/support-directory

**WHAT IT DOES**

A state-by-state list of specialist sexual assault services with addresses, phone numbers, websites and what each offers, such as crisis care, counselling, advocacy, and support through forensic, medical and court processes. NASASV does not provide direct support itself — choose your state and contact a listed service.

**WHO IT HELPS**

People in Australia who have experienced sexual violence, recently or in the past, and the people supporting them.

Free to use; many listed services say their support is free. Note: A directory only — NASASV does not give direct support. Check contact details with the service.

### ACC Sensitive Claims (Find Support) — free therapy after sexual abuse or assault (New Zealand)

https://www.findsupport.co.nz/

**WHAT IT DOES**

ACC funds therapy for people who have experienced sexual abuse or assault — you don't need a physical injury or a police report. Use the search tool to find a therapy provider; once they lodge a claim you can have up to 14 hours of therapy and up to 30 hours of other support, such as support for family and whānau, at no cost while ACC considers your claim. Safe to talk can help you find a provider.

**WHO IT HELPS**

Anyone who has experienced sexual abuse or assault in New Zealand, including visitors, children and young people, whenever it happened; some New Zealand residents assaulted overseas.

Free — the first sessions are 'at no cost to you' (as ACC states). Note: Therapy providers may have waiting lists, and treatment beyond the first sessions needs ACC to approve your claim.

### HELP Auckland — free 24/7 helpline, therapy and court support after sexual abuse (Auckland, New Zealand)

https://helpauckland.org.nz/help-and-support/

**WHAT IT DOES**

HELP supports Aucklanders affected by sexual abuse with crisis support, counselling and psychotherapy for children, young people and adults, free justice services to help navigate the court process and restorative justice, and Poutu Pasifika services for Pasifika peoples. Call the 24/7 HELPline on 0800 623 1700 or text 8236.

**WHO IT HELPS**

People of any age, culture, ethnicity, belief or sexual orientation in Auckland who have been affected by sexual abuse, recently or long ago, and their whānau.

Free (as the service states). Note: Auckland region.

### Rape Crisis England & Wales — find your local Rape Crisis centre (England and Wales)

https://rapecrisis.org.uk/find-a-centre/

**WHAT IT DOES**

Lists Rape Crisis member centres across England and Wales with website, email and the areas each one covers. Centres provide specialist services, such as counselling and independent sexual violence advisers, to victims and survivors of all forms of sexual violence and abuse. Check the 'areas covered' section, as some areas have no member centre.

**WHO IT HELPS**

Victims and survivors of any form of sexual violence or abuse. All member centres support women, and many also support other people.

Free (as the service states: 'Rape Crisis centres are free local support centres'). Note: Some parts of England and Wales are not covered by a member centre; who each centre supports varies.

### Rape Crisis Scotland — find your local Rape Crisis centre (Scotland)

https://www.rapecrisisscotland.org.uk/help-local-rcc/

**WHAT IT DOES**

Contact details for local Rape Crisis centres across Scotland. Centres give time to talk and information about options, the law and health. All have advocacy workers who can support you if you are thinking about reporting and through the justice process; some offer young people's services, groups and therapies. You can contact any centre, even if there is none in your area.

**WHO IT HELPS**

People in Scotland affected by rape or sexual violence; each independent centre decides what it offers.

Free (as the service states: 'All of them offer free and confidential support and information'). Note: Most local centres have a waiting list for support and advocacy; services vary between centres.

### NHS — help after rape and sexual assault, and find a sexual assault referral centre (England)

https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/

**WHAT IT DOES**

Explains where to get medical, practical and emotional help after rape or sexual assault. Sexual assault referral centres (SARCs) offer crisis care, medical and forensic examinations (even if you have not decided whether to report), emergency contraception, access to an independent sexual violence advisor and referrals to mental health support. Book with your nearest SARC using the NHS finder.

**WHO IT HELPS**

Anyone who has been raped, sexually assaulted or abused, regardless of gender, age, type of incident or when it happened.

No charge is mentioned (NHS service).

### Nexus NI — specialist counselling after sexual abuse, ages 8 and up (Northern Ireland)

https://nexusni.org/get-support/

**WHAT IT DOES**

Offers specialist counselling to people impacted by sexual abuse, across Northern Ireland: up to 18 sessions for children and young people (including play and art therapy), and face-to-face, phone or video counselling for adults abused in childhood, adulthood or both. Interpreting and sign language support are available. Start by completing the self-referral form.

**WHO IT HELPS**

People in Northern Ireland impacted by sexual abuse: children aged 8 and over, and adults aged 16 and over.

Counselling is free: Nexus says EMDR therapy 'is not covered under our free service and is a paid for service'. Adults are usually offered 12 funded sessions of talking therapy. Note: Referrals for children under 8 are not available; there is a waiting list for children; EMDR (18+) is charged because it is unfunded.

### Rape Crisis Ireland — find one of the 17 Rape Crisis Centres (Ireland)

https://www.rapecrisisireland.ie/find-help/rape-crisis-centres/

**WHAT IT DOES**

Lists the 17 Rape Crisis Centres around Ireland, from Donegal to West Cork. Centres are a safe space to work through trauma with specially trained counsellors and psychotherapists, with no fixed number of sessions. The site also explains reporting options and supports for under-18s.

**WHO IT HELPS**

Survivors of sexual violence regardless of sex, gender or sexuality; some centres support people aged 14 and over.

The page says 'Counselling is available free to all survivors'; check with your centre, as Dublin Rape Crisis Centre's own FAQ describes a sliding-scale fee after a free first session. Note: Age limits and any fees vary from centre to centre.

### HSE Sexual Assault Treatment Units (SATUs) — free medical and forensic care after rape or sexual assault (Ireland)

https://www2.hse.ie/services/satu/about/

**WHAT IT DOES**

Six SATUs (Cork, Donegal, Dublin Rotunda, Galway, Mullingar and Waterford) are on call 24/7. They offer a health check, medicines to prevent STIs and pregnancy, and a forensic exam up to 7 days after an assault; evidence can be stored for up to 1 year while you decide about reporting. Phone your local SATU before you go, or the Gardaí will arrange it if you report.

**WHO IT HELPS**

People of all genders and gender identities aged 14 and over in Ireland who have been raped or sexually assaulted.

Free (as the service states: 'All SATU care is free'). Note: For ages 14 and over; children under 14 are seen by Child and Adolescent Forensic Medical Assessment Services. In Limerick, call 112 or 999 for a different service.

### Dublin Rape Crisis Centre — 'Finding Your Way after Sexual Violence' online guide (Ireland)

https://www.drcc.ie/fyw/

**WHAT IT DOES**

A trauma-informed online guide to options and supports after rape, sexual assault and other sexual violence in Ireland: getting treatment at a Sexual Assault Treatment Unit, reporting to the Gardaí, going to court, and after court and sentencing. It includes survivors' own accounts, grounding exercises and a section for supporters.

**WHO IT HELPS**

Anyone in Ireland affected by sexual violence, including victims and survivors, their supporters and others involved in the health and justice systems.

Free to read online (no charge is mentioned). Note: Information only, not legal advice; the guide says it was last updated in March 2023, so check current procedures with a support service.

### NSVRC Find Help — finding rape crisis centres and state sexual assault coalitions (United States)

https://www.nsvrc.org/find-help/

**WHAT IT DOES**

Explains how to reach a local rape crisis centre and links to NSVRC's directory of state and territory sexual assault coalitions, national survivor organisations and communities-of-colour programs. It also lists, for many states, organisations that give legal help to survivors.

**WHO IT HELPS**

Survivors of sexual assault and abuse anywhere in the United States, and family, friends and advocates supporting them.

Free to use (no fee is mentioned for the website itself). The page says local centres 'provide free and confidential services'. Note: NSVRC is an information centre and does not give direct support or legal advice; it points you to local centres.

### Ending Sexual Violence Association of Canada — directory of sexual assault centres and shelters by province (Canada)

https://endingviolencecanada.org/getting-help/

**WHAT IT DOES**

Lists sexual assault centres, crisis and support lines, shelters and transition houses, and provincial and territorial organisations, grouped nationally and by province or territory, so you can find the nearest specialist service.

**WHO IT HELPS**

Survivors of sexual violence and gender-based violence anywhere in Canada, and people supporting them.

Free to use (an online list of services; no fee is mentioned). Note: A list of other services, not a support service itself; in immediate danger call 911.

### Ontario Coalition of Rape Crisis Centres — find a sexual assault centre (Ontario, Canada)

https://sexualassaultsupport.ca/get-help/

**WHAT IT DOES**

Lists community sexual assault centres across Ontario. The Ontario Government says these centres offer a 24-hour crisis line, counselling, peer support, advocacy and someone to go with you to hospital or court. You can contact a centre even if the assault happened long ago and whether or not you report it.

**WHO IT HELPS**

Survivors of sexual violence in Ontario, including childhood sexual abuse and incest, and friends or family supporting them.

Free ('free and confidential support is available'). Note: Ontario only; services and hours vary by centre.

### Sexual Assault/Domestic Violence Treatment Centres — hospital-based care after a recent assault (Ontario, Canada)

https://www.sadvtreatmentcentres.ca/find-a-centre/

**WHAT IT DOES**

Find one of 37 specialised centres in Ontario where doctors, nurses and counsellors give emergency medical treatment and emotional support after a recent sexual assault or intimate partner violence, with follow-up counselling. Police are not called without your permission, and staff can help you report if you choose.

**WHO IT HELPS**

People of all genders (men, women, trans and gender-diverse people) in Ontario who have recently experienced sexual assault or domestic violence.

Free ('There is no cost associated with any of our services, everything is free of charge'). Note: Ontario only and focused on recent assaults; hours vary by hospital, so call ahead if you can.

### Sexual Assault Centres (SAC/ZSG/CPVS) — free 24/7 medical, forensic and psychological care after sexual violence (Belgium)

https://sac.belgium.be/en

**WHAT IT DOES**

Specialist centres where nurses, psychologists and police work as one team: medical care, forensic examination and evidence collection, the option to report to police (evidence can be kept while you decide), psychological care and aftercare. Supporters can also get advice. The site lists each centre's contact details.

**WHO IT HELPS**

Anyone in Belgium who has experienced sexual violence, regardless of ethnic origin, religion, gender identity, age or residency status, and the people supporting them.

Free (as stated: 'a range of holistic care services, 24/7 and free of charge').

### bff Frauen gegen Gewalt — search for women's counselling and rape crisis centres near you (Germany)

https://www.frauen-gegen-gewalt.de/de/hilfe-vor-ort.html

**WHAT IT DOES**

Search by postcode or town for a women's counselling centre (Frauenberatungsstelle) or rape crisis centre (Frauennotruf). Filter by topic — such as sexual violence, childhood sexual abuse, stalking, digital violence, forced marriage or 'honour'-based violence — by language, and by accessibility, including sign-language counselling.

**WHO IT HELPS**

Women and girls in Germany who have experienced violence, especially sexual violence, and their family, friends and supporters.

Free to search. bff says counselling is free and can be anonymous ('Die Beratung ist kostenlos und auf Wunsch anonym'). Note: Services are mainly for women and girls.

### One-Stop Support Centres for victims of sexual crime and sexual violence, via #8891 (Japan)

https://www.gender.go.jp/policy/no_violence/seibouryoku/consult.html

**WHAT IT DOES**

Japan's one-stop support centres for sexual crime and sexual violence work with gynaecology, counselling and legal advice services. Dial #8891 to reach your nearest centre (most NTT Hikari phones use 0120-8891-77). The Cabinet Office page lists each centre with its hours, phone and email.

**WHO IT HELPS**

Anyone in Japan who has experienced sexual crime or sexual violence, and people seeking advice about it.

Calls to #8891 are free (通話料無料). Calling a centre directly costs a call charge in most areas; the page does not state fees for the centres' support. Note: Hours differ by centre (some have night and holiday call centres), and some IP phones cannot connect to #8891. Information is in Japanese.

### Mirabel Centre — free medical, forensic and counselling care after rape or sexual assault (Lagos, Nigeria)

https://mirabelcentre.org/

**WHAT IT DOES**

Nigeria's first Sexual Assault Referral Centre, at Lagos State University Teaching Hospital (LASUTH), Ikeja. Trained forensic examiners give medical examination, tests and treatment; counsellors give face-to-face and phone counselling; the centre helps you report to police, explains the legal system and provides medical reports.

**WHO IT HELPS**

Men, women and children who have experienced rape or sexual assault, recently or in the past.

Free (as stated: 'free medical, psychosocial, forensic, and legal support to survivors of sexual violence'). Note: In-person services are in Lagos only.

### AWARE Sexual Assault Care Centre — support, legal information clinic and counselling after sexual assault or harassment (Singapore)

https://sacc.aware.org.sg/

**WHAT IT DOES**

Call, use the online chat, email or visit by appointment to talk to a first responder. SACC has guidance on medical attention and on filing a police complaint, offers a one-time 30-minute legal clinic with volunteer lawyers, and provides one-hour counselling sessions in person or on Zoom (weekdays 10am–8pm).

**WHO IT HELPS**

Anyone who has faced sexual assault or sexual harassment, even years ago. Counselling is for survivors of all genders aged 18+ living in Singapore.

Free (as SACC states) for its support services; counselling uses a sliding scale by monthly income, from S$40 (below $3,000) to S$150 per session ($5,001 and above). Note: Services are in English only; the legal clinic may have a 1–2 week wait and does not represent you. Counselling is charged.

## Technology-Facilitated Abuse, Image-Based Abuse & Stalking

### eSafety Commissioner — report image-based abuse and sextortion to get content removed (Australia)

https://www.esafety.gov.au/key-topics/image-based-abuse

**WHAT IT DOES**

Image-based abuse is when someone shares, or threatens to share, an intimate image or video of you without your consent, including 'revenge porn' and sextortion. Report it to eSafety, which can help have the content removed or stop the threats, and in some cases take action against the person responsible. The page explains what counts as an intimate image and has a downloadable quick guide.

**WHO IT HELPS**

People in Australia of any age whose intimate images or videos have been shared, or threatened to be shared, without consent, and people helping them.

No fee is mentioned (government online safety regulator). Note: Not an emergency service — if you are in immediate danger call 000.

### WESNET Survivor's Techsafety Toolkit — guides on tech abuse, tracking, spyware and safety planning (Australia)

https://techsafety.org.au/resources/resources-survivors/

**WHAT IT DOES**

Tailored packages of practical guides for people facing technology-facilitated abuse: while living with an abuser, when leaving, with online abuse, or when being stalked or tracked. Topics include a technology safety plan, smartphone and location safety, mobile and computer spyware, AirTags, passwords, secure email and a log for recording stalking and tech abuse.

**WHO IT HELPS**

Women and non-binary people in Australia experiencing tech abuse, and workers supporting them.

Open access online — no fee or sign-up was needed to read the guides.

### Women's Refuge Shielded Site — hidden help tab on 700+ websites that leaves no browser history (New Zealand)

https://womensrefuge.org.nz/staying-safe-online/

**WHAT IT DOES**

The Shielded Site is a small icon on more than 700 New Zealand websites that opens a hidden portal where you can contact Women's Refuge, learn how to plan to leave a dangerous situation safely, stay safe online and find out what comes next — without it showing in your browser history. The page also shows how to use incognito mode and delete history in Chrome, Firefox, Safari and Edge, and manage Facebook privacy.

**WHO IT HELPS**

People in New Zealand experiencing domestic violence who are worried that a controlling partner checks their devices or browsing.

No cost is mentioned; the tab is built into partner websites.

### Refuge Tech Safety — guides to secure your phone, accounts and devices against tech abuse (UK)

https://refugetechsafety.org/

**WHAT IT DOES**

Explains technology-facilitated abuse, such as a partner monitoring, harassing or controlling you through devices or accounts, and offers step-by-step guides to secure each digital platform, a Digital Break-Up Tool and online safety tips. There is also information for people worried about someone, and on how tech abuse overlaps with economic abuse.

**WHO IT HELPS**

Anyone in the UK worried that a partner or ex-partner is using technology to monitor, harass or control them, and people supporting them.

No charge is mentioned (free to use online).

### Irish Internet Hotline — report intimate images shared without consent for removal (Ireland)

https://hotline.ie/intimate-image-abuse/

**WHAT IT DOES**

If an intimate image or video of you has been shared without your consent, the Hotline can ask online service providers to remove it, help you gather information about the image, point you to resources and, in some cases, liaise with An Garda Síochána for you. Reports are confidential and can be made online.

**WHO IT HELPS**

People living in the Republic of Ireland whose intimate images or videos have been shared online without consent.

No charge is mentioned on the page. Note: Only for residents of the Republic of Ireland; removal cannot be guaranteed; it does not give counselling or legal advice.

### Safety Net Project — Technology Safety & Privacy: A Toolkit for Survivors (United States)

https://www.techsafety.org/resources-survivors

**WHAT IT DOES**

Practical guides on making a technology safety plan, documenting abuse, checking phones for stalkerware and location tracking, securing accounts, smart-home devices, cars, data brokers and removing sensitive content online. Available in English and Spanish.

**WHO IT HELPS**

Survivors of domestic violence, sexual assault and stalking who are worried about devices, accounts or online tracking, and advocates helping them.

Free to read online (open web pages with no sign-up; no fee is mentioned). Note: Information only, not a support service; if your device may be monitored, read it on a safer device.

### SPARC — what to do if you are being stalked, with a stalking incident log (United States)

https://www.stalkingawareness.org/what-to-do-if-you-are-being-stalked/

**WHAT IT DOES**

Clear guidance on staying safer when someone is stalking you: trusting your instincts, keeping a log of every contact, saving evidence, and how civil and criminal protective orders work. Links to SPARC's documentation logs and victim handbooks.

**WHO IT HELPS**

People being stalked anywhere in the United States, and friends, family and advocates supporting them.

Free to read and download (open web pages and PDFs; no fee is mentioned). Note: SPARC states it does not provide direct services to victims; contact a local domestic violence or victim service for one-to-one help.

### NeedHelpNow.ca — help removing sexual images and responding to sextortion (Canada)

https://needhelpnow.ca/en/

**WHAT IT DOES**

Step-by-step help if a nude image of you taken before 18 has been shared or threatened, or you face luring or sextortion. Its support team can send removal notices to platforms (including through Project Arachnid), help get offending accounts removed, and connect you with counselling or victim services.

**WHO IT HELPS**

Young people in Canada harmed online, including when a nude image taken before 18 is shared or threatened, or through luring or sextortion, and people supporting them.

No fee is mentioned (run by a registered charity that relies on donations); you can contact the support team without giving your name. Note: Not a crisis service: for urgent support the site points to Kids Help Phone (1-800-668-6868) or 9-8-8. The site does not state whether there is a fee — ask when you contact them.

### Tech Safety Canada — guides on tech-facilitated abuse, spyware and tracking (Canada)

https://techsafety.ca/

**WHAT IT DOES**

Plain guides on technology-facilitated gender-based violence: a survivors' guide to phones, spyware and stalkerware, browser privacy settings, what to do if you are being tracked by an AirTag, and connected devices. Shows how to include technology in a safety plan.

**WHO IT HELPS**

Women, children and gender-diverse people in Canada experiencing tech abuse, and shelter and transition-house workers supporting them.

Free to read online (no fee is mentioned). Note: Information only; much of the site is written for shelter workers. If your device may be monitored, use a safer one.

### Online Safety Commission — report intimate image abuse, online harassment, stalking or doxxing (Singapore)

https://www.osc.gov.sg/

**WHAT IT DOES**

A government agency victims can report to for intimate image abuse (real or AI-generated), image-based child abuse, doxxing, online harassment and online stalking. If harm is found, the Commissioner of Online Safety can direct that content is removed or the responsible account is limited or disabled. It also connects victims to partners for counselling.

**WHO IT HELPS**

Victims with a connection to Singapore (for intimate image abuse: citizens, permanent residents or long-term pass holders). Under-18s can get a parent or guardian to report, or authorise someone.

No fee is mentioned on the OSC website (government agency). Note: A new agency, set up under the Online Safety (Relief and Accountability) Act 2025, that currently handles five types of online harm only. Not an emergency service — call 999 if in danger.

### Central Digital Sex Crime Victim Support Centre — deletion, legal and medical support (South Korea)

https://d4u.stop.or.kr/ko/main

**WHAT IT DOES**

A one-stop government centre for illegal filming, non-consensual sharing, threats to share and deepfakes. It takes counselling requests online or by phone, monitors and helps delete images, helps with evidence, police complaints and court accompaniment, links you to free legal aid, and supports medical and therapy costs and recovery programmes.

**WHO IT HELPS**

Korean nationals affected by digital sex crimes, and foreign nationals harmed by a Korean while living in Korea. Under-18s can ask for deletion help without a parent's consent.

Includes free legal support (무료 법률지원) and help with medical and treatment costs; the site lists no fees. Note: The site says support can vary by centre and is sometimes given through partner agencies. The online application form is in Korean only; use phone counselling if you need another language.

### Take It Down (NCMEC) — help removing nude images taken when you were under 18 (Worldwide)

https://takeitdown.ncmec.org/

**WHAT IT DOES**

A free tool that creates a digital fingerprint (hash) of a nude or sexual image or video on your own device, without uploading it, so participating online platforms can find and remove copies. You can stay anonymous. Available in many languages.

**WHO IT HELPS**

Anyone, in any country, with nude, partially nude or sexually explicit images or videos of themselves taken before they were 18, including people who are now adults.

Free (the service says 'Take It Down is a free service'). Note: Only works on public or unencrypted platforms that have agreed to take part, and the image must already be on your device; for images taken at 18 or older the site points to StopNCII.org.

### StopNCII.org — free tool to stop intimate images being shared on participating platforms (Worldwide)

https://stopncii.org/

**WHAT IT DOES**

If someone has shared, or threatens to share, your intimate images or videos, StopNCII.org creates a digital fingerprint (hash) of them on your own device. Only the hash is shared with participating companies so they can detect and remove copies; the images never leave your device. Start with 'Create Your Case'.

**WHO IT HELPS**

Adults worldwide who appear nude, semi-nude or in a sexual act in an image or video taken when they were 18 or older, and who still have the image or video on their device.

Free (as the service states: 'a free tool'). Note: Only for images taken when you were 18 or over that you still have; it works only on participating platforms. If the image was taken when you were under 18, use Take It Down.

### INHOPE — find your national hotline to report child sexual abuse material online (Worldwide)

https://www.inhope.org/what-we-do/how-to-report

**WHAT IT DOES**

If you come across suspected child sexual abuse material online, INHOPE's map links you to the national hotline in your country. You paste the web address into the hotline's form; trained analysts check it and work with police and internet companies to have it removed. You do not need to give your name.

**WHO IT HELPS**

Anyone, anywhere, who comes across suspected child sexual abuse material online.

Free to use; no fee is mentioned on the page, and reports can be made without giving personal information. Note: A reporting route, not a support service. Report the web address only — never send or share the files. Member hotlines cover 53 countries. For adult intimate images INHOPE points to StopNCII.org.

### Coalition Against Stalkerware — survivor guide to detecting, removing and preventing stalkerware (Worldwide)

https://stopstalkerware.org/stalkerware-detection-removal-and-prevention/

**WHAT IT DOES**

A plain guide for survivors on stalkerware — hidden apps someone uses to spy on your phone. It explains warning signs, how to check a device, what to think about before removing it (your safety and keeping evidence), safety planning and how to protect your accounts. A Resources page lists direct support services by country.

**WHO IT HELPS**

Anyone worried that a partner, ex-partner or family member is secretly monitoring their phone or computer, and the people and services supporting them.

Free to read online; no fee is mentioned on the site. Note: Information only, not a direct service. Removing stalkerware can alert the abuser and delete evidence, so the guide advises making a safety plan with a support service first.

## Financial & Economic Abuse

### CWES Money Clinics — free one-on-one financial safety planning for people facing economic abuse (Australia)

https://cwes.org.au/money-clinics/

**WHAT IT DOES**

One-on-one sessions with a qualified female financial counsellor who is violence- and trauma-informed: leaving an abusive partner, checking for debts in your name, opening a bank account safely, loans, super, budgets and preparing for a property settlement. A free Financial Safety Check is offered if you're unsure. Book online or free call 1800 730 031; interpreters (including Auslan) can be arranged.

**WHO IT HELPS**

Women, non-binary and gender diverse people anywhere in Australia experiencing financial or economic abuse, or worried about money because of domestic and family violence. No income, asset, location or visa criteria.

Free — 'All sessions are FREE' (as the service states).

### Moneysmart financial abuse guide — signs of financial abuse and where to get help (Australia)

https://moneysmart.gov.au/family-and-relationships/financial-abuse

**WHAT IT DOES**

Explains that financial abuse is a type of family and domestic violence that can happen at any stage of a relationship and continue after it ends, with warning signs such as controlling access to bank accounts. It suggests contacting your bank or lender (some have specialist teams and hardship help) and points to free help, including the National Debt Helpline and CWES Money Clinics.

**WHO IT HELPS**

Anyone in Australia worried that they, or someone they know, is experiencing financial abuse.

Free to read online.

### Crisis Payment for extreme circumstances family and domestic violence (Services Australia) — payment in severe financial hardship (Australia)

https://www.servicesaustralia.gov.au/crisis-payment-for-extreme-circumstances-family-and-domestic-violence

**WHAT IT DOES**

A Centrelink payment for people who have experienced family and domestic violence and are in severe financial hardship. You must be eligible for, or getting, an income support payment or ABSTUDY Living Allowance, be in a required living arrangement and be contactable by Centrelink social workers. Contact Centrelink or claim within 7 days of your living arrangements changing, then lodge it within 14 days.

**WHO IT HELPS**

People who have experienced family and domestic violence, were in Australia when it happened and when they claim, and meet the income support and living arrangement conditions.

No cost to claim is mentioned (Australian Government payment). Note: Strict time limit: contact Centrelink within 7 days of your living arrangements changing.

### CEDEAS Helpline and Casework Service (Money Advice Plus with Surviving Economic Abuse) — debt and money advice after abuse (UK)

https://survivingeconomicabuse.org/i-need-help/cedeas-helpline-run-by-money-advice-plus/

**WHAT IT DOES**

Specialist advisers help with debt, including coerced debt, welfare benefits, budgeting, utility bills, opening a new bank account safely, and sometimes small hardship grants. People with debts who have experienced economic abuse can be referred to the casework service. Call the freephone line (0808 196 8845) on weekdays; interpreting is available.

**WHO IT HELPS**

Anyone experiencing domestic or economic abuse who is in financial difficulty, and professionals supporting them.

Calls are free of charge (as the service states); the site does not state whether casework has a fee — ask when you call. Note: Very busy and you cannot leave a message; hours differ between sites (Mon–Thu 9am–4pm and Fri 9am–12pm on SEA's page; Mon–Fri 9am–4pm on Money Advice Plus's).

### NNEDV Independence Program — 0% interest credit-building microloans for survivors of financial abuse (United States)

https://nnedv.org/content/independence-program/

**WHAT IT DOES**

Small loans with 0% interest and no fees that are reported to the three credit bureaus to help survivors rebuild or establish credit. The First Step Loan is $100 repaid at $10 a month for 10 months; larger $500 and $1,000 loans follow. You apply online with a form completed by your domestic violence advocate.

**WHO IT HELPS**

Domestic violence survivors whose credit has been harmed by financial abuse, in all US states, territories and DC, who have met a DV advocate at least three times.

0% interest and $0 fees; the loan is repaid in monthly instalments. Note: Not currently available to residents of Mississippi, Oklahoma or Ohio (pending regulatory approval); needs a monthly budget and an advocate's form.

## Legal Help, Protection Orders, Victims' Rights & Compensation

### Women's Legal Services Australia — find a women's legal service in your state or territory (Australia)

https://wlsa.org.au/members/

**WHAT IT DOES**

Lists the specialist women's legal services in each state and territory with phone numbers, freecall lines and email, including services for Aboriginal and Torres Strait Islander women and for women in regional and remote areas. The listed centres help with matters such as family violence, separation, children and parenting, sexual violence and discrimination.

**WHO IT HELPS**

Women (and, at some services, non-binary people) anywhere in Australia who need legal help, especially after family or sexual violence.

Free to search; many listed services say their legal help is free.

### Victims Support Scheme (Victims Services NSW) — counselling, financial assistance and recognition payments (New South Wales, Australia)

https://www.nsw.gov.au/legal-and-justice/information-for-victims-of-crime/victims-support-scheme

**WHAT IT DOES**

Provides counselling, financial assistance for costs such as medical expenses, home security, rent and attending court, and a recognition payment for people injured by violent crime or modern slavery in NSW. Apply online or with a form and current government ID. There is no time limit to apply for counselling, but financial assistance and recognition payments have time limits. Victims Access Line 1800 633 063.

**WHO IT HELPS**

People injured by a violent crime or modern slavery in NSW (or whose child was), witnesses of violent crime, and family members of someone who died because of a violent crime or road crime.

No application fee is mentioned (NSW Government scheme). Note: For crimes in NSW. Time limits apply to financial assistance and recognition payments — you may need to apply within two years.

### Australian Human Rights Commission — workplace sexual harassment guidance and free complaints (Australia)

https://humanrights.gov.au/our-work/campaigns/sex-and-gender-rights/speaking-from-experience/workplace-sexual-harassment-resources

**WHAT IT DOES**

Guidance to help workers experiencing workplace sexual harassment get the right support, with fact sheets on what harassment can look like and state-by-state lists of sexual assault services, workplace safety authorities and complaint bodies. If you have experienced harassment you may be able to make a written complaint to the Commission online, by email or by post, which it can try to resolve through conciliation.

**WHO IT HELPS**

Workers in Australia who have experienced workplace sexual harassment, and the people supporting them.

Making a complaint 'doesn't cost anything' and you don't need a lawyer (as the Commission states). Note: Complaints must be in writing. In danger now, call 000.

### Protection Orders (Ministry of Justice) — how to apply to the Family Court, with no filing fee (New Zealand)

https://www.justice.govt.nz/family/family-violence/court-orders-for-family-violence/apply-for-a-protection-property-or-furniture-order/

**WHAT IT DOES**

Explains how to apply to the Family Court for a Protection, Property or Furniture Order against someone you are or were in a close personal relationship with who has used family violence towards you, including urgent applications for a Temporary Protection Order without notice. The court can keep your address secret, and a local family violence service can refer you to a lawyer; you may be eligible for legal aid.

**WHO IT HELPS**

People in New Zealand aged 16 or older who are, or have been, in a close personal relationship with someone using family violence; someone else can apply for a person who can't.

No filing fee to apply for a Protection Order; lawyer costs may apply and legal aid may be available (as the Ministry states).

### Victim Assistance Scheme (Victim Support) — financial help for victims of serious crime and sexual violence (New Zealand)

https://www.victimsupport.org.nz/financial-assistance

**WHAT IT DOES**

The Victim Assistance Scheme can contribute to costs after serious crime or sexual violence: a sexual violence lump sum payment after making a police complaint, help with safety and immediate needs (such as broken windows, overnight accommodation or income lost giving police statements), counselling or rongoā, and leave to attend hearings. Talk to a Victim Support worker or a sexual violence agency about applying.

**WHO IT HELPS**

Victims of serious crime, sexual violence and regulatory offences in New Zealand, and the whānau of someone who died as a result of a criminal act.

No cost to apply is mentioned; limits and eligibility criteria apply to all grants. Note: Limits and eligibility criteria apply, and some grants are only available soon after the crime.

### Community Law Centres — free legal help, including with domestic violence (New Zealand)

https://communitylaw.org.nz/free-legal-help/eligibility/

**WHAT IT DOES**

Community Law Centres give free one-on-one legal help with problems including domestic violence and other forms of violence, family matters and the care of children, money and debt, tenancy, employment and criminal charges. Contact your local centre — some advise by phone, some run drop-in clinics and some need an appointment. If your case needs to go to court they can refer you to a legal aid lawyer.

**WHO IT HELPS**

People in New Zealand who don't have much money (for example on a benefit or low income) or are vulnerable in other ways, including people experiencing violence, from a refugee background or affected by disability.

Free (as the service states). Note: Help depends on your financial situation or vulnerability; most centres don't advise on property or business matters.

### Rights of Women — free legal advice lines for women (England and Wales)

https://www.rightsofwomen.org.uk/get-advice/call-our-advice-lines/

**WHAT IT DOES**

Women solicitors and barristers give confidential legal advice by phone on family law (domestic abuse, divorce, children), criminal law (sexual offences, domestic abuse, stalking, coercive control, reporting, criminal injuries compensation), immigration and asylum, and sexual harassment at work. Telephone interpreting is available. Online legal guides are on the same site.

**WHO IT HELPS**

Women in England and Wales, including women experiencing any form of violence against women and girls.

Advice is free (as the service states: 'we do not charge individuals for its advice services'); calls are charged at the local rate. Note: Lines are very busy and may close at short notice; advice is one-off, not ongoing casework, and covers the law of England and Wales only.

### National Centre for Domestic Violence (NCDV) — free emergency injunction service (England and Wales)

https://www.ncdv.org.uk/

**WHAT IT DOES**

Helps anyone who has recently experienced or been threatened with domestic abuse to apply for an emergency court injunction, such as a non-molestation or occupation order, often within 24 hours of first contact. NCDV checks legal aid eligibility, works with panel solicitors, and helps people who cannot get legal aid to represent themselves. Refer yourself online; NCDV aims to call back the next working day.

**WHO IT HELPS**

People of any gender, sexuality or ethnicity, whatever their finances, at risk of domestic abuse in England and Wales.

Free (as the service states: 'This service is offered 100% free of charge'); depending on your finances there may be a legal aid contribution (paid to the Legal Aid Agency) or a process-serving cost; there is no court fee for non-molestation or occupation orders. Note: England and Wales only (not Scotland, Northern Ireland or the Channel Islands); some people may pay a legal aid contribution.

### Criminal Injuries Compensation Authority — claim compensation as a victim of violent crime (England, Wales and Scotland)

https://www.gov.uk/claim-compensation-criminal-injury

**WHAT IT DOES**

You may be able to claim compensation for physical injuries, disabling mental injuries, sexual or physical abuse, loss of earnings and some expenses. Claims are made online to the Criminal Injuries Compensation Authority; the crime must have been reported to the police. Injury payments range from £1,000 to £250,000.

**WHO IT HELPS**

Victims of violent crime in England, Wales or Scotland, including sexual assault and childhood sexual or physical abuse.

Free (as the service states: 'It does not cost anything to apply'). Note: The crime must be reported to the police; you usually have to claim within 2 years (exceptions include childhood abuse); nationality or residence rules apply.

### Disclosure Scheme for Domestic Abuse Scotland (Police Scotland) — ask about someone's history of domestic abuse (Scotland)

https://www.scotland.police.uk/advice-and-information/domestic-abuse/disclosure-scheme-for-domestic-abuse-scotland/

**WHAT IT DOES**

You can ask Police Scotland whether someone has an abusive past. The police assess each request and share information if it is needed to prevent someone experiencing domestic abuse. Apply with the online form, at a police station or by phoning 101; a BSL video explains the scheme.

**WHO IT HELPS**

People in Scotland who are at risk of domestic abuse, or who know someone who is.

No charge is mentioned on the page. Note: Scotland only (England and Wales use Clare's Law through local police); disclosure is only ever made to the person at risk.

### Crime Victim Assistance Program (CVAP) — financial benefits after violent crime (British Columbia, Canada)

https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits

**WHAT IT DOES**

Benefits to help with the effects of a violent crime in BC, such as counselling, replacing damaged items and disability aids, where other sources do not cover the cost. You do not need charges or a conviction to apply; forms are available from CVAP or a local victim service program.

**WHO IT HELPS**

Victims, immediate family members and some witnesses of violent crime that happened in British Columbia.

No application fee is mentioned; benefits are paid by the province where eligible. Note: Time limits apply (two years for crimes since 1 January 2024), but there is no time limit for sexual assault or sexual abuse before age 19; no payment for pain and suffering.

### Legal Aid Board — legal aid for domestic violence orders (Ireland)

https://www.legalaidboard.ie/our-legal-aid-service/how-we-can-help-you/domestic-violence/

**WHAT IT DOES**

Provides legal advice and court representation to help you get a Safety Order, Protection Order, Barring Order, Interim Barring Order or Emergency Barring Order. Domestic violence applications are treated as a priority; if a Law Centre cannot see you in time, you may be given a private solicitor instead. Apply online or contact your local Law Centre.

**WHO IT HELPS**

People in Ireland experiencing domestic violence who are financially eligible (disposable income under €18,000) for legal aid.

Free for District Court barring, safety, interim barring or protection order applications (as the Board states, no contribution is charged); other legal aid usually needs a contribution from €30. Note: You must pass a means test (disposable income under €18,000) and a merits test.

### WomensLaw.org — plain-language legal information by state and an Email Hotline (United States)

https://www.womenslaw.org/

**WHAT IT DOES**

State-by-state legal information on protection orders, custody, divorce, housing, workplace rights, immigration (VAWA, U and T visas) and preparing for court, plus safety planning. Its Email Hotline answers your written question within 1–5 business days; every email is answered or reviewed by an attorney (English or Spanish).

**WHO IT HELPS**

Survivors of domestic violence, sexual assault and stalking of any gender in the US states and territories, and the friends, family and advocates helping them.

Free to read online (open web pages; no fee is mentioned). The site does not state whether the Email Hotline charges; you create an account to send a question (accounts are deleted after 90 days). Note: Legal information, not legal advice or representation, and it cannot phone you. The site does not state whether there is a fee for the Email Hotline — ask when you contact them.

### OVC Victim Assistance and Compensation in Your State — find your state compensation program (United States)

https://ovc.ojp.gov/help-for-victims/help-in-your-state

**WHAT IT DOES**

Choose your state or territory to get contact details for its crime victim compensation program and victim assistance programs. Compensation can reimburse costs such as medical care, mental health counselling and lost wages after a crime.

**WHO IT HELPS**

Victims of crime, including domestic and sexual violence, and their families, in US states and territories.

Free to use (US Government website; no fee is mentioned for the page or for applying); each state program sets its own eligibility rules. Note: Eligibility differs by state and territory; contact the compensation program for the state or territory where the crime happened.

### VINE — free alerts on offender custody status, protective orders and court cases (United States)

https://vinelink.vineapps.com/

**WHAT IT DOES**

Register to receive text, email, phone or app alerts when an offender's custody status changes (for example, release from jail) or when criminal case or protective order information is updated. Choose your state to start, use the VINELink app, or call the 24/7 toll-free support line.

**WHO IT HELPS**

Victims of crime and anyone concerned about an offender's release, in states and counties that use VINE.

Free ('Free and easy to use'; the mobile app is 'completely free for users'). Note: Services are 'subject to state adoption', so coverage differs by state; alerts can be delayed, so keep your own safety plan.

### Legal Network for Gender Equity and TIME'S UP Legal Defense Fund — lawyer referrals for sexual harassment (United States)

https://nwlc.org/legal-assistance/

**WHAT IT DOES**

Fill in an online intake form about sex discrimination or sexual harassment at work, at school or in health care. If your situation fits, you are sent information and the names of three lawyers near you; in some workplace sexual harassment cases the Defense Fund can help pay legal fees.

**WHO IT HELPS**

People in the US facing sexual harassment or other sex discrimination at work, as a student, or as a patient.

The first meeting with a network lawyer is free; some lawyers offer lower rates or free help, others charge after the first meeting. Note: A referral service: you contact the lawyers yourself and representation is not guaranteed.

### Legal Aid Ontario — free legal advice and legal aid for domestic violence survivors (Ontario, Canada)

https://www.legalaid.on.ca/services/domestic-abuse/

**WHAT IT DOES**

Call LAO's confidential contact centre for free summary legal advice from a family lawyer and to apply for a legal aid certificate; help is offered in over 300 languages. Survivors can also get two hours of free advice from a lawyer on family or immigration law through a voucher from a shelter or community legal clinic.

**WHO IT HELPS**

People in Ontario experiencing domestic abuse who need family, immigration or refugee law help; legal aid certificates depend on financial eligibility, but the two-hour advice has no financial test.

Free summary advice and two free hours of legal advice; full legal aid depends on financial eligibility. Note: Ontario only; the contact centre is open weekdays, and the two-hour service depends on your local shelter or clinic offering it.

### Independent Legal Advice program — up to 8 hours of free legal advice for survivors (Ontario, Canada)

https://www.ontario.ca/page/independent-legal-advice-program

**WHAT IT DOES**

Free, confidential legal advice by phone or video for up to 8 hours about your legal options, any time after the crime and whether or not you reported it to police. Contact the Barbra Schlifer Commemorative Clinic, which delivers the program across Ontario.

**WHO IT HELPS**

Victims and survivors aged 16 and over of intimate partner violence, human trafficking or sexual offences (including sharing intimate images without consent), who live in Ontario or where the offence happened in Ontario.

Free ('free legal advice'). Note: Advice only: it does not include legal representation in court.

### Office of the Federal Ombudsperson for Victims of Crime — information on victims' rights and complaints (Canada)

https://www.canada.ca/en/office-federal-ombudsperson-victims-crime/aboutus-aproposdenous.html

**WHAT IT DOES**

Contact the Office to learn about your rights under federal law, including the Canadian Victims Bill of Rights, and the federal services available to you, or to make a complaint about a federal agency, law or policy that affects victims of crime.

**WHO IT HELPS**

Victims and survivors of crime in Canada, and their families, with concerns that fall under federal jurisdiction.

Free ('The OFOVC's services are free of charge'). Note: Covers federal matters only (it cannot address provincial matters such as compensation), and it does not advocate for individual victims or give legal advice.

### Gewaltschutzzentren — free legal and psychosocial support after domestic violence or stalking (Austria)

https://www.gewaltschutzzentrum.at/gewaltschutzzentren-oesterreichs/

**WHAT IT DOES**

Legally recognised victim protection centres in all nine Austrian states. They offer safety plans, help with applications and court orders, preparation for and accompaniment to criminal and civil proceedings (Prozessbegleitung), interpreters and support for children. Police tell them about every barring order, and they then contact the person at risk.

**WHO IT HELPS**

Anyone in Austria affected by violence at home, in their personal surroundings or by stalking — women, men, gender-diverse people, young people and children — with or without police contact.

Free (as stated: 'Beratung und Unterstützung werden kostenlos und vertraulich angeboten').

### Victim Support Europe — map to find your nearest victim support organisation (Europe)

https://victim-support.eu/help-for-victims/find-help/

**WHAT IT DOES**

An interactive map of Victim Support Europe's member organisations. Click your country, then the location nearest to you, to get the contact details of a local victim support service; a list of members by country and country information on available services are also given.

**WHO IT HELPS**

People in Europe who have experienced any crime, including domestic, sexual and other violence, and their families.

Free to use the map; no fee is mentioned on the page. Each member organisation sets its own terms — ask when you contact them. Note: The map marks some members as not serving victims directly, and not every town or country is covered — check each organisation before you contact it.

### Mémo de Vie — free secure online space to record violence and store evidence (France)

https://www.memo-de-vie.org/

**WHAT IT DOES**

A free, secure personal web platform where you can record your testimony and keep documents safely in one place, for possible legal steps. It also helps you understand your situation and gives information and contacts for legal, social and health support. Data are kept on a certified health-data server in Europe.

**WHO IT HELPS**

People facing repeated violence, and relatives or witnesses of violence; the information and contacts are for France.

Free (as stated: 'Une plateforme gratuite, sécurisée et personnelle'). Note: In French; not an emergency service. Follow the site's privacy and security tips, especially if someone may have access to your devices.

### NALSA free legal aid — free lawyer and court costs for every woman and child (India)

https://nalsa.gov.in/legal-aid/

**WHAT IT DOES**

Legal Services Authorities provide a free lawyer, court and process fees, drafting of documents and legal advice, at any court up to the Supreme Court. Apply at your District or Taluk Legal Services Authority, in writing or orally, by email, or through NALSA's online application; paralegal volunteers can help fill in forms.

**WHO IT HELPS**

Every woman in India, whatever her income, every child under 18, victims of trafficking, and other groups listed in Section 12 of the Legal Services Authorities Act 1987.

Free (as stated: there is 'absolutely no charge' to get or submit the application, and process, drafting and typing fees and panel lawyers' fees 'are borne by the legal service institutions'). Note: The Legal Services Authority must be satisfied that you have a genuine case; apply with proof of identity and of the category that makes you eligible.

### FIDA-Kenya — free legal aid, walk-in legal clinics and counselling for women (Kenya)

https://fidakenya.org/access-to-justice/

**WHAT IT DOES**

The Federation of Women Lawyers gives women legal advice and representation, coaching to represent themselves in court, mediation of family disputes and individual or group counselling. Walk-in legal clinics run in Nairobi (Monday–Wednesday 8am–1pm), Mombasa and Kisumu (Monday–Tuesday 8am–1pm).

**WHO IT HELPS**

Women in Kenya, including survivors of gender-based violence, who need help with family, property, violence and other rights issues.

Free legal aid (as FIDA-Kenya states) for clients who meet its criteria for free legal services — the criteria are not listed on the page; pro-bono lawyers help clients who do not strictly meet them. Note: Walk-in clinics are in three cities on set days only, and demand for representation is high.

### Slachtofferhulp Nederland — free emotional, practical and legal support for victims of crime (Netherlands)

https://www.slachtofferhulp.nl/english/

**WHAT IT DOES**

Victim Support Netherlands gives emotional support, helps you claim compensation for damage, and explains and supports you through the criminal justice process. An online questionnaire gives advice tailored to what happened. Phone lines are open Monday to Friday 08:00–20:00 and Saturday 10:00–17:00.

**WHO IT HELPS**

Anyone in the Netherlands affected by a crime — including violence and sexual abuse — a traffic accident or a disaster, and surviving relatives.

Free (as stated: 'Our services are always free'). Note: The website is written in Dutch (an English page and Google Translate are offered).

### APAV — free, confidential support for victims of crime and violence (Portugal)

https://apav.pt/

**WHAT IT DOES**

Portugal's victim support association gives practical, emotional, legal and social support through local victim support offices, specialist networks and shelters. On its site you choose the type of crime — including domestic violence, sexual crimes against adults and children, trafficking and harmful traditional practices — to learn your rights, how to make a complaint and where to get support.

**WHO IT HELPS**

Victims of any crime or violence in Portugal, and their families and friends.

Free (as stated: 'apoio gratuito e confidencial a vítimas de crime').

### Opferhilfe Schweiz — free, confidential victim support centres across the country, incl. financial help (Switzerland)

https://www.opferhilfe-schweiz.ch/de/wo-finde-ich-hilfe/

**WHAT IT DOES**

Find a victim support (Opferhilfe) centre by canton — you can choose any centre, even outside your own canton. Centres explain your rights, help you process what happened and can pay urgent costs such as a stay in a women's refuge or a first legal consultation, and help you claim compensation. The national number 142 is answered 24 hours.

**WHO IT HELPS**

Anyone physically, psychologically or sexually harmed by a crime in Switzerland, and their relatives and people close to them.

Free (as stated: 'Die Beratung ist kostenlos und vertraulich'). Longer-term financial help depends on the victim's financial situation.

## Counselling, Recovery & Peer Support

### Blue Knot Foundation workshops — free educational sessions for adult survivors of childhood trauma (Australia)

https://blueknot.org.au/survivors/survivor-workshops/

**WHAT IT DOES**

Educational sessions on complex trauma — how it affects the brain and body, recognising and managing triggers, self-care and recovery — run as online webinars and virtual classrooms and as full-day in-person workshops in cities such as Adelaide, Melbourne, Sydney and Brisbane. You don't have to share your story, and you can bring a support person. These are not support groups or counselling.

**WHO IT HELPS**

Adult survivors (over 16) of any childhood trauma or abuse, including emotional, physical or sexual abuse, neglect or growing up with domestic violence. Not for people attending as professionals.

Free — 'All workshops are free of charge' (as the service states). Note: Educational sessions, not therapy or a support group; places are limited and waitlists are kept for scheduled workshops.

### Safety Programmes (Ministry of Justice) — free safety and wellbeing programmes for protected people and their children (New Zealand)

https://www.justice.govt.nz/family/family-violence/services-for-family-violence/safety-and-wellbeing-for-you-and-your-children/

**WHAT IT DOES**

Free, optional Adult Safety Programmes help you build safety and wellbeing, a support network and a safety plan after family violence. Child Safety Programmes help children aged 3 to 17 who have experienced, seen or heard family violence, usually in weekly sessions. Most are in person, with online or phone options, and Kaupapa Māori, Pacific or Ethnic programmes in some areas.

**WHO IT HELPS**

People who are victims in an active family violence criminal case, are named on a Protection Order, or have applied for one (including withdrawn applications), and children named on the order or living with the protected person.

Free (as the Ministry states). Note: You need a Protection Order, an application, or an active family violence court case to take part.

### Women's Aid Survivors' Forum — moderated online peer support for women affected by domestic abuse (UK)

https://survivorsforum.womensaid.org.uk/

**WHAT IT DOES**

A safe, anonymous online community where women share experiences and support one another. Boards cover 'Is it abuse?', leaving safely, refuges, life after abuse, abuse from family members, living with abuse and disability, women over 50 and BME communities. You can read without signing up; register to post. A moderator is online every day.

**WHO IT HELPS**

Women aged over 18 who have been affected by domestic abuse.

No charge is mentioned (free registration needed only to post). Note: Not a helpline, and not for seeking advice on behalf of someone else; moderators aim to respond within 12 hours.

### My Support Space (Victim Support) — free online guides and app to help you cope after crime (England and Wales)

https://mysupportspace.org.uk/

**WHAT IT DOES**

A secure online space and app (iOS and Android) with interactive guides, videos, step-by-step coping techniques, a mood log, diary and progress tracker. Use it at your own pace, whether or not you reported the crime; it also links to further support and to SilverCloud online therapy. Register for a free account (two-factor login).

**WHO IT HELPS**

People aged 16 and over affected by crime, including friends and family supporting someone.

Free (as the service states: 'a free, confidential and secure space'). Note: Designed for low to moderate impact; if the impact is severe or you are at risk, use it alongside a Victim Support caseworker.

### Canadian Resource Centre for Victims of Crime — free support and advocacy for survivors of serious crime (Canada)

https://crcvc.ca/

**WHAT IT DOES**

Bilingual (English and French) support, advocacy and information for survivors of serious crime, including help with your rights under the Canadian Victims Bill of Rights and compensation options, whether or not the offender has been identified or convicted. It also keeps a national directory of victim services.

**WHO IT HELPS**

Survivors of serious crime anywhere in Canada and their families.

Free ('All services are free of charge and confidential'). Note: Based in Ottawa; not an emergency service. Contact by phone or email.

### Mapa do Acolhimento — free help from volunteer psychologists and lawyers for women after violence (Brazil)

https://www.mapadoacolhimento.org/

**WHAT IT DOES**

Fill in a form to be matched with a volunteer psychologist or lawyer, or to be guided to specialist public services. The site also has a map of public services — women's police stations, reference centres, public defenders, health and social care units — with addresses.

**WHO IT HELPS**

Women in Brazil who have experienced violence.

Free (as stated: 'acesso gratuito e qualificado à saúde mental e à justiça'). Note: A volunteer network with limited capacity (it says it helps about 250 women a month); if no volunteer is free you join a waiting list, and updates come by email.

### Rape Crisis Cape Town Trust — free face-to-face counselling after sexual violence (Cape Town, South Africa)

https://rapecrisis.org.za/programmes/road-to-recovery/

**WHAT IT DOES**

Free, confidential counselling in English, Afrikaans or isiXhosa at offices in Observatory, Athlone and Khayelitsha, Monday–Thursday 09:00–16:30 and Friday 09:00–15:30. You can come straight after an assault or months or years later; call the 24-hour helpline or fill in the online form to make an appointment.

**WHO IT HELPS**

Anyone aged 14 or older affected by sexual violence — survivors and the people supporting them — regardless of gender identity or sexual orientation.

Free (as stated: 'confidential counselling, free of charge'). Note: Face-to-face counselling is in Cape Town only; ages 14 and over.

### Chayn — free survivor-written guides and Bloom online healing courses after abuse (Worldwide)

https://www.chayn.co/

**WHAT IT DOES**

Chayn publishes multilingual guides, written by survivors and experts, on spotting abuse, collecting evidence, staying safe online and recovering. Its Bloom service offers self-paced video courses, reflective and grounding exercises, and 1:1 messaging with Chayn's global team of survivors and allies, in English, Spanish, French, Hindi, Portuguese and German.

**WHO IT HELPS**

Anyone experiencing or recovering from gender-based violence — especially domestic and sexual violence and technology-facilitated abuse — and people supporting them, worldwide.

Free (Chayn describes Bloom as 'a free, anonymous, online service'). Note: Not a crisis or emergency service; support is online and self-paced.

## Safe Housing, Refuges, Pets & Practical Help

### Ask Izzy — find housing, food, money help and family violence support near you (Australia)

https://askizzy.org.au/

**WHAT IT DOES**

A website that connects people with a place to stay, a meal, money help, family violence support, counselling, legal help and more, searching over 450,000 support services across Australia. It is free and anonymous, and on the Telstra or Vodafone mobile networks it works even without credit or wifi.

**WHO IT HELPS**

Anyone in Australia who needs practical help, including people leaving violence or facing homelessness, and the workers supporting them.

Free and anonymous (as the service states).

### RSPCA NSW Domestic and Family Violence Support Program (formerly Safe Beds for Pets) — safe care for pets (New South Wales, Australia)

https://www.rspcansw.org.au/support-services/crisis-support-programs/domestic-and-family-violence-support/

**WHAT IT DOES**

Gives pets temporary foster care or emergency boarding so you can reach safety, with animals de-identified and kept in a secure location away from the public, plus financial help with vet treatment, impound fees and transport. Ask for help with the online form; if it isn't safe for staff to contact you, call (02) 9770 7555 (Monday to Friday, 9am–5pm) when you can.

**WHO IT HELPS**

Pet owners anywhere in New South Wales experiencing domestic and family violence, and people such as a friend or social worker enquiring on their behalf.

'Each situation is assessed on a case-by-case basis, and cost may depend on which services are required' (as the service states). Note: NSW only; any cost is assessed case by case.

### Dogs Trust Freedom — free foster care for dogs of people fleeing domestic abuse (England, Scotland and Wales)

https://www.dogstrust.org.uk/get-help/freedom

**WHAT IT DOES**

If you are going to a refuge and cannot take your dog, Freedom places it with a volunteer foster carer, a safe distance away, until you are settled and ready to have it back. All food and vet costs are covered. Call your regional team (female-only staff, weekdays 9am–5pm, messages returned within 24 hours).

**WHO IT HELPS**

Dog owners fleeing domestic abuse who are being supported to find safe, dog-friendly housing.

Free (as the service states: 'Our confidential service is free to use with all veterinary treatments and dog expenses covered'). Note: Needs an email or letter from a support worker; dogs must be over 8 months and owned for 6 months (call to discuss other cases); not every area has a regional team.

### Cats Protection Lifeline (formerly Paws Protect) — free foster care for cats of people fleeing domestic abuse (England, Scotland and Wales)

https://www.cats.org.uk/what-we-do/cp-lifeline

**WHAT IT DOES**

A free and confidential fostering service for cats whose families are fleeing domestic abuse. A specialist team supports owners, collects the cat and arranges a foster home with a Lifeline volunteer until you can be safely reunited. Survivors can contact Lifeline directly, or a support worker can refer.

**WHO IT HELPS**

Cat owners fleeing domestic abuse, and professionals referring them.

Free (as the service states: 'a free and confidential fostering service'). Note: Only available in East Anglia, London and the South East, the Midlands, Yorkshire, Scotland and Wales; people elsewhere can ask their nearest team about options.

### RedRover Relief Safe Escape Grants — paid pet boarding so survivors can enter a shelter (United States)

https://redrover.org/relief-dv/dv-safe-escape-grants/

**WHAT IT DOES**

Pays for boarding for a survivor's pets (usually up to 45 days, up to $40 per animal per day, typically three pets or fewer) while the survivor stays in a domestic violence shelter. A shelter advocate arranges boarding and applies online; RedRover aims to reply within one business day.

**WHO IT HELPS**

Survivors of domestic violence in the United States who have pets and are staying in, or working with an advocate to enter, a domestic violence shelter.

A grant: RedRover pays the kennel or vet directly for approved boarding (up to $40 per animal per day). The survivor or shelter may be asked to cover part of a high cost, and medical care that is not pre-approved is the survivor's responsibility. Note: Applications must come from a shelter advocate (not by phone or email from survivors); help ends when the survivor leaves the shelter.

### Give Back a Smile — donated dental repair for survivors whose front teeth were damaged by abuse (United States)

https://www.givebackasmile.com/apply

**WHAT IT DOES**

Connects adult survivors of intimate partner or sexual violence who have front-teeth injuries with volunteer cosmetic dentists who donate treatment. Apply online (a $20 fee applies); you hear back by email within 60 days, then a case manager arranges a consultation with a volunteer dentist.

**WHO IT HELPS**

Adults in the US whose front teeth were damaged, broken or lost because of intimate partner violence or sexual assault, who have been out of the abusive situation for at least one year and have support from a trusted person or organisation.

A $20 non-refundable application fee, paid online. If you are accepted, treatment is donated by volunteer dentists; implants are not part of the program and you may need to travel up to 200 miles. Note: Strict criteria apply (for example, no prior repair of the injury and stable housing); meeting them does not guarantee a place, and the $20 fee is not refunded.

### ShelterSafe — find your nearest women's shelter or transition house (Canada)

https://sheltersafe.ca/

**WHAT IT DOES**

An online map and listing to find your nearest shelter or transition house (over 600 across Canada). Shelters offer 24/7 phone support, counselling, safety planning and temporary housing, and you do not have to stay at a shelter to get support. The FAQs cover bringing children and pets, and accessibility.

**WHO IT HELPS**

Women and their children in Canada facing any kind of abuse, whatever their immigration status, and people worried about them; many shelters also welcome 2SLGBTQ+ people.

Free ('Shelter services are free').

### Shelter Movers — free moving and storage for people leaving abuse (Canada)

https://sheltermovers.com/refer-a-client

**WHAT IT DOES**

Volunteers plan and carry out a safe move and store belongings for survivors of gender-based violence and their children, including high-risk moves with police or security present. A referral partner (for example a shelter or victim service) contacts the nearest chapter on the survivor's behalf.

**WHO IT HELPS**

Survivors of gender-based violence and their families in the Vancouver region, Southwestern Ontario, the Greater Toronto region, Ottawa and Eastern Ontario, New Brunswick and Nova Scotia.

Free ('moving and storage services at no cost to survivors'). Note: No self-referrals: you must be referred by a partner agency, and it only operates in the listed regions.

### Frauenhauskoordinierung — search for women's refuges and counselling centres, incl. pets and languages (Germany)

https://www.frauenhauskoordinierung.de/hilfe-bei-gewalt/frauenhaus-und-fachberatungsstellensuche

**WHAT IT DOES**

A nationwide search for women's refuges (Frauenhäuser) and specialist counselling centres. Search by postcode, town, radius or state and filter by need — for example staff languages, accessibility, or whether older sons or pets can come with you. Each entry gives contact details, languages and interpreting access, and the refuge's conditions.

**WHO IT HELPS**

Women experiencing domestic or partner violence in Germany, and their children; also people looking for help for someone else.

Free to search. Some refuges state that a cost commitment ('Kostenzusage') is needed or that the stay may have to be paid by the woman herself — each entry shows its conditions. Note: For women and their children. Admission, cost rules and whether pets are accepted differ between refuges, so check the entry or call ahead.

### Red Nacional de Refugios — free shelters, emergency houses and outreach centres for women and children (Mexico)

https://rednacionalderefugios.org.mx/quienes-somos/

**WHAT IT DOES**

A national network of more than 56 refuges, outreach centres (Centros de Atención Externa), emergency houses and transition houses. Outreach centres are often the first place to talk confidentially and the way into protection; emergency houses take women who need to leave urgently. Call the free 24-hour line 800 822 44 60 or write on WhatsApp.

**WHO IT HELPS**

Women, girls and boys in Mexico experiencing violence.

Free (as stated: 'acompañamos de manera integral y gratuita'; the phone line is 'un servicio gratuito').

### Femili PNG — free case management for survivors of family and sexual violence in Lae, Port Moresby and Goroka (Papua New Guinea)

https://femilipng.org/get-help/how-we-can-help/who-we-can-help/

**WHAT IT DOES**

Femili PNG case workers first deal with any immediate threats to a survivor's safety and wellbeing, then help them reach longer-term solutions with other services, including protection orders and safe accommodation. Contact a centre Monday to Friday, 9am to 4pm, by phone, email or the online form; people elsewhere in PNG may still get advice.

**WHO IT HELPS**

Women, men and children in Lae, Port Moresby or Goroka who have experienced intimate partner violence, sexual violence, any form of child abuse, or sorcery accusation-related violence.

Free (as the service states). Note: Centres in Lae, Port Moresby and Goroka only, weekdays 9am–4pm. Femili PNG lists the 24/7 1-Tok Kaunselin Helpim Lain on 7150 8000 for out-of-hours counselling.

04

# Know What To Do — Free Infographics, Posters & Brochures for Emergencies, Getting Help and Recovery

KNOW WHAT TO DO

KNOW WHAT TO DO

# Know What To Do — Free Infographics, Posters & Brochures for Emergencies, Getting Help and Recovery

**In an emergency, call your local emergency number first.** This chapter gathers 147 free, printable resources — infographics, posters, brochures, fact sheets, action plans and checklists — that teach what to do: first aid and CPR, the warning signs of stroke, heart attack, sepsis and other emergencies, overdose and poisoning, disasters and severe weather, a mental-health crisis or someone at risk of suicide, looking after your own mental health, recovery and relapse prevention, getting the most from health services, children and older people, recognising abuse and scams, and the basics of healthy living. Each comes from a government, a national health service, the WHO, the Red Cross, St John or a long-established national charity, is free to view or download without signing up, and says who published it and when it was last updated. First-aid steps and emergency numbers differ between countries — use the version for where you are; a first-aid course is still the best way to learn CPR. Every resource was opened and read before it was added, checked again independently, and opened a third time (October 2026); first-aid material was checked against each country's current resuscitation guidelines. These resources are information, not a substitute for medical advice. Each one links to the publisher's own page.

## First Aid & CPR

### Basic Life Support flowchart (DRSABCD) — ANZCOR (Australia & New Zealand)

https://www.anzcor.org/home/algorithms-and-flowcharts

WHAT IT TEACHES

One-page chart of the DRSABCD steps used across Australia and New Zealand: check for Dangers, check if the person is Responsive, Send for help, open the Airway, check for normal Breathing, start CPR at 30 compressions to 2 breaths, and attach a Defibrillator (AED) as soon as available and follow its prompts. Continue CPR until the person responds or breathes normally.

WHO IT HELPS

Anyone who wants the official resuscitation steps on a wall, in a first-aid kit or at a workplace, school or club; a good reminder after a first-aid course.

Free to download (PDF, 1 page, A4). Published by Australian and New Zealand Committee on Resuscitation (ANZCOR) — Australian Resuscitation Council and New Zealand Resuscitation Council · Poster: Reviewed August 2023 (flowchart footer) · Licence: May be reproduced without permission if used exactly as published (ANZCOR). Note: A memory aid only: it does not show how to give compressions or breaths. Australia and New Zealand guideline; call 000 (AU) or 111 (NZ).

### DRSABCD action plan fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/drsabcd-action-plan/

WHAT IT TEACHES

Walks through each DRSABCD step: check for danger; check for a response (ask their name, squeeze their shoulders); call Triple Zero (000); open the mouth and check for foreign material (if any, roll them onto their side and clear it), then tilt the head back and lift the chin; look, listen and feel for breathing for 10 seconds; start CPR at 30 compressions to 2 breaths; apply a defibrillator as soon as possible.

WHO IT HELPS

Adults at home, at work or in community groups who want a one-page reminder of what to do when someone collapses.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet, action plan: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian resource: tells you to call Triple Zero (000). A reminder, not a substitute for hands-on first-aid training.

### Severe bleeding fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/severe-bleeding/

**WHAT IT TEACHES**

How to recognise severe bleeding and shock, and what to do: follow DRSABCD, help the person lie down, expose the wound and press firmly and continuously on it with your hands, then over a pad; bandage firmly once bleeding is controlled and call 000. If bleeding on a limb will not stop, apply an arterial tourniquet if available; elsewhere, use a haemostatic dressing if available.

**WHO IT HELPS**

Anyone who may need to help after a serious cut, road crash, workplace or farm injury before the ambulance arrives.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian resource: tells you to call Triple Zero (000).

### Burn or scald fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/burn-or-scald/

**WHAT IT TEACHES**

Shows how to tell superficial, deep and full-thickness burns apart and what to do: if clothing is on fire, stop, drop, wrap and roll; hold the burn under cool running water for 20 minutes; remove clothing and jewellery unless stuck; cover loosely with a non-stick dressing such as cling film. Do not use ice, lotions or fat, or burst blisters. Get medical aid if the burn is deep or larger than a 20 cent coin.

**WHO IT HELPS**

Households, carers, schools and workplaces that may need to treat a burn or scald, including when clothing catches fire.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian resource: tells you to call Triple Zero (000) for severe burns or burns to the airway.

### Recovery position fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/recovery-position/

**WHAT IT TEACHES**

Illustrated steps for turning an unresponsive person who is breathing onto their side: place the far arm out and the near arm across the chest, bend the near leg, roll them away from you while supporting the head and neck, and put their hand under the chin to keep the airway open. Also shows how to hold a baby under 1 face down on your forearm, supporting the head.

**WHO IT HELPS**

Anyone who may need to look after a person who is unresponsive but breathing normally while waiting for an ambulance.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian resource: tells you to call Triple Zero (000). Shows the position only; St John's DRSABCD sheet explains when to use it and to keep monitoring breathing.

### Choking: adult or child over 1 year fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/choking-adult-or-child-over-1-year/

**WHAT IT TEACHES**

Signs of choking (clutching the throat, gagging, difficulty breathing or speaking, a whistling noise or no sound, blue lips) and the steps: encourage coughing; if that fails, call 000, bend the person well forward and give up to 5 sharp back blows between the shoulder blades, then up to 5 chest thrusts on the lower half of the breastbone; keep alternating until help arrives; follow DRSABCD if they become unconscious.

**WHO IT HELPS**

Parents, carers, hospitality and aged-care staff, and anyone who shares meals with others; for adults and children over 1 year.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian method (back blows then chest thrusts) and 000. UK and US advice for adults and children over 1 uses abdominal thrusts instead.

### Resuscitation (CPR) first aid guide — Hato Hone St John (New Zealand)

https://www.stjohn.org.nz/first-aid/first-aid-library/resuscitation/

**WHAT IT TEACHES**

Explains when CPR is needed (unresponsive and not breathing normally) and the DRSABCD check: dangers, response, send for help, airway, breathing, CPR and defibrillation. Key points: call 111 as soon as possible, push hard and fast on the chest, chest compressions matter most even if you cannot give breaths, and continue until the person recovers or ambulance officers take over.

**WHO IT HELPS**

People in New Zealand who want a quick, plain reminder of the CPR steps; links to adult, child and baby CPR pages.

Free web page. Published by Hato Hone St John (St John New Zealand) · Guide: Not dated on the page. Note: New Zealand resource: tells you to call 111. Web page, not dated; the page also advertises a paid handbook and courses.

### How to do CPR (adults, children and babies) with printable flyer — Resuscitation Council UK (United Kingdom)

https://www.resus.org.uk/public-resource/how-do-cpr

**WHAT IT TEACHES**

Steps to follow if someone collapses: check for danger and a response, call 999 on loudspeaker, look and listen for normal breathing, push hard in the centre of the chest twice a second, give rescue breaths only if trained (30:2), and send someone for a defibrillator and follow its prompts. Separate steps for babies (5 rescue breaths first, two-thumb compressions) and children. One-page adult flyer to download.

**WHO IT HELPS**

Anyone in the UK who wants to know what to do if someone collapses; families, workplaces, sports clubs and schools.

Free web guide; flyer free to download (PDF, 1 page). Published by Resuscitation Council UK · Guide, brochure: Web guide not dated on the page; adult flyer file named June 2023. Note: UK resource: tells you to call 999. The flyer (file dated June 2023) covers adults only, with hands-only CPR; use the web page for the full adult, child and baby steps.

### CPR steps: how to perform CPR — American Red Cross (United States)

https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps

**WHAT IT TEACHES**

Seven steps for adult CPR: check the scene and the person (shout-tap-shout); if unresponsive and not breathing or only gasping, call 9-1-1 and get equipment, or send someone; lay them on their back on a firm, flat surface; give 30 compressions with two hands centred on the chest, at least 2 inches deep at 100–120 a minute; give 2 breaths (head-tilt/chin-lift); repeat 30:2 and use an AED as soon as one is available.

**WHO IT HELPS**

Adults in the United States who want a plain refresher on CPR; families, coaches, carers and workplaces.

Free web page. Published by American Red Cross · Guide: Not dated on the page. Note: US resource: tells you to call 9-1-1. Web page, not dated; the site also advertises paid courses.

## Medical Emergencies — Know the Signs

### Signs of stroke — F.A.S.T. posters — Stroke Foundation (Australia)

https://strokefoundation.org.au/about-stroke/learn/signs-of-stroke

**WHAT IT TEACHES**

Teaches the F.A.S.T. test: Face — has their mouth drooped? Arms — can they lift both arms? Speech — is it slurred, do they understand you? Time is critical — call 000 straight away. Lists other signs (weakness or numbness of the face, arm or leg, vision loss, dizziness or a fall, severe headache, trouble swallowing) and says to call 000 even if signs pass quickly. Two free printable posters.

**WHO IT HELPS**

Everyone; the posters suit homes, workplaces, clubs and waiting rooms.

Free to view; posters free to download (PDF, 1 page each). Published by Stroke Foundation · Poster, guide: Not dated on the page or posters · Page also in Arabic, Chinese (Traditional and Simplified), Greek, Hindi, Italian, Korean, Punjabi and Vietnamese. Note: Australian resource: tells you to call Triple Zero (000).

### Heart attack warning signs action plan — Heart Foundation (Australia)

https://www.heartfoundation.org.au/your-heart/heart-attack-warning-signs

**WHAT IT TEACHES**

One-page action plan: warning signs are pain, pressure or tightness in the chest, arm(s), shoulder(s), back, neck or jaw, and you may also feel short of breath, dizzy, sweaty or sick. Tell someone how you feel; if you feel worse or are not better after 10 minutes, call Triple Zero (000). Take 300 mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.

**WHO IT HELPS**

Adults, especially people with heart disease or its risk factors, and their families; made for the fridge or a wall at home or work.

Free to download (PDF, 2 pages); free fridge magnets via the online shop. Published by National Heart Foundation of Australia · Action plan, poster: Action plan HH-PRISK-030.2.0824 (© 2024); page last updated 15 September 2026 · Also in Arabic, Punjabi, Hindi and Vietnamese. Note: Australian resource: tells you to call Triple Zero (000).

### First Aid Plan for Anaphylaxis (orange) and Action Plans for Anaphylaxis (red) — ASCIA (Australia & New Zealand)

https://www.allergy.org.au/hp/ascia-plans-action-and-treatment

**WHAT IT TEACHES**

Signs of mild to moderate reactions and of anaphylaxis (noisy breathing, swollen tongue, throat tightness, wheeze or persistent cough, hoarse voice, dizziness or collapse, pale and floppy young children) and what to do: lay the person flat (do not let them stand or walk), give the adrenaline device, call 000 (AU) or 111 (NZ); more adrenaline may be given if no response after 5 minutes. If in doubt, give adrenaline.

**WHO IT HELPS**

Families, schools, childcare, workplaces and anyone storing a general-use adrenaline device; people with severe allergies get a red plan from their doctor.

Free to download (PDF; the orange plan and the general red plan are 2 pages each). Published by Australasian Society of Clinical Immunology and Allergy (ASCIA) · Action plan, poster: 2026 editions (© ASCIA 2026). Note: For Australia and New Zealand (000/111). The red Action Plan must be completed by the prescriber. The page sits in ASCIA's health professional section.

### First aid for asthma chart (ages 12+) — National Asthma Council Australia (Australia)

https://www.nationalasthma.org.au/resources/first-aid-for-asthma-ages-12

**WHAT IT TEACHES**

Four steps with a blue/grey reliever puffer and spacer: sit the person upright and reassure them; give 4 separate puffs, each followed by 4 breaths; wait 4 minutes; if no better, give 4 more puffs, and if still not breathing normally call 000 and keep giving 4 puffs every 4 minutes. Call 000 at once for a severe breathing problem. If someone with known allergies has sudden breathing trouble, give adrenaline first.

**WHO IT HELPS**

Anyone who may help a teenager or adult having an asthma attack: families, workplaces, sports clubs, schools and first-aid kits.

Free to download (PDF, 1 page, A4). Published by National Asthma Council Australia · Poster, action plan: © National Asthma Council Australia 2022 (chart); page last reviewed 1 Jan 2022. Note: Australian resource (000). Covers blue/grey reliever puffers; separate charts on the site cover combination inhalers and children under 12.

### Seizure first aid poster — Epilepsy Foundation (Australia)

https://epilepsyfoundation.org.au/understanding-epilepsy/seizure-first-aid/

**WHAT IT TEACHES**

A4 poster for two seizure types. Tonic-clonic: note the time, protect the head, remove objects, roll onto their side when possible, stay and reassure; do not stop the jerking or put anything in the mouth. Impaired awareness: guide them from danger; do not restrain. Call 000 if it lasts 5 minutes or more, another starts, there is a serious injury, it happens in water, they may be pregnant, or you do not know them.

**WHO IT HELPS**

Schools, workplaces, families and anyone who may help during a seizure; includes tips for people in wheelchairs.

Free to download (PDF, 1 page, A4). Published by Epilepsy Foundation (Australia), Epilepsy Smart Australia program · Poster: Poster © Epilepsy Foundation 2021; page not dated. Note: Australian resource: tells you to call 000. The poster carries a 2021 copyright date; the web page is not dated.

### Low blood glucose levels (hypoglycaemia) fact sheet — NDSS / Diabetes Australia (Australia)

https://www.ndss.com.au/managing-diabetes/blood-glucose-monitoring/hypoglycaemia/

**WHAT IT TEACHES**

Hypo symptoms (shaky, sweaty, dizzy, headache, hungry, irritable, tingling lips) and the steps: eat 15 g of fast-acting carbs (e.g. 4 glucose tablets, 6–7 jellybeans, ½ can regular soft drink), recheck after 10–15 minutes and repeat if still under 4 mmol/L, then slow-acting carbs if needed. If drowsy, unconscious or unable to swallow: recovery position, nothing by mouth, glucagon if trained, call 000.

**WHO IT HELPS**

People with diabetes who use insulin or some other glucose-lowering medicines, and their family, friends and workmates.

Free to read online; no PDF version is linked from the page. Published by National Diabetes Services Scheme (NDSS), administered by Diabetes Australia · Fact sheet: Version 6.0.0, February 2026. Note: Australian resource (000, NDSS). Treatment amounts may differ for insulin-pump users; ask your diabetes team.

### Concussion in sport: information for parents and teachers — Australian Institute of Sport (Australia)

https://www.ausport.gov.au/concussion/parents_and_teachers

**WHAT IT TEACHES**

Suspect concussion after a knock to the head or body (vacant or dazed look, confusion, memory loss, repeated questions). Apply first aid; suspect a neck injury if knocked out or neck pain, note when, how and where it happened, and 'If in doubt, sit them out' until cleared by a doctor. Critical signs (e.g. neck pain, repeated vomiting, seizure, worsening headache) mean going straight to an emergency department.

**WHO IT HELPS**

Parents, teachers, coaches and volunteers in school and community sport.

Free web page; related forms and frameworks free to download. Published by Australian Institute of Sport, Australian Sports Commission · Guide: Not dated on the page. Note: Australian guidance; a web page rather than a single printable sheet.

### Stroke signs and symptoms with FAST leaflet — Stroke Association (United Kingdom)

https://www.stroke.org.uk/stroke/symptoms

**WHAT IT TEACHES**

Explains the FAST test — Facial weakness (can they smile; has the mouth or eye drooped?), Arm weakness (can they raise both arms and keep them there?), Speech problems — and Time to call 999 if you see any one sign. Lists other sudden symptoms (one-sided numbness, blurred or lost vision, confusion, dizziness or a fall, severe headache) and says to call 999 even if symptoms pass, as it may be a TIA.

**WHO IT HELPS**

Everyone in the UK; the two-page leaflet suits homes, workplaces and community noticeboards.

Free web page; leaflet free to download (PDF, 2 pages). Published by Stroke Association · Guide, brochure: Leaflet © Stroke Association 2024 (item code A02P11); web page not dated. Note: UK resource: tells you to call 999. Printed leaflets and wallet cards are ordered through the charity's shop.

### About heart attacks (easy read booklet) — British Heart Foundation (United Kingdom)

https://www.bhf.org.uk/informationsupport/publications/easy-reads/about-heart-attacks-easy-read

**WHAT IT TEACHES**

Easy read booklet with simple words and pictures: what a heart attack is, the symptoms (chest pain that may start quickly and not go away, feeling dizzy, sweaty, sick, anxious or short of breath, pain moving to the arm, neck or back), and what to do — phone 999 for an ambulance, sit down, try to stay calm and take an aspirin if you have one. Also explains heart disease and tests.

**WHO IT HELPS**

Anyone who prefers simple words and pictures, and their families, carers and support workers.

Free to download (PDF, 17 pages); free printed copies need a BHF account to order. Published by British Heart Foundation · Booklet: Published 10/04/2024 (resource code HIS7ER/0324). Note: UK resource: tells you to phone 999.

### Asthma attacks: what to do — Asthma + Lung UK (United Kingdom)

https://www.asthmaandlung.org.uk/conditions/asthma/asthma-attacks

**WHAT IT TEACHES**

What to do in an asthma attack (adults): sit up and try to keep calm; take one puff of a blue reliever every 30–60 seconds, up to 10 puffs; call 999 if you feel worse at any point or are not better after 10 puffs; repeat if the ambulance has not arrived in 10 minutes. Separate steps for MART and AIR inhalers, for having no inhaler, for helping someone else, and for getting a follow-up appointment.

**WHO IT HELPS**

Adults with asthma and the people around them; a separate page covers children.

Free web page with a print option. Published by Asthma + Lung UK · Guide: Page last reviewed 5 June 2024; next review due 5 June 2027. Note: UK resource: tells you to call 999. Advice for adults only.

### Tonic-clonic seizures: first aid and CARE leaflet — Epilepsy Action (United Kingdom)

https://www.epilepsy.org.uk/info/seizures/tonic-clonic

**WHAT IT TEACHES**

First aid for a tonic-clonic seizure: protect the person from harm, cushion their head, look for an epilepsy ID card, time the seizure, put them in the recovery position once the jerking stops and stay until they recover. Do not hold them down or put anything in their mouth. Call 999 if it is their first seizure, it lasts more than 5 minutes, one follows another, or they are injured or struggling to breathe.

**WHO IT HELPS**

Family, friends, teachers, employers and anyone who may see someone have a seizure.

Free web page; CARE leaflet free to download (PDF, 1 page). Published by Epilepsy Action · Guide, fact sheet: Web page published April 2026 (review April 2029); CARE leaflet dated September 2023. Note: UK resource: tells you to call 999. The CARE leaflet's stated review date (September 2026) has passed; the web page was updated April 2026.

### Spotting the signs of sepsis (adults and children) — The UK Sepsis Trust (United Kingdom)

https://sepsistrust.org/about-sepsis/spotting-the-signs-of-sepsis/

**WHAT IT TEACHES**

Adult signs spell SEPSIS: Slurred speech or confusion, Extreme shivering or muscle pain, Passing no urine in a day, Severe breathlessness, It feels like you're going to die, Skin mottled or discoloured. Separate signs for children and under-5s (very fast breathing, fits, mottled or pale skin, rash that does not fade, very sleepy, not feeding, no urine for 12 hours). Call 999 or go to A&E and ask: could it be sepsis?

**WHO IT HELPS**

Anyone looking after someone with an infection, including parents of young children and carers of older people.

Free web page. Published by The UK Sepsis Trust · Guide: Not dated on the page. Note: UK resource: tells you to call 999 or 111. Web page rather than a printable card.

### Meningitis and sepsis signs and symptoms card — Meningitis Now (United Kingdom)

https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/signs-and-symptoms-cards/

**WHAT IT TEACHES**

Wallet-size card: meningitis and sepsis are emergencies — dial 999 or go to A&E right away; if unsure, call NHS 111 or your GP and ask if it could be meningitis or sepsis. Shows signs (fever with cold hands and feet, stiff neck, vomiting, muscle or joint pain; babies may refuse feeds, have a strange cry or grunt), explains the glass test, and says not to wait for a rash, which is harder to see on darker skin.

**WHO IT HELPS**

Parents, students, carers and anyone; small enough to carry in a wallet or purse.

Free to download (PDF, 2 pages); printed cards can be ordered by post. Published by Meningitis Now · Wallet card: © Meningitis Now Jan 2026; next review Jan 2028. Note: UK resource: tells you to dial 999 or call NHS 111. Card production was supported by a grant from Pfizer Ltd.

### Mild head injury and concussion booklet — Headway (United Kingdom)

https://www.headway.org.uk/about-brain-injury/types-of-brain-injury/concussion/

**WHAT IT TEACHES**

Free booklet on concussion (mild traumatic brain injury) in adults: what it is, what happens afterwards, common effects, when to go to A&E or call 999, how to cope, post-concussion syndrome, and driving, alcohol, work and sport. The same page links Headway's short 'Mild head injury discharge advice' sheet, which lists red-flag symptoms that mean returning to A&E straight away.

**WHO IT HELPS**

Adults who have had a knock to the head or concussion, and their family and friends.

Free to download (PDF booklet, 16 pages; advice sheet, 3 pages). Published by Headway – the brain injury association · Booklet, fact sheet: Booklet updated June 2025; next review June 2027. Note: UK resource (999, NHS 111), for adults. On 26 Oct 2026 the '(PDF)' links in the page text were broken; the 'Mild head injury and concussion' link under Related resources worked.

### Act F.A.S.T. — signs of stroke — Irish Heart Foundation (Ireland)

https://irishheart.ie/campaigns/fast/

**WHAT IT TEACHES**

Explains F.A.S.T.: Face — can the person smile, has their mouth or eye drooped? Arms — can they raise both arms? Speech — can they speak clearly and understand you? Time — call 112 or 999 for an ambulance if you spot any one of these signs. Also lists less common signs, such as a sudden severe headache, loss of vision, dizziness, confusion or sudden loss of feeling down one side.

**WHO IT HELPS**

Everyone in Ireland, including families and carers of older people.

Free web page. Published by Irish Heart Foundation · Guide: Not dated on the page. Note: Irish resource: tells you to call 112 or 999. Web page with an online quiz; no printable poster on the page.

### 5 Step Rule poster: how to deal with an asthma attack — Asthma Society of Ireland (Ireland)

https://asthma.ie/resources-and-tips/5-step-rule-poster/

**WHAT IT TEACHES**

Poster with asthma attack symptoms and the 5 Step Rule: 1 sit up and stay calm, 2 take slow steady breaths, 3 take 1 puff of reliever (usually blue) every minute — up to 10 puffs in 10 minutes for ages 6 and over, up to 6 for under-6s, 4 call 112 or 999 if not better after 10 minutes or if worried, 5 repeat step 3 if the ambulance has not arrived in 10 minutes.

**WHO IT HELPS**

People with asthma in Ireland, parents, schools, sports clubs and workplaces.

Free to view and save (image on the page). Published by Asthma Society of Ireland · Poster, infographic: Published 04/02/2025 (page). Note: Irish resource: tells you to call 112 or 999. The poster is shown as an image rather than a PDF download.

### Sepsis symptoms: TIME symptom card — Sepsis Alliance (United States)

https://www.sepsis.org/sepsis-basics/symptoms/

**WHAT IT TEACHES**

Uses the TIME memory aid: Temperature higher or lower than normal; Infection — may have signs of an infection; Mental decline — confused, sleepy, hard to rouse; Extremely ill — severe pain or discomfort, shortness of breath. With a combination of these, seek urgent medical care, call 911 or go to hospital with an advocate and ask 'Could it be sepsis?' Includes a downloadable symptom card.

**WHO IT HELPS**

Patients, families and carers in the US, especially people with an infection, a recent operation or a wound.

Free web page and symptom card. Published by Sepsis Alliance · Guide, wallet card: Symptom card © 2020 Sepsis Alliance; page not otherwise dated. Note: US resource: tells you to call 911. Lower on the page are clinical test results meant for health professionals.

### FAST signs of stroke poster — Heart & Stroke Foundation of Canada (Canada)

https://www.heartandstroke.ca/stroke/signs-of-stroke/share-the-fast-stroke-signs

**WHAT IT TEACHES**

Downloadable FAST poster (11 x 17 inch) and image: Face — is it drooping? Arms — can you raise both? Speech — is it slurred or jumbled? Time — to call 9-1-1. Made to be printed and hung in offices, hallways, waiting rooms, community centres and churches.

**WHO IT HELPS**

Anyone in Canada who wants to display or share the signs of stroke at home, at work or in the community.

Free to download (11 x 17 inch PDF poster, 1 page; FAST image as a 1-page PDF). Published by Heart and Stroke Foundation of Canada · Poster, infographic: Poster © Heart and Stroke Foundation of Canada, 2023 · French version via the site's Français link · Licence: Free licence to reproduce and share for non-commercial use without changes (stated on the page). Note: Canadian resource: tells you to call 9-1-1. Covers the FAST signs only.

## Overdose, Poisoning & Drug Safety

### Poisons first aid — NSW Poisons Information Centre (Australia)

https://www.poisonsinfo.nsw.gov.au/first-aid

**WHAT IT TEACHES**

Steps for each way a poison gets in: swallowed — do not make the person vomit, do not eat or drink, note the product and call 13 11 26; eye — flood with cool water for 15 minutes; skin — remove clothing and flood with cool running water; inhaled — get to fresh air without putting yourself at risk. If unconscious or not breathing, call 000 and start CPR. Also shows when and how to apply a pressure bandage for bites.

**WHO IT HELPS**

Parents, carers and households; also bushwalkers and outdoor workers who may need to treat a snake or funnel-web spider bite.

Free web page with a print option. Published by NSW Poisons Information Centre, Sydney Children's Hospitals Network (NSW Health) · Guide, infographic: Not dated on the page. Note: Australian resource: Poisons Information Centre 13 11 26 and Triple Zero (000).

### Consumer information sheet: Nyxoid naloxone nasal spray — NSW Health (New South Wales, Australia)

https://www.health.nsw.gov.au/aod/programs/Pages/naloxone-factsheet-nyxoid.aspx

**WHAT IT TEACHES**

How to prevent, recognise and respond to an opioid overdose: risks (lower tolerance after a break, mixing with alcohol or benzos, using alone), signs (no response, blue lips, slow or snoring breathing, pinned pupils) and steps — call 000, give one Nyxoid spray into a nostril and a second dose after 2–3 minutes if no recovery, give rescue breaths if you know how, use the recovery position, and stay until help comes.

**WHO IT HELPS**

People who use opioids, their family and friends, and anyone given a Nyxoid take-home naloxone kit, especially in New South Wales.

Free web page; PDF versions free to download. Published by NSW Health (NSW Ministry of Health) · Fact sheet: Last updated 26 July 2023 · Also in Plain English, Chinese (Simplified and Traditional), Arabic, Farsi and Vietnamese. Note: NSW Health sheet for the Nyxoid nasal spray; other naloxone products differ. Says police do not routinely attend in NSW; 000 applies Australia-wide.

### First aid for poisoning — National Poisons Centre (New Zealand)

https://poisons.co.nz/first-aid/

**WHAT IT TEACHES**

Steps for swallowed, inhaled, eye, skin and bite or sting exposures: call 0800 POISON (0800 764 766); do not make the person vomit or give fluids unless told to; put a sleepy person who is breathing in the recovery position; flush eyes with room-temperature water for at least 15 minutes; flush skin with lots of water; move people out of fumes only if it is safe.

**WHO IT HELPS**

Households, parents and workplaces in New Zealand.

Free web page. Published by National Poisons Centre (New Zealand) · Guide: Not dated on the page. Note: New Zealand resource: 0800 POISON (0800 764 766). The page says to call an ambulance but does not give the number. Web page, not dated.

### Overdose – drugs or alcohol first aid guide — Hato Hone St John (New Zealand)

https://www.stjohn.org.nz/first-aid/first-aid-library/overdose-drugs-and-alcohol/

**WHAT IT TEACHES**

Signs of overdose (very sleepy, confused, poor balance, seizures, vomiting, containers or syringes nearby) and what to do: if unresponsive, call 111, place a breathing person on their side and clear vomit, and start CPR if not breathing normally; if conscious, stay with them, keep them calm and find out what, how much and when they took it. Keep containers and vomit for the ambulance staff.

**WHO IT HELPS**

Friends, family, party-goers and workers in New Zealand who may need to help someone who has taken too much alcohol or drugs.

Free web page. Published by Hato Hone St John (St John New Zealand) · Guide: Not dated on the page. Note: New Zealand resource (111, Healthline). Web page, not dated; it does not cover naloxone.

### First aid for poisonings: Act fast! — Poison Control, National Capital Poison Center (United States)

https://www.poison.org/first-aid-for-poisonings

**WHAT IT TEACHES**

If someone collapses, has a seizure, has trouble breathing or cannot be woken, call 911. Otherwise: swallowed — do not induce vomiting (burning or caustic products: a small drink of water or milk if able to swallow); eyes — rinse with room-temperature water for at least 15–20 minutes; skin — remove soiled clothing, rinse for at least 15 minutes; fumes — move to fresh air. Use webPOISONCONTROL or call 1-800-222-1222.

**WHO IT HELPS**

Parents, carers and households in the United States.

Free web page. Published by National Capital Poison Center (Poison Control) · Guide: Not dated on the page. Note: US resource: 911 and 1-800-222-1222. Web page, not dated.

### How to respond to an opioid overdose — American Red Cross (United States)

https://www.redcross.org/take-a-class/resources/learn-first-aid/opioid-overdose

**WHAT IT TEACHES**

Signs of opioid overdose (slow or very few breaths, gasping or gurgling, no response, bluish or greyish skin, signs of opioid use) and what to do: call 9-1-1; if not breathing, start CPR and use an AED; help with or give naloxone (if trained) without delaying CPR; if breathing slowly or not fully awake, give naloxone the same way; stay until help arrives. Naloxone wears off, so medical care is still needed.

**WHO IT HELPS**

Family, friends, bystanders and workers in the US who may find someone who has overdosed.

Free web page. Published by American Red Cross · Guide: Not dated on the page. Note: US resource: tells you to call 9-1-1. Brief page; read your naloxone pack instructions or ask a pharmacist how to use it.

### Naloxone: Save a Life (fact sheet) — Health Canada (Canada)

https://www.canada.ca/en/health-canada/services/publications/healthy-living/naloxone-save-a-life-fact-sheet.html

**WHAT IT TEACHES**

Explains what naloxone is and how to use it: if you think someone is having an opioid overdose, call 9-1-1, then give naloxone by following the directions on the kit, and give more doses if there is no response after 2–3 minutes. Notes that naloxone lasts only 30–120 minutes so breathing can stop again, that it is safe for all ages, and that kits are available at most pharmacies without a prescription.

**WHO IT HELPS**

People in Canada who use opioids or know someone who does, and families, friends and workers who may need to respond.

Free web page; PDF free to download (1 page). Published by Health Canada (Government of Canada) · Fact sheet: Published August 2024 (Cat. H14-297/2-2024E-PDF); page modified 2024-10-21 · Also in French. Note: Canadian resource (9-1-1, Canadian kit access). A short sheet: it does not teach rescue breathing or CPR.

## Disasters, Severe Weather & Getting Prepared

### Emergency RediPlan — household emergency plan and step-by-step guide — Australian Red Cross (Australia)

https://www.redcross.org.au/prepare/

**WHAT IT TEACHES**

Takes a household through four steps — get in the know, get connected, get organised, get packing — with fill-in pages for important numbers, an out-of-town contact, a meeting place, medical conditions, current medications and medical aids. It advises having medicines and equipment such as a wheelchair, glasses or hearing aid ready for a week or two.

**WHO IT HELPS**

Any household in Australia, including people with chronic illness or disability and their carers, preparing for bushfire, flood, heatwave or a personal emergency such as a hospital stay.

Free to download (PDF guide, 38 pages; short fill-in plan, 8 pages). Published by Australian Red Cross · Guide, template: Full guide dated November 2016 (still the version linked on the page); not dated on the page. Note: Written for Australia (Medicare, Centrelink, ABC radio). The full guide is dated November 2016; your state emergency service may have newer kit lists, as the guide itself suggests.

### Get Packing emergency kit checklist (survival and recovery kits) — Australian Red Cross (Australia)

https://www.redcross.org.au/emergencies/prepare/packing/

**WHAT IT TEACHES**

Survival kit: water, long-life food for 3 days and a can opener, torch and whistle, phones, chargers and power banks, cash, battery radio set to local ABC radio, medication and prescriptions for 14 days, first aid kit and protective clothing. Recovery kit: copies of ID, insurance, wills and prescriptions, photos of valuables and sentimental items. A 'Just in time' sheet covers an imminent disaster.

**WHO IT HELPS**

Households, carers and people who take regular medicines, preparing for any emergency in Australia. Keep the kit somewhere easy to find, tell your family where it is and check it every year.

Free to download (PDF checklist, 2 pages; 'Just in time' sheet, 2 pages). Published by Australian Red Cross · Checklist: Not dated on the page. Note: Written for Australia (refers to local ABC radio and Australian documents such as ImmiCard and the Australian citizenship certificate). Not dated on the page.

### Australian Warning System — the three warning levels and what to do (Australia)

https://www.australianwarningsystem.com.au/

**WHAT IT TEACHES**

Explains the national warning levels and colours — Advice (yellow), Watch and Act (orange) and Emergency Warning (red) — and the action statements used with them, such as 'Prepare to leave/evacuate', 'Move to higher ground', 'Do not enter flood water', 'Seek/take shelter now' and 'Too late/dangerous to leave'.

**WHO IT HELPS**

Anyone in Australia who wants to understand the warnings fire and emergency services issue for bushfire, flood, storm, cyclone, extreme heat and severe weather. Check your state or territory agency for current warnings.

Free to view online. Published by Australian Warning System (national website for Australia's fire and emergency services) · Guide, infographic: Not dated on the page. Note: Australia only. It explains the system; live warnings come from your state or territory agency's app or website. Not dated on the page.

### Pack an emergency kit — Emergency Kit Checklist — Get Ready Queensland (Queensland, Australia)

https://www.getready.qld.gov.au/prepare/kit

**WHAT IT TEACHES**

Keep a kit in a strong waterproof container: 10 litres of drinking water per person at a minimum, non-perishable food, a week's supply of prescription and over-the-counter medicines, first aid kit, torch, battery radio, spare batteries, phone charger and power bank, spare glasses and hearing-aid batteries, documents on paper or USB, cash, and baby and pet supplies.

**WHO IT HELPS**

Queensland households preparing for severe weather such as storms, cyclones and floods, and people in rural or remote areas who could be cut off for longer. Review the kit at least twice a year.

Free to view online; checklist free to download (PDF, 1 page). Published by Get Ready Queensland (Queensland Government) · Checklist: Page last updated September 2026; linked checklist marked 01/26. Note: Queensland-focused. The page text and a 2023 checklist say three days of supplies, but the January 2026 checklist it also links says at least five days; use the newer five-day list.

### Inclusive preparedness for people with disability — Get Ready Queensland (Queensland, Australia)

https://www.getready.qld.gov.au/disability

**WHAT IT TEACHES**

Helps you build a person-centred emergency plan: what you do best and what help makes things easier, what you have already done, what might be hard (moving quickly, communicating, managing your health) and how to fix it. Advises charging assistive technology and backup batteries, lining up backup support in case support workers are affected, and leaving early.

**WHO IT HELPS**

People with disability, their families, carers and support workers in Queensland, before severe weather or when it is forecast. It links the P-CEP workbook and lists 000 plus relay and interpreter service numbers.

Free to view online. Published by Get Ready Queensland (Queensland Government) · Guide: Last updated September 2026. Note: Queensland-focused; the contacts listed (000, SMS and voice relay, TTY 133 677, interpreter 1800 131 450) are Australian.

### Person-Centred Emergency Preparedness (P-CEP) Workbook and My P-CEP Plan — University of Sydney, Collaborating 4 Inclusion (Australia)

https://collaborating4inclusion.org/pcep/pcep-tools/

**WHAT IT TEACHES**

A workbook co-designed with people with disability, in four planning conversations: identify your strengths and support needs in everyday life; learn your local hazard risk and how to get warnings; make a plan for managing your support needs in an emergency; and share the plan with your support network. The 12-page My P-CEP Plan covers support needs, who will help you and who relies on you.

**WHO IT HELPS**

People with disability or chronic health conditions, and the family, peer leaders and support workers who help them plan for medication, equipment, assistive technology, transport and assistance animals in an emergency.

Free to download (PDF workbook, 52 pages, also as a fillable PDF; My P-CEP Plan, 12 pages). Published by Centre for Disability Research and Policy, The University of Sydney (Collaborating 4 Inclusion), with Queenslanders with Disability Network · Booklet, template: Workbook: Villeneuve et al. 2020, Issue 2/No 1; short My P-CEP Plan posted March 2026. Note: Written for Australia (Australian agencies and services). The workbook dates from 2020, so some links, such as COVID-19 pages, may be out of date; the page's Word version link is broken.

### Bushfire plan — six questions and Leaving Early planning template — CFA (Victoria, Australia)

https://www.cfa.vic.gov.au/fire-safety/your-fire-plan/make-your-fire-plan/bushfire-plan

WHAT IT TEACHES

Answer six questions with your household: when will you leave, where will you go, how will you get there, what will you take, who will you tell and when will you return. Leaving early is always the safest option — on Extreme or Catastrophic days leave the night before or by 10 am. Pack for at least three days, including medicines and phone chargers.

WHO IT HELPS

Anyone who lives in, works in or travels through bushfire-risk areas of Victoria. A separate bushfire survival plan template is offered for people who need extra support to leave.

Free to view online; templates free to download (Leaving Early template, PDF 8 pages; bushfire survival plan template, PDF 4 pages). Published by Country Fire Authority (CFA), Victoria · Guide, template: Page last updated 28 September 2026; Leaving Early template dated August 2026; bushfire survival plan template Version 2, June 2022. Note: Victoria-specific (VicEmergency app and hotline 1800 226 226). People in other states should use their own fire service's plan. The older 'Fire Ready Kit' (2022) is also linked.

### Flood — plan and stay safe, with printable flood checklist — VICSES (Victoria, Australia)

https://www.ses.vic.gov.au/plan-and-stay-safe/emergencies/flood

WHAT IT TEACHES

Be flood ready: bag it, block it, lift it and leave. Never enter floodwater — 15 cm of flowing water can float a car. If water comes inside, move to a higher point; if you evacuate, take pets, phone, spare clothes and medications and turn off gas and electricity. The checklist covers warnings, a three-day emergency kit and protecting your home.

WHO IT HELPS

People living, working or travelling in flood-prone parts of Victoria; use before flood season and when heavy rain is forecast.

Free to view online; checklist (PDF, 2 pages) and flood and storm booklet (PDF, 5 pages) free to download. Published by Victoria State Emergency Service (VICSES) · Guide, checklist: Not dated on the page (linked flood checklist file is named 2023). Note: Victoria-specific (VICSES 132 500, VicEmergency 1800 226 226; call 000 if life is at risk). Not dated on the page.

### Emergency planning checklists and Emergency Kit Checklist — NSW SES (New South Wales, Australia)

https://www.ses.nsw.gov.au/plan-and-prepare/emergency-planning-checklists

WHAT IT TEACHES

One-page Emergency Kit Checklist for flood, storm and tsunami: emergency plans and contact list, radio and spare batteries, non-perishable food and water, first aid kit, documents and proof of address, medications for 5 days with Medicare card and prescriptions, torch, cash, chargers, and pet supplies. The page also links pet and horse plans and a carers' emergency care plan.

WHO IT HELPS

NSW households, carers and animal owners getting ready for flood, storm or tsunami.

Free to download (PDF checklist, 1 page; other checklists free). Published by NSW State Emergency Service (NSW SES) · Checklist: Not dated on the page. Note: NSW-specific: call NSW SES on 132 500 for flood or storm help, or 000 if life is in danger. Not dated on the page.

### Beat the heat — heat and health fact sheet — NSW Health (New South Wales, Australia)

https://www.health.nsw.gov.au/environment/factsheets/Pages/beat-the-heat.aspx

WHAT IT TEACHES

Lists who is most at risk and the signs of heat exhaustion and heat stroke. To cool down: get to a cooler place, loosen clothing, wet the skin, and put ice packs or crushed ice in a damp towel on the neck, groin and armpits. Heat stroke is extremely serious — call 000 immediately. Also covers preparing your home, food and medicines before hot weather.

WHO IT HELPS

Everyone in hot weather, especially people aged 65 and over, babies and young children, pregnant women, and people with heart, lung, kidney or mental illness — and those who check on them.

Free to view online or download (PDF, 4 pages). Published by NSW Health (Environmental Health) · Fact sheet: Last updated 23 November 2023 · Also in 10 languages (Arabic, Simplified Chinese, Traditional Chinese, Croatian, Greek, Italian, Macedonian, Spanish, Tagalog, Vietnamese). Note: Australian numbers (000; healthdirect 1800 022 222). Last updated November 2023.

### If It's Flooded, Forget It — never drive into floodwater — Get Ready Queensland (Queensland, Australia)

https://www.getready.qld.gov.au/if-its-flooded-forget-it

**WHAT IT TEACHES**

Explains why you should never drive into floodwater: there is no sure-fire way to tell if a flooded road is safe, water hides potholes, debris and washed-out roads, and GPS and depth markers can't show what is underneath. It answers myths such as 'The driver in front made it through'. If you're looking for a sign it's safe, that's your sign to turn around.

**WHO IT HELPS**

Drivers in Queensland, and anyone travelling where roads can flood during storms and other severe weather.

Free to view online. Published by Get Ready Queensland (Queensland Government) · Guide: Last updated October 2026. Note: Queensland campaign; road-condition and warning links are for Queensland, but the advice applies anywhere.

### Make a household emergency plan (online form and printable template) — Get Ready, NZ Civil Defence (New Zealand)

https://getready.govt.nz/prepared/household/make-a-plan/

**WHAT IT TEACHES**

Guides a 'prep talk' with your household: your strengths, needs and situation, what you have already done, gaps that increase your risk, and what you would do without the things you need every day. Fill in the form, print it, stick it on the fridge and make sure everyone knows the plan. It asks you to plan for disabled people, older people, babies, children and pets.

**WHO IT HELPS**

Households and whānau anywhere in New Zealand preparing for emergencies and natural disasters, which can happen at any time and often without warning.

Free (online form you can print or save as PDF, or a printable PDF template). Published by Get Ready — New Zealand Civil Defence (National Emergency Management Agency) · Template, guide: Not dated on the page · Template also in te reo Māori and 21 other languages. Note: New Zealand-specific (Civil Defence, 111). Not dated on the page.

### Good and Ready — prepare for a disaster — New Zealand Red Cross (New Zealand)

https://www.redcross.org.nz/get-help/emergencies-and-disasters/prepare-for-a-disaster-get-good-and-ready

**WHAT IT TEACHES**

Three steps: understand local hazards, make a household plan, and share it with a Good and Ready buddy. Plan for being stuck at home, unable to get home, evacuating, and losing power, water or phone. Store at least nine litres of water per person, food, toilet paper and buckets, P2 or N95 masks; pack a grab bag with medicines, documents, torch, radio, cash and a phone charger.

**WHO IT HELPS**

Households and whānau across Aotearoa New Zealand, including those planning for disabled family members, older people, babies and pets.

Free to view online. Published by New Zealand Red Cross · Guide, checklist: Not dated on the page. Note: New Zealand-specific (Civil Defence, NEMA, Radio NZ). Not dated on the page.

### Drop, Cover and Hold — what to do in an earthquake — Get Ready, NZ Civil Defence (New Zealand)

https://getready.govt.nz/emergency/earthquakes/drop-cover-hold

**WHAT IT TEACHES**

DROP down on your hands and knees, COVER your head and neck (under a sturdy table if it is within a few steps), and HOLD on until the shaking stops. In bed: stay there and cover your head and neck with a pillow. In a wheelchair or walker: Lock, Cover and Hold. Outside: move no more than a few steps from buildings, trees and power lines. Driving: pull over and stay belted.

**WHO IT HELPS**

Everyone in New Zealand and other earthquake-prone places; practise it regularly, for example each year during New Zealand ShakeOut.

Free to view online; poster and fact sheet free to download. Published by Get Ready — New Zealand Civil Defence (National Emergency Management Agency) · Guide, poster, fact sheet: Not dated on the page · Poster and fact sheet also in te reo Māori. Note: Not dated on the page. Written for New Zealand (Civil Defence, ShakeOut); check your own country's earthquake advice.

### Tsunami — Long or Strong, Get Gone — Get Ready, NZ Civil Defence (New Zealand)

https://getready.govt.nz/emergency/tsunami

**WHAT IT TEACHES**

If you are near the coast and feel an earthquake that makes it hard to stand or lasts more than a minute, move immediately to higher ground or as far inland as possible, out of tsunami evacuation zones — don't wait for an official warning. Walk, run or cycle if you can. If you can't leave the zone, go as far or high as you can; every metre makes a difference. Return only after an official all-clear.

**WHO IT HELPS**

People who live, work or holiday on the coast in New Zealand; learn your evacuation zone before you need it.

Free to view online; poster and fact sheet free to download. Published by Get Ready — New Zealand Civil Defence (National Emergency Management Agency) · Guide, poster, fact sheet: Not dated on the page · Poster and fact sheet also in te reo Māori. Note: Refers to New Zealand evacuation zones and Civil Defence all-clear messages; check your own country's tsunami zones elsewhere. Not dated on the page.

### Water Safety Code — five ways to survive — Water Safety New Zealand (New Zealand)

https://www.watersafetynz.org/staying-safe/water-safety-code

**WHAT IT TEACHES**

Know how to float — on your back with ears in the water, relax and breathe normally. Find the safest place, ideally with lifeguards. If in doubt, stay out. Take care of yourself and others: go with a buddy, make sure any lifejacket fits properly, and keep a responsible adult within arm's reach of children. Know how to get help: raise your arm and call out; if someone is in trouble, call 111 and ask for Police.

**WHO IT HELPS**

Anyone in, on or around water in New Zealand — at the beach, lake or river — and families with children; the posters can be downloaded and shared to promote water safety locally.

Free to view online; posters free to download. Published by Water Safety New Zealand · Poster, guide: Not dated on the page · Posters in 13 other languages (including te reo Māori, Samoan, Tongan, Fijian, Chinese and French). Note: New Zealand emergency numbers (111 Police; Coastguard VHF channel 16). Not dated on the page.

### Be Ready checklist and Household Emergency Plan — UK Government (United Kingdom)

https://www.gov.uk/beready

**WHAT IT TEACHES**

Be ready to manage for 3 days: bottled water (3 litres per person per day for drinking), non-perishable food, torch, FM radio (battery or wind-up), charged power bank, cash, copies of ID, first aid kit, essential medication, and baby and pet supplies. The household plan says: if the emergency is outside, go in, stay in, tune in; if inside, get out, stay out, ring 999.

**WHO IT HELPS**

Households across the UK preparing for severe weather, power cuts and other disruption; build supplies gradually and check them every six months. The plan records medications, a meeting point and where to turn off water, gas and electricity.

Free to download (PDF checklist, 2 pages; PDF household plan, 8 pages). Published by UK Government (Be Ready campaign, GOV.UK) · Checklist, template: Not dated on the page (checklist and plan posted October 2026) · Site also in Welsh (Cymraeg) · Licence: Open Government Licence v3.0 (site content, except where otherwise stated). Note: UK numbers (999, NHS 111, 105 for power cuts). Scotland and Northern Ireland residents are pointed to Ready Scotland and NI Direct for local advice.

### Weather warnings guide — what yellow, amber and red warnings mean — Met Office (United Kingdom)

https://weather.metoffice.gov.uk/guides/warnings

**WHAT IT TEACHES**

Explains that the Met Office issues warnings up to seven days ahead for rain, thunderstorms, wind, snow, lightning, ice, extreme heat and fog, coloured yellow, amber or red by impact and likelihood. Amber: think about changing your plans and take action to protect yourself and your property. Red: dangerous weather — take action now, avoid travelling where possible and follow emergency services' advice.

**WHO IT HELPS**

Anyone in the UK deciding whether to travel, change plans or protect their family, community and property when a weather warning is issued.

Free to view online. Published by Met Office · Guide: Not dated on the page; notes the warnings impact matrix changed in October 2026. Note: UK only. The page says the impact matrix shown in its video changed slightly in October 2026; always read each warning's own matrix.

### Personal flood plan — checklists to prepare for flooding — Environment Agency (England)

https://www.gov.uk/government/publications/personal-flood-plan

**WHAT IT TEACHES**

Checklists for before, during and after a flood: sign up for flood warnings and learn what a flood alert, flood warning and severe flood warning mean; keep documents and valuables in a waterproof container out of reach of flood water; pack a flood kit with medicine, a torch, drinking water and warm clothes; turn off electricity, water and gas; never walk or drive through flood water; go home only when told it's safe.

**WHO IT HELPS**

People in England who live in or near a flood-risk area; fill it in now, before a flood, as you may not have time once it happens.

Free to view online (HTML) or download (PDF, 8 pages). Published by Environment Agency (UK Government) · Checklist, template: Last updated 15 November 2023. Note: England only (versions for Scotland, Wales and NI are linked). The PDF misprints Floodline; the correct number, on the HTML version, is 0345 988 1188.

### Beat the heat: staying safe in hot weather, keep-cool checklist and poster — UK Health Security Agency (England)

https://www.gov.uk/government/publications/beat-the-heat-resources-for-hot-weather

**WHAT IT TEACHES**

Lists who is at higher risk (now everyone aged 65 and over) and the symptoms of heat exhaustion and heatstroke. To cool down: move somewhere cooler, remove unnecessary clothing, drink cool water, spray or sponge skin with cool water and put wrapped cold packs under the armpits or on the neck. Heatstroke is a medical emergency — dial 999. Avoid direct sun between 11am and 3pm.

**WHO IT HELPS**

Everyone during hot weather, and people who check on older neighbours, young children, or anyone with heart, breathing, kidney or serious mental health conditions.

Free to view online; easy read guide (9 pages), checklist (7 pages) and poster (1 page) free to download. Published by UK Health Security Agency (UKHSA) · Guide, checklist, poster: Last updated 21 July 2026 (poster from 2023) · Also in 15 languages (Arabic, Bengali, Spanish, Persian, Gujarati, Hindi, Italian, Punjabi, Polish, Portuguese, Romanian, Somali, Tamil, Ukrainian, Urdu); easy read versions and British Sign Language videos on the page · Licence: Open Government Licence v3.0. Note: Written for England (NHS 111, 999). The one-page poster dates from 2023; the HTML guidance (updated July 2026) is the latest.

### Keeping warm and well: staying safe in cold weather — UK Health Security Agency (England)

https://www.gov.uk/government/publications/keeping-warm-and-well-staying-safe-in-cold-weather

**WHAT IT TEACHES**

Heat the rooms you use most, such as the living room and bedroom, to at least 18°C if you can; wear several thin layers; if bad weather is forecast, check you have enough food and medication; fit a carbon monoxide alarm; check on others. Signs of hypothermia include shivering, slow breathing, tiredness or confusion and pale, cold skin — contact NHS 111, or dial 999 in an emergency.

**WHO IT HELPS**

Older people, people with long-term health conditions, carers of young children, and anyone living in a cold home, before and during winter.

Free to view online; easy read (8 pages) and print leaflet (2 pages) free to download. Published by UK Health Security Agency (UKHSA) · Guide, brochure: Last updated 28 April 2026 (print leaflet August 2023) · Also in 15 languages (Arabic, Bengali, Spanish, Gujarati, Hindi, Italian, Punjabi, Polish, Portuguese, Romanian, Somali, Albanian, Tamil, Ukrainian, Urdu); easy read in 11 languages; British Sign Language video · Licence: Open Government Licence v3.0. Note: England-focused (NHS 111, Priority Services Register). The 2-page print leaflet is from August 2023 and refers to that winter's flu and Covid-19 booster offers; use the HTML guidance, marked updated April 2026.

### Float to Live — what to do if you fall into water — RNLI (UK and Ireland)

https://rnli.org/safety/float

**WHAT IT TEACHES**

If you fall into water: tilt your head back, submerging your ears; relax and control your breathing; move your hands and legs to help you stay afloat — your legs may sink, and that's OK. Once your breathing is under control, call for help or swim to safety. It warns that water below 15°C can cause cold water shock, and suggests practising finding your float at a supervised location.

**WHO IT HELPS**

Anyone who spends time in or near the sea, rivers, lakes or canals — swimmers, runners, people fishing — in the UK, Ireland or elsewhere.

Free to view online; toolkit free to download. Published by Royal National Lifeboat Institution (RNLI) · Guide: Not dated on the page. Note: Not dated on the page. Written for UK and Irish waters (average sea temperature 12°C); the floating advice itself applies anywhere.

### Be Emergency Ready booklet and checklist — Office of Emergency Planning (Ireland)

https://www.gov.ie/en/office-of-emergency-planning/campaigns/be-emergency-ready/

**WHAT IT TEACHES**

Three steps — be aware, make a plan, stay connected — for storms, flooding, power cuts and supply disruption. The checklist covers 2–3 litres of drinking water per person per day, non-perishable food, prescription medicines and copies of prescriptions, a first aid kit, torch, battery or wind-up radio, power banks, blankets, and documents in a waterproof bag, plus a contacts card to fill in.

**WHO IT HELPS**

Households across Ireland, including people who rely on regular medication and those who look out for neighbours. Build supplies up over time — some preparation is better than none.

Free to download (PDF booklet, 10 pages; checklist and contact numbers sheets); audio version on the page; Braille copies on request. Published by Office of Emergency Planning, Department of Defence (Government of Ireland) · Booklet, checklist: Published 27 July 2026; last updated 20 October 2026. Note: Ireland-specific emergency contacts and services.

### Make A Plan — family emergency plan and communication card — Ready.gov, FEMA (United States)

https://www.ready.gov/plan

**WHAT IT TEACHES**

Four steps: meet with your household (how you will get alerts, your shelter plan, evacuation route and communication plan); assess needs such as ages, dietary and medical needs including prescriptions and equipment, disabilities, languages and pets; write it down with the fillable Family Emergency Plan form; and practise it. A fillable family communication card is included.

**WHO IT HELPS**

US households, including those with older adults, school-aged children, people with disabilities or pets; make the plan before a disaster strikes and practise it.

Free (online fillable form; PDF cards free to download). Published by Ready.gov (Federal Emergency Management Agency, FEMA) · Guide, template, wallet card: Last updated 09/01/2026 (1 September 2026) · Also in 10 languages (Arabic, Spanish, French, Haitian Creole, Japanese, Korean, Russian, Tagalog, Vietnamese, Simplified Chinese). Note: Written for the US (FEMA, US alerts and warnings, local emergency management).

### Build A Kit — Emergency Supply List — Ready.gov, FEMA (United States)

https://www.ready.gov/kit

**WHAT IT TEACHES**

A basic kit for several days: one gallon of water per person per day, non-perishable food, battery or hand-crank radio and NOAA Weather Radio, flashlight, first aid kit, extra batteries, whistle, dust mask, plastic sheeting and duct tape, sanitation items, wrench or pliers, manual can opener, local maps, and phone chargers with a backup battery. Add prescription medicines, glasses, infant formula and pet supplies.

**WHO IT HELPS**

US households, older adults and caregivers putting together a home, work or car kit; take the printable list to the store.

Free to view online; printable checklist (PDF) free to download. Published by Ready.gov (Federal Emergency Management Agency, FEMA) · Checklist: Last updated 07/01/2026 (1 July 2026) · Also in 10 languages (Arabic, Spanish, French, Haitian Creole, Japanese, Korean, Russian, Tagalog, Vietnamese, Simplified Chinese). Note: US units and services (gallons, NOAA Weather Radio).

### People with Disabilities — emergency preparedness — Ready.gov, FEMA (United States)

https://www.ready.gov/people-disabilities

**WHAT IT TEACHES**

Build a support network and tell them where your supplies are; plan accessible transport for evacuation; if you use electrically powered medical equipment, ask your doctor how to keep it running and ask your power provider about priority restoration; keep a medication list and emergency supply; carry communication cards; and pack extras such as hearing-aid batteries or a backup manual wheelchair.

**WHO IT HELPS**

People with disabilities, chronic conditions or access and functional needs, and their families and caregivers, in the US.

Free to view online; 'Preparing Makes Sense for People with Disabilities' PDF linked from the page. Published by Ready.gov (Federal Emergency Management Agency, FEMA) · Guide, fact sheet: Last updated 09/09/2026 (9 September 2026). Note: US services (Social Security benefits, FEMA App, NOAA Weather Radio, Medicare and Medicaid); the planning advice applies anywhere.

### Power Outages — preparing, generator safety and medical devices — Ready.gov, FEMA (United States)

https://www.ready.gov/power-outages

**WHAT IT TEACHES**

Talk to your medical provider about a plan for power-dependent devices and refrigerated medicines. Keep the fridge and freezer closed — a fridge keeps food cold for about four hours, a full freezer about 48 hours. Use a generator only outdoors and away from windows, and never a gas stove or oven to heat your home, because of carbon monoxide. Go to a community location with power in extreme heat or cold.

**WHO IT HELPS**

Anyone facing storms, heatwaves or winter weather, especially people who rely on power-dependent medical devices or refrigerated medicines, and their carers.

Free to view online; information sheet (PDF) free to download. Published by Ready.gov (Federal Emergency Management Agency, FEMA) · Guide, fact sheet: Last updated 06/04/2026 (4 June 2026) · Also in 10 languages (Arabic, Spanish, French, Haitian Creole, Japanese, Korean, Russian, Tagalog, Vietnamese, Simplified Chinese). Note: US guidance; food-safety temperature is given in Fahrenheit (40°F, about 4°C).

### Extreme Heat — staying safe and heat-related illness — Ready.gov, FEMA (United States)

https://www.ready.gov/heat

**WHAT IT TEACHES**

Heat stroke (body temperature above 103°F, red, hot, dry skin, rapid pulse, confusion): call 9-1-1, move the person somewhere cool, remove outer clothing and put cold wet cloths or ice packs on the head, neck, armpits and groin. Heat cramps or exhaustion: go somewhere cooler and sip water or a sports drink. Don't rely on a fan as your main cooling, and never leave people or pets in a closed car.

**WHO IT HELPS**

US households, especially older adults, children and people with chronic conditions, and those who check on them during heat waves.

Free to view online. Published by Ready.gov (Federal Emergency Management Agency, FEMA) · Guide: Last updated 07/16/2026 (16 July 2026) · Also in 10 languages (Arabic, Spanish, French, Haitian Creole, Japanese, Korean, Russian, Tagalog, Vietnamese, Simplified Chinese). Note: US units and services (°F, 9-1-1, cooling centers).

### Be Red Cross Ready — Preparedness Essentials Checklist and emergency contact card — American Red Cross (United States)

https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html

**WHAT IT TEACHES**

Get a kit, make a plan, be informed. Keep a Go-Kit with at least three days of supplies you can carry, including backup batteries and chargers for phones, CPAP or wheelchairs, and a Stay-at-Home Kit with at least two weeks of supplies; keep a 1-month supply of medication and 1 gallon of water per person per day. Fill in a contact card for each household member and choose an out-of-town contact.

**WHO IT HELPS**

US households, including people who rely on medicines or powered medical equipment, preparing for hurricanes, wildfires, floods, home fires and other disasters.

Free to download (PDF checklist, 2 pages; contact card). Published by American Red Cross · Checklist, wallet card: Not dated on the page · Checklist also in 8 languages (Spanish, Arabic, Burmese, Simplified Chinese, Traditional Chinese, French, Hakha Chin, Polish). Note: Written for the US (local emergency alerts, NOAA Weather Radio, gallons). Not dated on the page.

### Make an Emergency Plan — fillable household plan — Government of Canada (Canada)

https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/make-plan.html

**WHAT IT TEACHES**

Before filling in the online form, gather escape routes from your home and neighbourhood, meeting places, someone who can pick up your children, local and out-of-town contacts, health and insurance details, where your pet can stay, local hazards, and where your fire extinguisher, water valve, electrical panel and gas valve are. List medicines and supplies for family members with special needs, then print the plan.

**WHO IT HELPS**

Households, families and roommates in Canada, including those with children, pets or household members with special health needs.

Free (online form you can print). Published by Government of Canada (Get Prepared, Canada.ca) · Template, guide: Date modified 2025-09-12 · Also in French. Note: Written for Canada; the form also suggests checking your local government authorities' existing emergency plans.

### Emergency preparedness for persons with disabilities — Government of Canada (Canada)

https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-planning-resources/persons-disabilities.html

**WHAT IT TEACHES**

Name at least three trusted people for your support network, give one a key and show them how your medical equipment works; record allergies and medications (generic name, dose, prescriber); plan alternate power for equipment; label assistive devices; and follow tips for wheelchair users, hearing or vision loss, invisible disabilities and service animals. Call 9-1-1 if you are in danger or cannot evacuate.

**WHO IT HELPS**

People with disabilities or chronic conditions in Canada, their families and support workers, and neighbours who may help in an emergency.

Free to view online. Published by Government of Canada (Get Prepared, Canada.ca) · Guide: Date modified 2026-02-16 · Also in French. Note: Canada-specific (9-1-1). No printable version is offered; print the web page.

### Emergency kit checklist — supplies for at least 72 hours — Government of Canada (Canada)

https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html

**WHAT IT TEACHES**

Plan for at least 3 days (72 hours): two litres of water per person per day for drinking, cooking and hygiene, non-perishable food and a manual can opener, wind-up or battery flashlight and radio, extra batteries and a power bank, first aid kit, cash, spare keys, copies of ID and your emergency plan, a list of medications, and prescription medicines and medical equipment. Make grab-and-go bags too.

**WHO IT HELPS**

Households in Canada getting ready to evacuate or shelter in place, including those with pets, babies or people who need medicines or medical equipment; people in remote areas may need extra items.

Free to view online (print the web page). Published by Government of Canada (Get Prepared, Canada.ca) · Checklist: Date modified 2026-04-30 · Also in French. Note: Canada-specific (provincial/territorial health numbers). The older video on the parent Emergency kits page says four litres of water per person per day; this current checklist says two.

### How to protect yourself from the health effects of extreme heat — Health Canada (Canada)

https://www.canada.ca/en/health-canada/services/climate-change-health/extreme-heat/how-protect-yourself.html

**WHAT IT TEACHES**

Before hot weather: watch forecasts and alerts, find a cool place nearby and arrange regular visits from family, neighbours or friends. Drink water before you feel thirsty, block the sun by day, and use cool showers or a cool public place — fans don't cool the body above 35°C. Heat stroke is an emergency: call 911, move the person somewhere cool, fan them and apply cold water to large areas of skin or clothing.

**WHO IT HELPS**

Everyone in Canada during hot weather and heat events, and the family members, neighbours or friends who visit to check on them in person.

Free to view online. Published by Health Canada · Guide: Date modified 2026-09-25 · Also in French. Note: Canada-specific (911 or local emergency number).

### Heat and health fact sheet — what the public should do in hot weather — World Health Organization (Worldwide)

https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health

**WHAT IT TEACHES**

Stay out of the heat at the hottest time of day and spend 2–3 hours a day somewhere cool; open windows at night and block sun by day; use electric fans only below 40°C; drink water regularly; check on vulnerable people; never leave children or animals in parked vehicles or cover a pram with dry fabric. A one-page sheet on heat stroke says: call emergency services, cool the person aggressively, and monitor them.

**WHO IT HELPS**

Everyone worldwide during hot weather and heatwaves — especially people over 65, people with heart, lung or kidney conditions, disabled people, people living alone, and parents of babies.

Free to view online; heat stroke sheet free to download (PDF, 1 page). Published by World Health Organization (WHO) · Fact sheet, infographic: Fact sheet dated 31 July 2026 (heat stroke sheet 16 May 2024).

## Mental-Health Crisis — Warning Signs & How to Help

### How to ask 'Are you OK?' — 4-step conversation guide and posters — R U OK? (Australia)

https://www.ruok.org.au/how-to-ask

**WHAT IT TEACHES**

The four steps of an R U OK? conversation: Ask ('How are you going?'), Listen with an open mind, Encourage action (see a health professional if they've been really down for more than 2 weeks) and Check in. Includes questions to check you're ready, plus a downloadable Conversation Guide, 4 Steps poster, flowchart and support-services poster.

**WHO IT HELPS**

For anyone who has noticed a friend, family member or workmate isn't themselves. If someone may be suicidal it points to Lifeline, and to 000 if life is in danger.

Free to view and download (Conversation Guide PDF, 11 pages; posters). Published by R U OK? · Guide, poster: Not dated on the page · Auslan videos on the page; translated resources in Simplified Chinese, Vietnamese, Greek, Arabic, Korean and Hindi on R U OK?'s 'more languages' page. Note: Australian numbers (000, Lifeline 13 11 14). Not dated on the page. In the Conversation Guide, the headtohealth.gov.au address did not load today and QLife's hours have changed (now 3pm–9pm).

### Beyond Now suicide safety plan (free web app, printable) — Lifeline Australia (Australia)

https://www.lifeline.org.au/get-help/support-toolkit/safety-planning/beyond-now

**WHAT IT TEACHES**

Build a personal suicide safety plan online in 7 steps: my warning signs, make my space safe, my reasons to live, things I can do by myself, people and places I can connect with, people I can talk or yarn to, and professional support. The web form opens without an account; print the finished plan or email it to yourself, your GP or supporters.

**WHO IT HELPS**

For anyone who has felt unsafe or suicidal. You can make the plan by yourself or with someone you trust, such as a friend, family member, Elder or health professional.

Free (web app; mobile app also available). Published by Lifeline Australia (developed by Beyond Blue and Monash University) · Template: Not dated on the page. Note: Australian service: built-in crisis contacts are Australian (000, Lifeline). Not dated on the page. To keep the plan, print or email it, or use the mobile app to save it to your phone.

### Helping someone at risk of suicide (fact sheet) — Lifeline Australia (Australia)

https://www.lifeline.org.au/get-help/support-toolkit/fact-sheets

**WHAT IT TEACHES**

Six steps: acknowledge your own reaction, ask directly about suicide (it will not put the idea in their head), be there and listen, check their safety (a plan? access to a weapon, car, drugs or medicines? remove them if possible), get help (call 000 if life is in danger) and follow up soon after. The page also has fact sheets on suicidal thoughts, after a suicide attempt, suicide loss, anxiety and panic.

**WHO IT HELPS**

For family and friends worried that someone they care about is thinking about suicide.

Free to download (PDF, 2 pages) from the fact-sheets page. Published by Lifeline Australia · Fact sheet: Last revised June 2022 (printed on the PDF) · Licence: May be reproduced without alteration and with acknowledgement of Lifeline. Note: Australian numbers (000, Lifeline 13 11 14, 13YARN). The PDF was last revised in June 2022; its phone numbers were checked as current in October 2026.

### How to help when you're worried about someone's mental health (fact sheet) — Black Dog Institute (Australia)

https://www.blackdoginstitute.org.au/resources-support/fact-sheets/

**WHAT IT TEACHES**

Signs someone may be struggling (withdrawn, sleep changes, irritable, using drugs or alcohol to cope), how to start a conversation (good time and place, open questions, listen, reflect back, suggest their GP), practical ways to support them, and what to do if someone is at risk of suicide: stay with them and call 000 or take them to a hospital emergency department.

**WHO IT HELPS**

For family, friends and colleagues of someone whose mood or behaviour has changed.

Free to download (PDF, 3 pages) from the fact-sheets page. Published by Black Dog Institute · Fact sheet: Not dated on the page · Licence: May be freely downloaded and distributed if no change is made; not for commercial use or hosting outside the Black Dog Institute website. Note: Australian contacts (000, Lifeline 13 11 14). Not dated on the page. Of the online tools listed at the end, the Black Dog Online Clinic address did not load today.

### Having suicidal thoughts and finding a way back (booklet) — Mental Health Foundation of New Zealand (New Zealand)

https://mentalhealth.org.nz/resources/all-resources/having-suicidal-thoughts-and-finding-a-way-back/

**WHAT IT TEACHES**

Booklet for people managing their own suicidal thoughts, put together by people who have lived through them: how to talk to someone, get professional help if you want it, cope right now and recover. If you are in danger it says to call 111 or go to your hospital emergency department; crisis team numbers are in the back.

**WHO IT HELPS**

For anyone in New Zealand who is managing their own suicidal thoughts or feelings.

Free to download (PDF, 17 pages); also audio, large-print and braille versions; print copies can be ordered. Published by Mental Health Foundation of New Zealand · Booklet: Updated March 2025 (code HE2538). Note: New Zealand services and numbers (111, local crisis teams).

### Personal safety plan ('My own survival plan') — Mental Health Foundation of New Zealand (New Zealand)

https://mentalhealth.org.nz/resources/all-resources/personal-safety-plan/

**WHAT IT TEACHES**

A plan to fill in when you feel calm, alone or with a friend or health professional: your warning signs, your reasons to live, how to make your environment safer (get rid of or lock up things you might use to hurt yourself), what helps, who lifts your mood, who to call or visit with their contact details, and free helplines such as 1737.

**WHO IT HELPS**

For anyone who has had suicidal thoughts or times when they can't cope; a friend or health professional can help you write it.

Free to download (printable booklet, A3 fold-out, or interactive PDF to fill in on screen). Published by Mental Health Foundation of New Zealand · Template: Published February 2017; updated February 2025 (as printed on the plan). Note: New Zealand helplines are printed on the plan (e.g. 1737).

### Little tips for helping someone open up when something's up (poster) — Samaritans (UK & Ireland)

https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/little-tips/

**WHAT IT TEACHES**

One-page poster in four steps: signs someone might be struggling (not enjoying things, overwhelmed, distant, drinking or using drugs to cope), how to open up a conversation (good time, open questions), how to be a good listener (put your phone away, allow pauses, repeat back what they say) and how to help them get more help (GP, Samaritans 116 123, 999 in an emergency).

**WHO IT HELPS**

For anyone who thinks a friend, relative or colleague isn't OK and wants to start a conversation.

Free to view online and download (PDF poster, 1 page). Published by Samaritans · Poster, guide: Not dated on the page. Note: UK and Ireland numbers (Samaritans 116 123; 999). Not dated on the page.

### How to interrupt someone's suicidal thoughts (guide) — Samaritans (UK & Ireland)

https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-to-interrupt-someones-suicidal-thoughts-guide/

**WHAT IT TEACHES**

Eight-part online guide built from suggestions by people with lived experience: what an 'interruption' is (any moment of human connection, in person, by phone or text), ways to start a conversation, being there in the moment, listening without judgement, showing you care, not being afraid to ask about suicidal thoughts, and helping the person take their mind off how they feel.

**WHO IT HELPS**

For anyone worried that a friend, family member or stranger is having suicidal thoughts.

Free to read online. Published by Samaritans · Guide: Not dated on the page. Note: Online guide (no PDF); UK and Ireland support numbers (116 123). Not dated on the page.

### How to help someone who feels suicidal — Mind (England & Wales)

https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/

**WHAT IT TEACHES**

What to do in an emergency (remove anything they could use to harm themselves, stay with them, get emergency help; call 999 if someone has attempted suicide), warning signs, why to ask directly about suicide, how to talk with and help someone who is suicidal, what to do if someone is suicidal online, and how to look after yourself.

**WHO IT HELPS**

For family, friends and carers of someone who may be thinking about suicide.

Free to read online (print option; no PDF). Published by Mind · Guide: Published July 2025; next review planned July 2028. Note: Written for England and Wales; the emergency number given is 999 (UK). Web page rather than a download.

### Supporting someone who might be thinking of suicide — HSE (Ireland)

https://www2.hse.ie/mental-health/helping-someone-else/someone-who-might-be-suicidal/

**WHAT IT TEACHES**

Ask a direct question in clear language ('Are you thinking of ending your life?') — asking will not give them the idea; if they say yes, don't panic, listen without judgement and take any talk of suicide seriously; involve other people who care; get emergency help if there is immediate risk and professional support if not; and look after yourself.

**WHO IT HELPS**

For family, friends and colleagues in Ireland who are worried about someone.

Free to read online. Published by Health Service Executive (HSE) · Guide: Page last reviewed 1 September 2025; next review due 1 September 2028. Note: Written for Ireland's health services (GP, HSE supports). Web page rather than a download.

### 5 Action Steps to Help Someone Having Thoughts of Suicide (infographic) — National Institute of Mental Health (United States)

https://www.nimh.nih.gov/health/publications/5-action-steps-to-help-someone-having-thoughts-of-suicide

WHAT IT TEACHES

One-page infographic of the #BeThe1To steps: Ask ('Are you thinking about suicide?'), Be There (listen without judgement), Help Keep Them Safe (ask if they have a plan; reduce access to highly lethal items or places), Help Them Connect (988 Lifeline, trusted family, friends or professionals) and Follow Up after a crisis.

WHO IT HELPS

For anyone who thinks a friend, family member or colleague may be considering suicide.

Free to view and download (PDF, 1 page). Published by National Institute of Mental Health (NIMH) · Infographic: Revised 2024 (NIMH Identifier No. OM 24-4315) · Spanish · Licence: Public domain text (may be reused with credit to NIMH); images may not be reused. Note: US crisis line (call or text 988).

### Warning Signs of Suicide (infographic) — National Institute of Mental Health (United States)

https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide

WHAT IT TEACHES

One-page list of signs someone may be thinking about suicide: talking about wanting to die, great guilt or shame, or being a burden; feeling empty, hopeless, trapped or in unbearable pain; and changes such as making a plan, withdrawing, giving away important items, taking dangerous risks, mood swings or using drugs or alcohol more. Get help as soon as possible, especially if the behaviour is new.

WHO IT HELPS

For anyone who wants to recognise when a friend, family member or they themselves may need urgent support.

Free to view and download (PDF, 1 page). Published by National Institute of Mental Health (NIMH) · Infographic: Revised 2025 (NIMH Identifier No. OM 25-4316) · Spanish · Licence: Public domain text (may be reused with credit to NIMH); images may not be reused. Note: US crisis line (call or text 988).

### Help someone else: how to talk with someone who may be suicidal — 988 Suicide & Crisis Lifeline (United States)

https://988lifeline.org/help-someone-else/

WHAT IT TEACHES

Tips for helping someone who may be suicidal: be direct and talk openly about suicide, be willing to listen and accept their feelings, don't debate or lecture, don't act shocked or be sworn to secrecy, offer hope without glib reassurance, remove means such as weapons or pills, and get help from crisis services (call or text 988). Also covers active listening and helping someone on social media.

WHO IT HELPS

For anyone in the US worried about a friend or loved one; the page says to contact 988 at any time for help if a friend is struggling.

Free to read online. Published by 988 Suicide & Crisis Lifeline (Vibrant Emotional Health, funded by SAMHSA) · Guide: Not dated on the page. Note: US service (988). Web page rather than a download. Not dated on the page.

### How to talk to someone about suicide (infographic) — Centre for Suicide Prevention, CMHA Alberta (Canada)

https://www.suicideinfo.ca/local_resource/how-to-talk-about-suicide/

WHAT IT TEACHES

Five steps on one page: pay attention to changes (texting less, drinking more, seeming distant or irritable), start a conversation and say what you've noticed, keep it going by listening and validating, stick to your role as a friend not a counsellor, and if still worried ask directly 'Are you thinking about suicide?' — then call or text 9-8-8 together, or 911 if they have imminent plans.

WHO IT HELPS

For friends, family, co-workers or anyone in Canada worried about someone.

Free to view and download (PDF, 1 page). Published by Centre for Suicide Prevention (CMHA Alberta) · Infographic: September 7, 2026. Note: Canadian numbers (9-8-8 Suicide Crisis Helpline, 911).

### Suicidal thoughts and behaviours: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://mhfainternational.org/guidelines/

**WHAT IT TEACHES**

Consensus advice for helping someone who may be suicidal: know the warning signs (talking about death, hopelessness, feeling trapped, withdrawing), ask directly 'Are you having thoughts of suicide?', listen without judgement, check how urgent it is (plan, means, timing), do not leave someone at immediate risk alone, make a safety plan together and encourage professional help.

**WHO IT HELPS**

For family, friends, workmates or anyone worried someone may be thinking about suicide. The same page links the full set of free MHFA guidelines (panic attacks, psychosis, trauma, self-injury, substance use, gambling).

Free to download (PDF, 10 pages) from the guidelines page. Published by Mental Health First Aid International (MHFA Australia) · Guide: Revised 2014; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Written for high-income countries with developed health systems; it says to call emergency services but gives no numbers, so note your own country's crisis lines.

### Panic attacks: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://www.mhfa.com.au/wp-content/uploads/2023/12/MHFA_Panic-Attacks-Guidelines.pdf

**WHAT IT TEACHES**

Explains what a panic attack is (a sudden surge of intense fear that peaks within minutes; most last 5–20 minutes) and how to help: ask if they have had one before, call emergency services if there may be a medical cause, they lose consciousness or struggle to breathe, reassure them it will pass, give them space, and do not say 'just calm down' or hold or restrain them.

**WHO IT HELPS**

For anyone helping someone who may be having a panic attack, including when it happens while they are driving.

Free to download (PDF, 5 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2021 guidelines; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Panic symptoms can look like a heart attack: the guideline says to follow physical first aid and call emergency services if unsure. Direct PDF link; new editions appear on mhfainternational.org/guidelines.

### Psychosis (including severe psychotic states): Mental Health First Aid guidelines — MHFA International (Worldwide)

https://www.mhfa.com.au/wp-content/uploads/2023/12/MHFA_Psychosis-Guidelines.pdf

**WHAT IT TEACHES**

How to recognise early signs of psychosis (suspiciousness, odd ideas, withdrawal, sleep changes), talk with the person respectfully and help them towards professional help, and what to do in a severe psychotic state: put safety first, keep a safe distance with a clear exit, de-escalate calmly, and call emergency services at once if the person has a weapon.

**WHO IT HELPS**

For family, friends and workmates of someone who may be developing psychosis or is in a severe psychotic state.

Free to download (PDF, 14 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2019 guidelines; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link (the same file covers 'Psychosis' and 'Severe psychotic states'); new editions appear on mhfainternational.org/guidelines.

### Traumatic events (adults): Mental Health First Aid guidelines — MHFA International (Worldwide)

https://mhfainternational.org/wp-content/uploads/Traumatic-Events-Adult-Mental-Health-First-Aid-Guidelines-2019-1.pdf

**WHAT IT TEACHES**

How to help an adult after a potentially traumatic event such as an assault, crash or disaster: check it is safe to approach, call emergency help if needed, stay calm, help create a safe environment, listen without pushing them to talk, support them over the following weeks, and encourage professional help if distress lasts four weeks or more.

**WHO IT HELPS**

For anyone supporting a family member, friend, workmate or stranger during or after a frightening or violent event.

Free to download (PDF, 7 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2019 guidelines; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link; new editions appear on mhfainternational.org/guidelines.

### Non-suicidal self-injury: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://www.mhfa.com.au/wp-content/uploads/2023/12/MHFA_Non-Suicidal-Self-Injury-Guidelines.pdf

**WHAT IT TEACHES**

How to respond if someone is hurting themselves without intending to die: stay calm and non-judgemental, ask whether medical attention is needed, focus on making life more manageable rather than demanding they stop, get medical help for serious or gaping wounds and larger burns, and always call an ambulance for any overdose or poisoning, whatever the intention.

**WHO IT HELPS**

For parents, partners, friends, teachers and workmates who suspect or discover that someone is self-injuring.

Free to download (PDF, 7 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2014 guidelines; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link; new editions appear on mhfainternational.org/guidelines.

### Depression: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://www.mhfa.com.au/wp-content/uploads/2023/12/MHFA_Depression-Guidelines.pdf

**WHAT IT TEACHES**

How to recognise that someone may be depressed, approach them, listen without judgement, be supportive, encourage professional help and self-help strategies, and what to do if they don't want help or there is a risk of harm to them or others.

**WHO IT HELPS**

For family, friends and workmates of someone who seems low, withdrawn or not themselves for some time.

Free to download (PDF, 11 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2018 guidelines; Version 2.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link; new editions appear on mhfainternational.org/guidelines.

## Looking After Your Mental Health — Self-Help Guides

### Five Ways to Wellbeing A2 poster (English and 10 translations) — Mental Health Foundation of New Zealand (New Zealand)

https://mentalhealth.org.nz/resources/all-resources/five-ways-a2-poster-translated-versions/

**WHAT IT TEACHES**

Poster of five everyday actions for wellbeing: Connect (talk and listen, be there), Be Active (do what you can, move your mood), Take Notice (remember the simple things that give you joy), Keep Learning (embrace new experiences) and Give (your time, your words, your presence).

**WHO IT HELPS**

For homes, workplaces, schools and community spaces; useful for anyone wanting simple daily habits for mental wellbeing.

Free to download (PDF posters). Published by Mental Health Foundation of New Zealand · Poster: Not dated on the page · Arabic, Nepali, Portuguese, Chinese, Samoan, Japanese, Amharic, Farsi, Somali, Spanish. Note: Not dated on the page (English file is from 2014); general wellbeing advice, not treatment.

### Anxiety self-help guide — NHS inform (Scotland)

https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide/

**WHAT IT TEACHES**

CBT-based self-help guide for mild to moderate anxiety (about 30–40 minutes): check your symptoms, spot patterns of unhelpful thinking and challenge them with set questions, set aside daily 'worry time', try grounding, reduce avoidance step by step with a table to fill in, and build self-esteem. Online, or as an editable PDF to print or fill in.

**WHO IT HELPS**

For people with mild to moderate anxiety symptoms who want to work through a structured self-help programme.

Free online; free editable PDF (28 pages). Published by NHS inform (NHS 24, Scotland) · Guide: Page last updated 6 October 2026. Note: For mild to moderate symptoms only; urgent contacts are Scottish (NHS 24 on 111, 999).

### Depression self-help guide — NHS inform (Scotland)

https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide/

**WHAT IT TEACHES**

CBT-based self-help guide for low mood and depression: recognise symptoms and possible causes, plan small activities with a printable planner, spot negative automatic thoughts and unhelpful thinking patterns and challenge them, and try structured problem solving. Online, or as an editable PDF to print or fill in.

**WHO IT HELPS**

For people with low mood or mild to moderate depression who want structured self-help alongside, or before, other support.

Free online; free editable PDF (23 pages) and planner. Published by NHS inform (NHS 24, Scotland) · Guide: Page last updated 6 October 2026. Note: Self-help only; urgent contacts are Scottish (NHS 24 on 111, 999).

### Panic self-help guide — NHS inform (Scotland)

https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/panic-self-help-guide/

**WHAT IT TEACHES**

Explains what a panic attack is and what happens in your body and brain, the vicious cycle of frightening thoughts that keeps panic going, and ways to cope including slowing your breathing, relaxation and distraction, with activities to work through. Online, or as an editable PDF.

**WHO IT HELPS**

For people with mild to moderate panic symptoms, or panic attacks that started recently, who want to understand and manage them.

Free online; free editable PDF (32 pages). Published by NHS inform (NHS 24, Scotland) · Guide: Page last updated 6 October 2026. Note: For mild to moderate symptoms only; urgent contacts are Scottish (NHS 24 on 111, 999).

### Every Mind Matters: get your free Mind Plan — NHS (England)

https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/

**WHAT IT TEACHES**

Answer 5 questions about how you've felt over the past 2 weeks to get a personalised Mind Plan of tips from mental health experts for dealing with anxiety and stress, boosting your mood and sleeping better. Emailing the plan to yourself for reminders is optional.

**WHO IT HELPS**

For adults wanting practical everyday steps for their mental wellbeing; not a substitute for advice from a doctor or therapist.

Free online tool; emailing the plan is optional. Published by NHS England / Department of Health and Social Care · Action plan: Not dated on the page. Note: Interactive online tool rather than a printable sheet; for general wellbeing, not treatment. Not dated on the page.

### Tackling your worries (self-help CBT technique) — NHS Every Mind Matters (England)

https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/tackling-your-worries/

**WHAT IT TEACHES**

Self-help CBT steps with a short video: write worries down, set a daily 10–15 minute 'worry time', don't dwell on worries during the day, use the 'worry tree' to separate problems you can solve from hypothetical worries, make a specific plan and carry it out, and accept the worries you cannot control.

**WHO IT HELPS**

For anyone whose worries feel overwhelming or keep them awake.

Free to read and watch online. Published by NHS England (Every Mind Matters) · Guide, video: Not dated on the page. Note: Web page and video rather than a download. Not dated on the page.

### I'm So Stressed Out! (fact sheet) — National Institute of Mental Health (United States)

https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet

**WHAT IT TEACHES**

Explains the difference between stress and anxiety, signs that stress may be becoming an anxiety problem, and coping steps: keep a journal, try relaxation or mindfulness apps, exercise, eat regular meals, keep a sleep routine, limit caffeine, challenge unhelpful thoughts and reach out to supportive people — and when to seek professional help.

**WHO IT HELPS**

For anyone feeling overwhelmed by stress or worry, including students.

Free to view and download (PDF, 2 pages). Published by National Institute of Mental Health (NIMH) · Fact sheet: NIH Publication No. 20-MH-8125 (no revision date shown) · Spanish · Licence: Public domain text (may be reused with credit to NIMH); images may not be reused. Note: No revision date shown; US crisis contact (988).

### My Mental Health: Do I Need Help? (infographic) — National Institute of Mental Health (United States)

https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help

**WHAT IT TEACHES**

Helps you judge what to do: mild symptoms for less than 2 weeks — try exercise, healthy eating, 7–9 hours' sleep, time with loved ones, breathing exercises and enjoyable activities; severe symptoms for 2 weeks or more — seek professional help; thoughts of suicide or self-harm — get immediate help (988, or 911 if life is in danger).

**WHO IT HELPS**

For anyone unsure whether their low mood, stress or worry needs professional help.

Free to view and share online. Published by National Institute of Mental Health (NIMH) · Infographic: Revised 2025 · Spanish · Licence: Public domain text (may be reused with credit to NIMH); images may not be reused. Note: US numbers (988, 911).

### Doing What Matters in Times of Stress: an illustrated guide — World Health Organization (Worldwide)

https://www.who.int/publications/i/item/9789240003927

**WHAT IT TEACHES**

Illustrated self-help guide for managing stress, used alone or with audio exercises for a few minutes a day. Five sections teach grounding, unhooking from difficult thoughts and feelings, acting on your values, being kind, and making room for difficult feelings, each with a one-page tool to practise.

**WHO IT HELPS**

For anyone who experiences stress, wherever they live and whatever their circumstances.

Free to download (PDF, 132 pages). Published by World Health Organization · Guide, booklet: 29 April 2020 · Translated guides or audio exercises in more than 40 languages listed on the page (e.g. Arabic, Chinese, French, Spanish, Swahili, Urdu) · Licence: CC BY-NC-SA 3.0 IGO. Note: Self-help for everyday stress, with no crisis numbers; the guide says to seek help from health or social services if the exercises are not enough.

## Recovery & Relapse Prevention

### Having the conversation: supporting family or friends who use alcohol and other drugs — Alcohol and Drug Foundation (Australia)

https://adf.org.au/talking-about-drugs/family-and-friends/

**WHAT IT TEACHES**

Web page and 12-page booklet for family and friends worried about someone's alcohol or drug use: why people use, signs that may (or may not) mean drug use, keeping trust (don't search their things or messages), choosing a private, quiet time to talk, how to approach the conversation, looking after yourself, and Australian support lines for families.

**WHO IT HELPS**

For parents, partners and friends in Australia who want to talk with someone about their alcohol or drug use.

Free to read online and download (PDF, 12 pages). Published by Alcohol and Drug Foundation (ADF) · Guide, booklet: Page last updated 26 May 2025; booklet dated April 2024. Note: Australian support services and phone numbers (checked current); the booklet lists QLife as 3pm–midnight, but QLife now answers 3pm–9pm.

### Dealing with setbacks after quitting smoking or vaping — Quit, Cancer Council Victoria (Australia)

https://www.quit.org.au/en/staying-quit/dealing-with-setbacks

**WHAT IT TEACHES**

Explains that a slip-up (one smoke or vape after your quit date) doesn't mean you have failed: get rid of your cigarettes or vape, work out why it happened and whether you need a new way to handle stress or triggers, ask your doctor or pharmacist about stop-smoking medicines, and contact Quitline (13 7848) for help.

**WHO IT HELPS**

For people in Australia who have quit smoking or vaping and have had a slip-up or relapse.

Free to read online. Published by Quit (Cancer Council Victoria) · Guide: Not dated on the page. Note: Australian service (Quitline 13 7848). Web page rather than a download. Not dated on the page.

### Help for problems with gambling (self-check and next steps) — NHS (England)

https://www.nhs.uk/live-well/addiction-support/gambling-addiction/

**WHAT IT TEACHES**

A 9-question self-check scored 0–3 (8 or more suggests gambling-related harm), NHS gambling clinics you can refer yourself to, charities and helplines, and practical steps: block gambling sites and apps (GamStop, Gamban), ask your bank to block gambling payments, pay bills on payday, deal with debts and talk to someone you trust. Also support for people affected by someone else's gambling.

**WHO IT HELPS**

For anyone in England worried about their own gambling or someone else's.

Free to read online. Published by NHS England (nhs.uk) · Guide, checklist: Page last reviewed 8 December 2023; next review due 8 December 2026. Note: Written for England: the NHS clinics listed are in England, and the National Gambling Helpline is 0808 8020 133. The page is due for review on 8 December 2026.

### Get back on track after a smoking relapse — NHS Better Health (England)

https://www.nhs.uk/better-health/quit-smoking/staying-smoke-free/get-back-on-track-after-a-smoking-relapse/

**WHAT IT TEACHES**

Explains the difference between a lapse ('just one puff') and a relapse, and how to get back on track: set a new quit date within the next two weeks, learn what triggered you and write down how you'll handle it, use stop-smoking products (combining them can help), and get advice from your GP or local Stop Smoking Service.

**WHO IT HELPS**

For people in England who quit smoking and have started again.

Free to read online. Published by NHS England (Better Health) · Guide: Not dated on the page. Note: Refers to England's NHS services (local Stop Smoking Services) and includes vapes as a quitting aid. Not dated on the page.

### Coping with cravings when you stop drinking — HSE (Ireland)

https://www2.hse.ie/living-well/alcohol/self-help-for-problem-alcohol-use/coping-with-cravings/

**WHAT IT TEACHES**

Explains alcohol cravings (they usually peak and pass within 20–30 minutes, and severe early cravings usually ease after about 7 days) and the '4 Ds': Distract yourself, Delay acting on the craving, take 20 Deep breaths, and Drink a glass of cold water or juice slowly. Also covers medicines for cravings and withdrawal and when to talk to your GP.

**WHO IT HELPS**

For people in Ireland cutting down or stopping drinking, and those supporting them.

Free to read online. Published by Health Service Executive (HSE) · Guide: Page last reviewed 11 July 2025; next review due 11 July 2028. Note: Irish services (HSE helpline 1800 459 459). If you are dependent on alcohol, HSE's linked withdrawal page warns of serious symptoms such as seizures; talk to your GP.

### Build your quit plan (printable) — Smokefree.gov, National Cancer Institute (United States)

https://smokefree.gov/build-your-quit-plan

**WHAT IT TEACHES**

Five-step online quit plan for smoking or vaping: choose a quit date within the next two weeks, work out what smoking costs you, pick your reasons for quitting, mark your triggers to get strategies for each, and choose tools and people for support — then download your personalised quit plan.

**WHO IT HELPS**

For people who smoke or vape and are getting ready to quit, or who are not yet ready but want to plan.

Free online tool with a downloadable plan. Published by Smokefree.gov (US National Cancer Institute) · Action plan, template: Not dated on the page. Note: US resource (quitlines, apps and text programmes are US-based). Not dated on the page.

### Substance use problems: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://mhfainternational.org/wp-content/uploads/MHFA_Substance-Use-Guidelines.pdf

**WHAT IT TEACHES**

How to help someone whose alcohol or drug use is causing problems: plan your approach and look after yourself, talk without lecturing, using labels such as 'addict' or 'alcoholic', or scare tactics, offer information and other supports, understand the stages of change, what to do if they don't want to change, and how to keep supporting them through relapse.

**WHO IT HELPS**

For family, friends and workmates of someone with harmful alcohol or other drug use.

Free to download (PDF, 13 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2023 guidelines; Version 1.0, 2023 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link; new editions appear on mhfainternational.org/guidelines.

### Gambling harm: Mental Health First Aid guidelines — MHFA International (Worldwide)

https://www.mhfa.com.au/wp-content/uploads/2023/12/MHFA_Gambling-Harm-Guidelines.pdf

**WHAT IT TEACHES**

How to spot gambling harm, raise it calmly without judging the person, encourage professional help, support someone who wants to change (for example listing strategies and finding activities to fill the time gambling used to fill), what to do if they don't want to change, why not to give them money, and what to do if children or safety are at risk.

**WHO IT HELPS**

For partners, family, friends and workmates of someone whose gambling is causing harm.

Free to download (PDF, 10 pages). Published by Mental Health First Aid International (MHFA Australia) · Guide: 2015 guidelines; Version 1.3, 2022 · Licence: Copyright, but may be freely reproduced for non-profit purposes if the source is acknowledged. Note: Direct PDF link; new editions appear on mhfainternational.org/guidelines.

## Getting Help & Using Health Services

### Your rights when using a health or disability service and what to do if you have any concerns — Health and Disability Commissioner (New Zealand)

https://www.hdc.org.nz/your-rights/the-code-and-your-rights/your-rights-when-using-a-health-or-disability-service-what-to-do-if-you-have-any-concerns/

**WHAT IT TEACHES**

Explains the 10 rights in the Code of Rights — respect, fair treatment, dignity and independence, proper standards, effective communication (including an interpreter), information, informed choice and consent, a support person, teaching and research, and complaints — and how to raise a concern: talk to the provider, bring whānau or friends, use a free independent advocate, or complain to HDC.

**WHO IT HELPS**

Anyone using health or disability services in New Zealand — GPs, hospitals, counsellors, naturopaths, support workers and others — and whānau supporting them.

Free (web page; PDF and Word versions to download). Published by Health and Disability Commissioner (HDC), New Zealand · Brochure: Page dated 19 Dec 2023 (Easy Read and large-print versions 2023) · Also in te reo Māori, Easy Read, large print, audio, braille and NZSL; HDC's languages page has the leaflet in 23 more languages. Note: New Zealand only. HDC recommended small changes to the Code in its 2024 review; these are with the Government, so check for a newer leaflet.

### Be More Engaged in Your Healthcare: tips for before, during and after appointments — AHRQ (United States)

https://www.ahrq.gov/questions/be-engaged/index.html

**WHAT IT TEACHES**

Before: bring all your medicines, write down your questions, know your conditions and past surgeries. During: explain symptoms and past medicine problems, ask questions until you understand, ask about options, ask how a test is done and how you will get results, ask for written instructions. After: follow instructions, call if unsure or worse, don't stop prescribed medicines without asking, chase test results.

**WHO IT HELPS**

Patients and family members getting ready for a medical appointment, a test or a new prescription.

Free (printable web page). Published by Agency for Healthcare Research and Quality (AHRQ), US Department of Health and Human Services · Checklist: Page last reviewed November 2024.

### Four Questions to Ask Your Health Care Provider poster — Choosing Wisely Canada (Canada)

https://choosingwiselycanada.org/pamphlet/four-questions/

**WHAT IT TEACHES**

A one-page poster of four questions to ask before any test, treatment or procedure: Do I really need this test, treatment or procedure? What are the downsides? Are there simpler, safer options? What happens if I do nothing?

**WHO IT HELPS**

Anyone offered a test, scan, medicine or procedure who wants to talk through benefits and harms with their doctor, nurse or other provider.

Free to download (PDF poster, 1 page). Published by Choosing Wisely Canada · Poster: Not dated on the page. Note: Neither the page nor the poster shows a date; the questions are general and suit any country.

### 5 Questions to Ask About Your Medications poster — ISMP Canada and partners (Canada)

https://mederror.ca/resources/5-questions-to-ask-about-your-medications/

**WHAT IT TEACHES**

Five questions to ask your doctor, nurse or pharmacist: Changes? (medicines added, stopped or changed, and why); Continue? (what to keep taking); Proper use? (how to take them, and for how long); Monitor? (how to tell it is working, which side effects to watch for); Follow-up? (tests and next visit). Reminds you to keep a medicine record including allergies, vitamins and herbal products.

**WHO IT HELPS**

Patients and carers seeing a doctor, nurse or pharmacist — especially when medicines have been added, stopped or changed, or when taking several medicines.

Free to download (PDF poster, 1 page); a fill-in notepad and a children's version are also offered. Published by Institute for Safe Medication Practices Canada (ISMP Canada), with the Canadian Patient Safety Institute, Patients for Patient Safety Canada and national pharmacy associations · Poster: Poster © 2016 ISMP Canada · Also in about 30 other language versions, including French, Arabic, Chinese, Punjabi, Spanish, Te Reo Māori, Cree, Ojibwe and Inuktitut.

### 5 Moments for Medication Safety — patient and carer booklet — World Health Organization (Worldwide)

https://www.who.int/publications/i/item/WHO-HIS-SDS-2019.4

**WHAT IT TEACHES**

A 16-page booklet of questions to ask a health professional at five moments: starting a medicine (what it is for, risks and side effects, allergies), taking it (when, how much, what to do if you miss a dose), adding another (interactions), reviewing (keep a list of all your medicines; is each still needed?) and stopping (which must not be stopped suddenly; what to do with leftovers).

**WHO IT HELPS**

Patients, families and carers using medicines anywhere — at a doctor, pharmacy or dentist, on admission to or discharge from hospital, or when receiving care at home.

Free to download (PDF, 16 pages, with space for notes). Published by World Health Organization (WHO) · Booklet, checklist: 1 July 2019 (WHO/HIS/SDS/2019.4) · Also in Portuguese (linked on the page) · Licence: CC BY-NC-SA 3.0 IGO.

## Children, Babies & Families

### Keep Watch — toddler drowning prevention and Home Pool Safety Checklist — Royal Life Saving Society Australia (Australia)

https://www.royallifesaving.com.au/about/campaigns-and-programs/keep-watch

**WHAT IT TEACHES**

Four actions to prevent toddler drowning: Supervise — 'Eyes on. Hands on.'; Restrict — put a barrier between your child and water; Teach — help children grow up water aware and confident; Respond — learn how to respond in an emergency, including CPR. A home pool checklist covers gates, fences, supervision, emergency preparation, chemicals and electricity.

**WHO IT HELPS**

Parents and carers of children under five, pool owners, and anyone minding young children around pools, bathtubs and other water around the home.

Free to view online; Home Pool Safety Checklist free to download (PDF). Published by Royal Life Saving Society – Australia · Guide, checklist: Last modified 10 November 2025. Note: Australian programme; the statistics are Australian, and the checklist's fence and gate measurements may differ from local rules elsewhere.

### Choking: infant under 1 year fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/choking-infant-under-1-year/

**WHAT IT TEACHES**

For babies under 12 months: call 000 straight away; lay the baby head-down along your forearm and give up to 5 sharp back blows between the shoulders; if that fails, lay the baby on their back on a firm surface and give up to 5 chest thrusts with 2 fingers on the lower half of the breastbone; keep alternating until help arrives, and start CPR if the baby becomes unconscious.

**WHO IT HELPS**

Parents, grandparents, childcare workers and anyone feeding or caring for a baby.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian method and 000. UK guidance reviewed in 2026 uses a two-thumb chest-thrust method instead of two fingers.

### CPR for infants under 1 year fact sheet — St John Ambulance Australia (Australia)

https://stjohn.org.au/fact-sheet/cpr-for-infants-under-1-year/

**WHAT IT TEACHES**

How to give CPR to a baby under 1: lay them on a firm surface, put 2 fingers on the lower half of the breastbone and press down about one-third of the chest depth 30 times, then give 2 breaths (each a steady breath of about 1 second) over the baby's mouth and nose with the head only slightly tilted. Explains why too much head tilt can block a baby's soft airway.

**WHO IT HELPS**

Parents, carers and childcare staff; best used alongside a hands-on baby CPR course.

Free to view online or download (PDF, 1 page). Published by St John Ambulance Australia · Fact sheet: © St John Ambulance Australia 2022 (fact sheet); page not otherwise dated · Licence: Free for non-commercial education use if kept unaltered (St John terms of use). Note: Australian method and 000. UK guidance now teaches a two-thumb encircling technique for baby compressions; practise with a trainer.

### Fever in children fact sheet — The Royal Children's Hospital Melbourne (Australia)

https://www.rch.org.au/kidsinfo/fact_sheets/Fever_in_children/

**WHAT IT TEACHES**

Fever is a temperature of 38°C or more, usually from infection. Covers taking a temperature and home care (small frequent drinks, paracetamol or ibuprofen if the fever makes them miserable, never aspirin). Go to hospital for a baby under 1 month with fever; see a doctor for under 3 months. Call 000 if the child struggles to breathe, is blue or very pale, cannot be woken, or has a first or long seizure.

**WHO IT HELPS**

Parents and carers of babies and children.

Free web fact sheet with a print option. Published by The Royal Children's Hospital Melbourne (Kids Health Info) · Fact sheet: Reviewed March 2026 · Also in Arabic, Chinese (Simplified), Dari, Farsi, Punjabi, Somali, Urdu and Vietnamese. Note: Australian resource: tells you to call 000.

### Button battery safety fact sheet — The Royal Children's Hospital Melbourne (Australia)

https://www.rch.org.au/kidsinfo/fact_sheets/Button_batteries/

**WHAT IT TEACHES**

Warns that a swallowed button battery can burn a child's food pipe within two hours. If you think a child has swallowed one, call 000 or go straight to an emergency department without waiting for symptoms, and give 2 teaspoons of honey every 10 minutes on the way (jam for babies under 12 months; never honey under 12 months). Lists warning symptoms and how to keep batteries away from children.

**WHO IT HELPS**

Parents, grandparents and carers of babies and young children; childcare and early-learning staff.

Free web fact sheet with a print option. Published by The Royal Children's Hospital Melbourne (Kids Health Info) · Fact sheet: Reviewed April 2026. Note: Australian resource: tells you to call 000.

### First aid for asthma chart (children under 12) — National Asthma Council Australia (Australia)

https://www.nationalasthma.org.au/resources/first-aid-for-asthma-children-under-12

**WHAT IT TEACHES**

Four steps for a child having an asthma attack: sit them upright and stay calm; give 4 separate puffs of a blue/grey reliever through a spacer (with a mask for young children), 4 breaths per puff; wait 4 minutes; if no better, give 4 more puffs and call 000 if still not breathing normally. Call 000 at once for severe breathing problems. For a child with allergies and sudden breathing trouble, give adrenaline first.

**WHO IT HELPS**

Parents, carers, teachers, childcare and sports club staff caring for children under 12.

Free to download (PDF, 1 page, A4). Published by National Asthma Council Australia · Poster, action plan: © National Asthma Council Australia 2022 (chart); page last reviewed 1 Jan 2022. Note: Australian resource: tells you to call 000. Assumes you know how to use a puffer, spacer and adrenaline autoinjector.

### Safe Sleeping: six steps to reduce the risk of sudden infant death — Red Nose (Australia)

https://rednose.org.au/resources/safe-sleeping/

**WHAT IT TEACHES**

Six steps for all babies 0–12 months: always place baby on their back to sleep; keep face and head uncovered; keep baby smoke free before and after birth; a safe sleeping environment night and day (safe cot, mattress and bedding, feet to the bottom of the cot, no pillows, doonas, bumpers or soft toys); baby in their own safe space in the parents' room for the first 6 months; breastfeed.

**WHO IT HELPS**

Parents, grandparents and anyone caring for a baby under 12 months.

Free to download (PDF, 2 pages). Published by Red Nose Australia · Brochure: September 2026 edition (PDF © 2026) · Translated brochures in 18 languages (earlier editions), including Arabic, Bengali, Chinese (Traditional), Hindi, Māori, Samoan, Tongan, Urdu and Vietnamese. Note: Australian resource: it refers to Quitline 13 78 48 and Australian mandatory safety standards for cots and other infant sleep products.

### Choking baby (under one year old) first aid — St John Ambulance (United Kingdom)

https://www.sja.org.uk/first-aid-advice/baby-choking/

**WHAT IT TEACHES**

If a baby cannot breathe, cry or cough: lay them face down along your thigh, supporting the head, and give up to 5 back blows; if that fails, turn them over and give up to 5 chest thrusts with both thumbs on the breastbone and fingers around the chest; call 999 or 112 if it has not cleared, taking the baby with you; repeat until help arrives; start CPR if the baby becomes unresponsive.

**WHO IT HELPS**

Parents, grandparents, nannies and childminders, especially once a baby starts eating solid food.

Free web page. Published by St John Ambulance (England) · Guide: Clinically reviewed 05/10/2026. Note: UK resource (999/112), using the current UK two-thumb method; Australian guidance uses two fingers. St John's printable posters are being updated.

### Safer sleep for babies: a guide for parents and carers — The Lullaby Trust (UK)

https://www.lullabytrust.org.uk/resource/safer-sleep-for-babies-a-guide-for-parents/

**WHAT IT TEACHES**

Key advice to lower the risk of SIDS: put baby on their back for every sleep, in a clear, flat, separate sleep space (firm flat mattress; no pillows, quilts, bumpers, pods or nests), in the same room as you for the first six months; keep them smoke free day and night; babies need a sober carer. Keep the room at 16–20°C, never sleep with a baby on a sofa or armchair, and know when bed-sharing is dangerous.

**WHO IT HELPS**

Parents, grandparents and other carers of babies in the UK, from birth to 12 months.

Free to download (PDF, 8 pages); printed copies sold in the charity's shop. Published by The Lullaby Trust · Booklet: Last reviewed November 2024 (stated in the PDF).

### NHS vaccinations and when to have them (routine schedule, babies to older adults) — NHS (UK)

https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/

**WHAT IT TEACHES**

A table of routine NHS vaccines by age: 6-in-1, rotavirus and MenB at 8 and 12 weeks; 6-in-1 and pneumococcal at 16 weeks; MMRV, pneumococcal and MenB at 1 year; 6-in-1 and MMRV at 18 months; yearly children's flu vaccine; pre-school booster at 3 years 4 months; HPV, Td/IPV and MenACWY in the teens; plus vaccines in pregnancy and for older adults. If a vaccine was missed, contact your GP to catch up.

**WHO IT HELPS**

Parents in the UK checking which vaccines are due, and adults and pregnant women checking what they are offered.

Free (printable web page). Published by NHS (nhs.uk) · Fact sheet: Page last reviewed 9 August 2023; the schedule table includes the MMRV vaccine for children born on or after 1 January 2025. Note: NHS England schedule; some doses depend on a child's date of birth. The page's last formal review date is 2023, so confirm with your GP surgery.

### Vaccines for your child: Ireland's childhood immunisation schedule — HSE (Ireland)

https://www2.hse.ie/babies-children/vaccines-your-child/

**WHAT IT TEACHES**

Lists which vaccines your child gets and when — at 2, 4, 6, 12 and 13 months, 4–5 years and 12–14 years — with separate schedules for babies born before and on or after 1 October 2024 (who also get chickenpox vaccine). Covers common side effects, giving paracetamol after the 2- and 4-month vaccines, catching up missed vaccines, and free nasal flu vaccine for ages 2 to 17.

**WHO IT HELPS**

Parents and carers of children in Ireland checking which vaccines are due and what to expect afterwards.

Free (printable web page). Published by Health Service Executive (HSE), Ireland · Fact sheet: Page last reviewed 28/08/2024 (next review due 28/08/2027). Note: Ireland's schedule only; other countries' schedules differ. Ask your GP or public health nurse about your own child's vaccines.

### Milestone Checklists with Tips (2 months to 5 years) — CDC 'Learn the Signs. Act Early.' (United States)

https://www.cdc.gov/act-early/resources/milestone-checklists.html

**WHAT IT TEACHES**

Checklists for 12 ages from 2 months to 5 years showing what most children do by each age in social, language, thinking and movement skills, with questions to raise with the doctor and play ideas. If your child is not meeting milestones, has lost skills or you have other concerns, act early: talk to the doctor, ask about developmental screening and early intervention.

**WHO IT HELPS**

Parents and carers of children under 5 who want to follow development, take a checklist to check-ups, or are worried about a delay or a loss of skills.

Free to download (PDF with 12 checklists); CDC also offers a free Milestone Tracker app and an online checklist. Published by US Centers for Disease Control and Prevention (CDC) · Checklist, booklet: Page updated June 4, 2025 (reviewed June 11, 2025); checklist PDF not dated · Also in 12 languages: Spanish, Arabic, Brazilian Portuguese, Farsi, French, Haitian Creole, Hindi, Korean, Chinese, Somali, Tagalog and Vietnamese. Note: US systems: the early-intervention steps and cdc.gov/FindEI apply in the United States. CDC says the checklists are not a substitute for standardised developmental screening.

### Safe Sleep for Your Baby booklet and handouts — NIH Safe to Sleep® campaign (United States)

https://safetosleep.nichd.nih.gov/resources/order

**WHAT IT TEACHES**

Shows what a safe sleep space looks like and how to lower the risk of SIDS and other sleep-related deaths: place babies on their backs for every sleep until age 1; use a firm, flat, level surface covered only by a fitted sheet; share your room, not your bed, for at least the first 6 months; keep toys, pillows and bedding out of the sleep area; feed human milk; never let a baby sleep on a couch or armchair.

**WHO IT HELPS**

Parents, grandparents and anyone caring for a baby under 1, including babysitters and childcare staff.

Free to download (booklet PDF, described by NICHD as 14 pages; 1-page handouts and infographics). Published by Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), US National Institutes of Health · Booklet, infographic: January 2023 (NIH Pub No 22-HD-7040) · Booklets and handouts also in Spanish, French and Arabic.

## Older People, Falls, Dementia & Carers

### Dementia help sheets in 42 languages — Dementia Australia (Australia)

https://www.dementia.org.au/languages

**WHAT IT TEACHES**

Translated help sheets — topics depend on the language — on what dementia is, diagnosing dementia, changes in behaviour, communication and taking a break for carers; some also print the English text. The diagnosis sheet lists early warning signs, notes that strokes, depression, infections, hormone and nutrition problems can cause similar, often treatable, symptoms, and says to see a doctor early.

**WHO IT HELPS**

People in Australia whose first language is not English, and their families, who are worried about memory or caring for someone with dementia.

Free to download (PDF help sheets). Published by Dementia Australia · Fact sheet: Not dated on the page; help sheets vary (e.g. the Vietnamese 'Diagnosing dementia' sheet says 'Last reviewed 2017') · 42 languages, including Arabic, Chinese, Greek, Hindi, Italian, Korean, Tagalog, Turkish and Vietnamese. Note: Australian services (National Dementia Helpline 1800 100 500; interpreter 131 450). Topics differ by language, and some translated sheets are older (e.g. last reviewed 2017).

### Check your falls risk checklist — Live Stronger for Longer (ACC and Health Quality & Safety Commission) (New Zealand)

https://www.livestronger.org.nz/stay-safe-from-falls/safe-from-falls/check-your-falls-risk

**WHAT IT TEACHES**

Yes/no statements on strength and balance (fallen in the last year, can't get out of a chair without using your hands, steady yourself on furniture), physical wellbeing (numb feet, dizziness from medicines, poor sight or hearing, rushing to the toilet) and mental wellbeing (walking less for fear of falling, low mood). Answering yes to any means talk to your GP, who can test strength and balance and check medicines.

**WHO IT HELPS**

Older New Zealanders and their whānau checking falls risk before seeing a GP or joining a strength and balance class.

Free (web page with a print option). Published by ACC (Accident Compensation Corporation) with the Health Quality & Safety Commission, New Zealand · Checklist: Last updated 28 April 2025. Note: Written for New Zealand (GPs and local strength and balance classes listed on the same site).

### Staying steady: how to reduce your risk of falling — Age UK (UK)

https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/staying-steady-download-page/

**WHAT IT TEACHES**

A guide to avoiding falls: strength and balance exercise and classes, eyesight and hearing checks, medicine reviews, foot care and footwear, calcium and vitamin D for strong bones, and a home safety checklist (lighting, clutter, handrails on both sides of the stairs). Explains what a GP falls assessment can include and how telecare and personal alarms can call for help if you fall.

**WHO IT HELPS**

Older people who feel unsteady or worry about falling, and family or carers helping them stay safe at home.

Free to download (PDF, 28 pages); free printed, large-print or audio copies on request. Published by Age UK · Guide: Published December 2025 (download page last updated 26 August 2026). Note: UK services (GP, local council adaptations, Age UK Advice Line 0800 678 1602).

### Dementia symptoms checklist (to take to your GP) — Alzheimer's Society (UK)

https://www.alzheimers.org.uk/about-dementia/dementia-diagnosis/how-to-get-dementia-diagnosis/dementia-symptoms-checklist

**WHAT IT TEACHES**

A 20-item tick-list of possible symptoms — memory loss, struggling to find words, losing track of time, getting lost in familiar places, problems with everyday tasks such as paying bills, and changes in mood and behaviour — noting whether each affects daily life and how long it has been happening, to help explain concerns to a GP. Not a diagnosis tool: having these symptoms does not mean you are developing dementia.

**WHO IT HELPS**

People worried about their own memory or thinking, or family members filling it in on someone's behalf, before a GP appointment.

Free (fill in online or print the PDF). Published by Alzheimer's Society · Checklist: Checklist PDF © Alzheimer's Society 2026; page not dated · Also in Welsh, plus a British Sign Language video.

### Looking after someone: carers' rights and support guide 2026–27 — Carers UK (UK)

https://www.carersuk.org/help-and-advice/guides-and-tools/looking-after-someone-guide/

**WHAT IT TEACHES**

An overview for unpaid carers: how to get a carer's assessment from the local council (and an assessment for the person you care for), benefits such as Carer's Allowance (£86.45 a week in 2026–27 for eligible carers who care for at least 35 hours a week), other financial help, support when someone comes out of hospital, technology that can help, and your rights at work.

**WHO IT HELPS**

Anyone in the UK looking after a family member or friend who is ill, disabled or older — especially people new to caring.

Free to download (PDF, 44 pages); printed copies free plus postage. Published by Carers UK · Guide: 2026–27 edition · Separate editions for England, Wales, Scotland and Northern Ireland, plus a Welsh-language edition. Note: UK only, with different rules in each nation; benefit rates change every April, so use the current year's edition.

### Stay Independent: falls risk self-check brochure — CDC STEADI (United States)

https://www.cdc.gov/steadi/patient-resources/

**WHAT IT TEACHES**

A 12-question yes/no self-check (e.g. fallen in the past year, feel unsteady, need your hands to stand up from a chair, take medicines that make you light-headed), with why each matters; 4 points or more means you may be at risk, so discuss it with your doctor. Lists four things to do: speak up about falls, keep moving with strength and balance exercise, have a yearly eye check, and make your home safer.

**WHO IT HELPS**

Adults aged 65 and over, or their family, wanting a quick check of falls risk to take to a doctor or pharmacist.

Free to download (PDF brochure; customisable and Spanish versions are also listed). Published by US Centers for Disease Control and Prevention (CDC), STEADI initiative · Brochure, checklist: Brochure dated 2023; patient resources page updated September 4, 2026 · Also in Spanish.

### Check for Safety: a home fall prevention checklist for older adults — CDC STEADI (United States)

https://www.cdc.gov/steadi/pdf/steadi-brochure-checkforsafety-508.pdf

**WHAT IT TEACHES**

A room-by-room checklist — stairs and steps, floors, kitchen, bedrooms, bathrooms — to find and fix hazards: keep stairs and floors clear, remove throw rugs or use non-slip backing, coil or tape cords, fit handrails on both sides of stairs, put a lamp by the bed and nightlights on the way to the toilet, add non-slip mats and grab bars, and never use a chair as a step stool.

**WHO IT HELPS**

Older adults, family and carers checking a home for trip and slip hazards, for example after a fall or before someone comes home from hospital.

Free to download (PDF brochure; customisable and Spanish versions are listed on the STEADI page). Published by US Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control · Checklist, brochure: Brochure dated 2017 (current version on CDC's STEADI patient resources page) · Also in Spanish (on the STEADI patient resources page).

### 10 Warning Signs of Alzheimer's — page and worksheet — Alzheimer's Association (United States)

https://www.alz.org/alzheimers-dementia/10_signs

**WHAT IT TEACHES**

Describes 10 early signs — including memory loss that disrupts daily life, trouble planning or solving problems, difficulty with familiar tasks, confusion with time or place, and changes in mood — each set against a typical age-related change. The worksheet has space to note what you have seen so you can raise it with family or a doctor; the advice is not to ignore the signs and to book a doctor's appointment.

**WHO IT HELPS**

Anyone worried about memory or thinking changes in themselves or a family member, before talking to a doctor.

Free (web page; worksheet PDF, 5 pages). Published by Alzheimer's Association · Checklist, fact sheet: Worksheet © 2023; page not dated · Licence: Worksheet may be distributed freely and without charge (stated on the PDF). Note: US organisation: the 24/7 helpline (800-272-3900) printed on the worksheet is for the United States.

### If You Fall or Witness a Fall, Do You Know What to Do? — Public Health Agency of Canada (Canada)

https://www.canada.ca/en/public-health/services/publications/healthy-living/you-fall-witness-a-fall-you-know-what.html

**WHAT IT TEACHES**

Step by step: if you fall, stay calm, catch your breath and check for injuries; if you can get up, roll onto your side, move to a sturdy chair, kneel, bring your stronger leg forward, stand and sit. If you can't, call for help with a device or phone, make noise to be heard, and keep warm while you wait. If someone else falls, don't rush to lift them — check if they are conscious or hurt, and call for help.

**WHO IT HELPS**

Older adults, families and carers who want to know how to get up safely after a fall, or how to help someone who has fallen.

Free (web page; PDF, 8 pages). Published by Public Health Agency of Canada · Brochure: Issued 2009; page modified 2016-03-18. Note: An older publication (issued 2009, page modified 2016), not marked archived. It does not give an emergency number: if a person is hurt or cannot get up, call your local emergency number.

### 10 warning signs of dementia brochure — Alzheimer Society of Canada (Canada)

https://alzheimer.ca/en/about-dementia/do-i-have-dementia/10-warning-signs-dementia

**WHAT IT TEACHES**

Ten warning signs, each compared with normal ageing: memory changes that affect day-to-day abilities, difficulty with familiar tasks, changes in language, disorientation in time and place, impaired judgement, problems with abstract thinking, misplacing things, changes in mood and behaviour, loss of initiative, and trouble with visual and spatial information. If concerned, the next step is to talk to your doctor.

**WHO IT HELPS**

Anyone noticing changes in themselves or someone close and wondering whether to see a doctor.

Free (web page; brochure PDF in print-friendly and mobile versions). Published by Alzheimer Society of Canada · Brochure: Last reviewed 2023; next review due 2028.

### 10 warning signs of dementia infographic — Alzheimer's Disease International (Worldwide)

https://www.alzint.org/resource/warning-signs-of-dementia-infographic/

**WHAT IT TEACHES**

A one-page picture guide to 10 common warning signs: memory loss, difficulty with familiar tasks, problems with language, disorientation to time and place, poor judgement, problems keeping track of things, misplacing things, changes in mood and behaviour, trouble with visual and spatial information, and withdrawal from work or social life. If the signs are new, speak to a doctor or your national dementia association.

**WHO IT HELPS**

Families and communities anywhere, especially where dementia information in local languages is scarce.

Free to download (PDF, 1 page). Published by Alzheimer's Disease International (ADI) · Infographic: Page dated 2 June 2017 (English file is an updated version) · Also in Spanish, French, Portuguese, Chinese (traditional and simplified), Hindi, Bengali, Kannada and Telugu.

## Recognising Abuse & Scams

### The Little Book of Scams: how to spot and avoid scams — ACCC / Scamwatch (Australia)

https://www.accc.gov.au/about-us/publications/the-little-book-of-scams

**WHAT IT TEACHES**

Explains common scams by text, email, phone, websites and social media and their warning signs — urgent demands to pay, requests to confirm bank details, threats of arrest, payment by gift card or crypto, offers of quick easy money. Teaches Stop, Check, Protect, and what to do if scammed: contact your bank first, IDCARE for identity theft, and report to ReportCyber and Scamwatch.

**WHO IT HELPS**

Anyone in Australia — the booklet says anyone can be a victim — including older people and carers; the Easy Read and translated versions suit people who find English hard.

Free to download (PDF booklet; audio and translated videos also offered). Published by Australian Competition and Consumer Commission (ACCC) · Booklet: Published 16 August 2024 · Easy Read version, plus 'How to spot and avoid scams' guides and videos in 17 languages (including Arabic, Chinese, Dari, Hindi, Korean and Vietnamese) · Licence: CC BY 4.0 Australia (except logos and the Coat of Arms). Note: Australian contacts (IDCARE 1800 595 160, ReportCyber, Scamwatch); other countries have their own reporting services.

### Keeping You and Your Loved Ones Safe leaflets (six types of abuse and neglect of older people) — Hourglass (UK)

https://wearehourglass.org/resources

**WHAT IT TEACHES**

Six leaflets (domestic, economic, physical, psychological and sexual abuse, and neglect) explain each form of harm to older people, how to spot it and how to stay safe. The economic abuse one lists signs such as unexplained withdrawals, new names on bank accounts, sudden changes to wills and unpaid bills; advises checking bank statements; and says to stay calm if an older person tells you they are being harmed.

**WHO IT HELPS**

Older people, and family, friends and carers who suspect an older person is being harmed, exploited or neglected.

Free to download (PDF leaflets, 8–12 pages each); braille, audio and large print on request. Published by Hourglass (Safer Ageing) · Brochure: 2024 leaflet series (year in the file names; not dated inside). Note: UK contacts (police on 101, or 999 in an emergency; Hourglass support line). In immediate danger, call your local emergency number.

## Healthy Living Basics

### Be SunSmart — the five sun protection steps (Slip, Slop, Slap, Seek, Slide) — Cancer Council Australia (Australia)

https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart

**WHAT IT TEACHES**

Protect your skin whenever the UV Index is 3 or higher: slip on covering clothing; slop on SPF 50 or 50+ broad-spectrum, water-resistant sunscreen at least 20 minutes before going out and reapply every two hours (about seven teaspoons for the whole body); slap on a broad-brimmed hat; seek shade; slide on close-fitting wraparound sunglasses. Check your skin for new or changing spots.

**WHO IT HELPS**

Everyone in Australia, including parents, schools and outdoor workers. Check the day's UV level on the free SunSmart app or the Bureau of Meteorology website.

Free to view online (printable page). Published by Cancer Council Australia · Fact sheet: Not dated on the page. Note: Written for Australia's high UV levels; the sunglasses standard named (AS/NZS 1067) is Australian. Not dated on the page.

### The Eatwell Guide and booklet — Office for Health Improvement and Disparities (UK)

https://www.gov.uk/government/publications/the-eatwell-guide

**WHAT IT TEACHES**

Shows the share of each food group in a healthy, balanced diet: at least 5 portions of fruit and vegetables a day; base meals on potatoes, bread, rice, pasta or other starchy foods, wholegrain where possible; some dairy or alternatives; beans, pulses, fish (2 portions a week, one oily), eggs and meat; small amounts of unsaturated oils; 6–8 cups or glasses of fluid a day; foods high in fat, salt and sugar less often.

**WHO IT HELPS**

Adults and children from age 2 in the UK planning everyday meals and shopping.

Free to download (1-page colour poster PDF; booklet PDF, 12 pages). Published by Office for Health Improvement and Disparities (UK Government), with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland · Poster, booklet: Page last updated 2 January 2024; booklet September 2018 · Licence: Open Government Licence v3.0. Note: Does not apply to children under 2, and people with special dietary or medical needs may need advice from a registered dietitian.

### Physical activity for adults and older adults (19 and over) infographic — UK Chief Medical Officers (UK)

https://www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults

**WHAT IT TEACHES**

Any activity is better than none, and more is better still. Aim for at least 150 minutes of moderate activity a week (breathing faster, can still talk) or 75 minutes of vigorous activity (breathing fast, hard to talk), or a mix; build strength on at least 2 days a week; break up long periods of sitting; older adults should add balance activities 2 days a week to reduce frailty and falls.

**WHO IT HELPS**

Adults and older adults wanting simple activity targets, and family, carers or health workers explaining them.

Free to download (PDF, 1 page; text version online). Published by Department of Health and Social Care (UK Chief Medical Officers' physical activity guidelines) · Infographic: Updated infographic July 2026 (page last updated 16 July 2026) · Also in Welsh · Licence: Open Government Licence v3.0.

### Alcohol units: what counts as a unit and the 14-units-a-week guideline — NHS (UK)

https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/

**WHAT IT TEACHES**

Explains that one unit is 10 ml or 8 g of pure alcohol and how to work out units (ABV × volume in ml ÷ 1,000), with a table for common drinks (a 175 ml glass of 12% wine is 2.1 units; a pint of 5.2% lager is 3 units). Low-risk advice: men and women should not regularly drink more than 14 units a week, spread over 3 or more days, with several drink-free days if cutting down.

**WHO IT HELPS**

Adults who drink and want to check how much they drink against the UK low-risk guideline.

Free (printable web page). Published by NHS (nhs.uk) · Fact sheet: Page last reviewed 27 August 2024 (next review due 27 August 2027). Note: Uses UK units (8 g of pure alcohol); 'standard drinks' in other countries are different sizes.

### The Food Pyramid poster and leaflet — Department of Health, Healthy Ireland (Ireland)

https://www.gov.ie/en/healthy-ireland/publications/the-food-pyramid/

**WHAT IT TEACHES**

Daily servings for adults, teenagers and children aged five and over: vegetables, salad and fruit 5–7; wholemeal cereals, breads, potatoes, pasta and rice 3–5 (up to 7 for teenage boys and men 19–50); milk, yogurt and cheese 3 (5 for ages 9–18); meat, poultry, fish, eggs, beans and nuts 2; fats and oils in very small amounts; foods high in fat, sugar and salt not needed for good health — not every day.

**WHO IT HELPS**

Adults, teenagers and families in Ireland planning meals and portion sizes.

Free to download (poster PDF, 1 page; information leaflet). Published by Department of Health (Ireland), Healthy Ireland · Poster, brochure: Page last updated 3 November 2020 (poster 2016) · Page also in Irish (Gaeilge). Note: Irish guidance for adults, teenagers and children aged 5 and over; it does not cover younger children.

### Move Your Way® physical activity fact sheets (adults, older adults, parents, pregnancy) — US Dept of Health and Human Services (United States)

https://odphp.health.gov/moveyourway

**WHAT IT TEACHES**

Short fact sheets based on the US Physical Activity Guidelines: adults need at least 150 minutes a week of moderate aerobic activity (or 75 minutes vigorous) plus muscle strengthening on at least 2 days; older adults should mix in balance activities to lower the risk of falls. Explains the 'talk test' for intensity and says starting with 5 minutes counts.

**WHO IT HELPS**

Adults, older adults, parents and pregnant or postpartum women wanting simple activity targets and ways to get started.

Free to download (PDF fact sheets; online activity planner). Published by US Department of Health and Human Services, Office of Disease Prevention and Health Promotion (ODPHP) · Fact sheet: Content last updated March 14, 2025 · Also in Spanish (En español).

### Canada's food guide snapshot — Health Canada (Canada)

https://www.canada.ca/en/health-canada/services/food-guide/explore/snapshot.html

**WHAT IT TEACHES**

A one-page plate showing how to eat a variety of healthy foods each day: have plenty of vegetables and fruits, eat protein foods, choose whole grain foods, and make water your drink of choice. It also lists healthy habits: be mindful of your eating habits, cook more often, enjoy your food, eat meals with others, use food labels, limit highly processed foods, and be aware of food marketing.

**WHO IT HELPS**

Anyone in Canada planning everyday meals, including parents, newcomers and Indigenous communities using translated versions.

Free to download (PDF). Published by Health Canada · Poster: Page date modified 2026-06-29 · Also in 33 other languages, including French and Indigenous languages such as Plains Cree, Ojibwe and Inuktitut.

### Canadian 24-Hour Movement Guidelines (early years to adults 65+) — Canadian Society for Exercise Physiology (Canada)

https://csepguidelines.ca/downloads/

**WHAT IT TEACHES**

Short guidelines for each age group on a healthy 24 hours. For adults 18–64: at least 150 minutes a week of moderate to vigorous aerobic activity, muscle strengthening at least twice a week, several hours of light activity including standing, 7 to 9 hours of good-quality sleep with regular times, and no more than 8 hours sitting (including no more than 3 hours of recreational screen time).

**WHO IT HELPS**

Parents, adults and older adults wanting clear daily targets for movement, sitting and sleep; also used by teachers and health workers.

Free to download (PDFs, 1–2 pages each). Published by Canadian Society for Exercise Physiology (CSEP) · Fact sheet: Not dated in the documents; file names and file data show 2016 (children and youth), 2017 (early years) and 2020 (adults) · Also in French, Arabic, Cantonese, German, Greek, Italian, Mandarin, Portuguese, Punjabi, Spanish and Tagalog · Licence: May be printed in as many copies as needed (CSEP download and usage policy). Note: Written for policy makers and health professionals but 'may be useful to interested members of the public'; may not suit people who are pregnant, disabled or living with a medical condition.

### Drinking Less Is Better: public summary of Canada's Guidance on Alcohol and Health — Canadian Centre on Substance Use and Addiction (Canada)

https://www.ccsa.ca/en/canadas-guidance-alcohol-and-health-public-summary-drinking-less-better-infographic

**WHAT IT TEACHES**

Shows risk rising with weekly drinking: 0 drinks has benefits; 1–2 standard drinks a week is low risk; 3–6 raises the risk of several cancers; 7 or more increasingly raises the risk of heart disease or stroke. Advises no more than 2 drinks on any day and none in pregnancy, with tips: count your drinks, set a weekly target, drink slowly, have a non-alcoholic drink for every drink, and have alcohol-free weeks.

**WHO IT HELPS**

Adults who drink and want to understand the health risks or cut down, and people supporting them.

Free to download (PDF, 1 page; poster and brochure versions). Published by Canadian Centre on Substance Use and Addiction (CCSA), commissioned by Health Canada · Infographic: January 16, 2023 (© CCSA 2023) · Also in French · Licence: No permission needed for personal use or to distribute as-is (CCSA toolkit statement). Note: Uses Canadian standard drinks (e.g. 341 ml of 5% beer, 142 ml of 12% wine); standard drink sizes differ in other countries.

### Healthy diet fact sheet — World Health Organization (Worldwide)

https://www.who.int/news-room/fact-sheets/detail/healthy-diet

**WHAT IT TEACHES**

WHO's baseline advice: eat a variety of unprocessed and minimally processed foods; at least 400 g of fruit and vegetables a day for everyone over 10; at least 25 g of fibre; free sugars under 10% of energy (about 12 level teaspoons) without using sweeteners instead; saturated fat under 10% and trans fat under 1%; less than 5 g of salt a day; breastfeed babies exclusively for the first 6 months.

**WHO IT HELPS**

Adults, parents and anyone wanting the international starting point for healthy eating, including where no national food guide exists in their language.

Free (printable web page). Published by World Health Organization (WHO) · Fact sheet: 26 January 2026 · Also in Arabic, Chinese, French, Russian and Spanish (via the page's language menu).

## How to Handwash? poster — World Health Organization (Worldwide)

https://www.who.int/docs/default-source/patient-safety/how-to-handwash-poster.pdf

**WHAT IT TEACHES**

Pictures of each step for washing hands with soap and water in 40–60 seconds: wet hands, apply enough soap to cover all surfaces, rub palm to palm, the backs of the hands, between the fingers, the backs of the fingers, thumbs and fingertips, rinse, dry thoroughly with a single-use towel, and use the towel to turn off the tap.

**WHO IT HELPS**

Households, schools, workplaces, care homes and clinics wanting a clear handwashing poster to put up beside a sink.

Free to download (PDF, 1 page). Published by World Health Organization (WHO) · Poster: May 2009. Note: Made in 2009 for health-care settings (it advises alcohol handrub unless hands are visibly dirty); the steps suit everyone. Links straight to WHO's PDF.

05

# Counselors, Psychologists & Therapists

MENTAL HEALTH SUPPORT

MENTAL HEALTH SUPPORT

# Counselors, Psychologists & Therapists

Mental health support is a critical component of healing from chronic illness, trauma, and navigating complex life transitions. These directories help you find qualified mental health professionals worldwide.

## Global & Regional Therapist Directories

### Psychology Today International Directory

https://www.psychologytoday.com/country-selector

**WHAT IT DOES**

Psychology Today's country selector: choose a country to browse its directory of verified therapists, psychologists and counsellors.

**WHO IT HELPS**

Anyone seeking a therapist, psychologist, or psychiatrist in North America, Europe, select Asian countries, and Oceania.

Free to search; each professional sets their own fees.

### Psychology Today Canada

https://www.psychologytoday.com/ca/therapists

**WHAT IT DOES**

Extensive directory of therapists, psychologists, and counsellors across Canada.

**WHO IT HELPS**

Canadians seeking mental health professionals.

Free to search; each professional sets their own fees.

### It's Complicated (Europe)

https://complicated.life/

**WHAT IT DOES**

A directory for finding a private therapist or counsellor in Europe and worldwide.

**WHO IT HELPS**

Anyone in Europe seeking therapy, including expats and multilingual individuals.

Free to search; each therapist sets their own fees. Note: Not for a crisis or an emergency — the site asks you to contact local emergency services instead.

### European Association for Psychotherapy

https://www.europsyche.org/

**WHAT IT DOES**

Pan-European professional body for psychotherapy with a directory of qualified psychotherapists across Europe.

**WHO IT HELPS**

Europeans seeking accredited psychotherapists.

Free directory; therapy costs vary by country.

### Canadian Mental Health Association

https://cmha.ca/

**WHAT IT DOES**

Nationwide organization with 330 community locations providing mental health programs, recovery colleges, and support services.

**WHO IT HELPS**

All Canadians seeking mental health support, education, and community programs.

Free programs and services. Note: In Canada, call or text 9-8-8 any time for suicide crisis support.

### Psychology Today Hong Kong & Singapore

https://www.psychologytoday.com/hk · https://www.psychologytoday.com/sg

**WHAT IT DOES**

Extensive directory of therapists, psychologists, and counsellors in Hong Kong and Singapore.

**WHO IT HELPS**

Individuals in Hong Kong, Singapore, and other Asian hubs seeking mental health professionals.

Free directory; therapy fees vary.

### Singapore Association for Counselling (SAC)

https://sacsingapore.org/

**WHAT IT DOES**

The professional body for counsellors and psychotherapists in Singapore with a public registry.

**WHO IT HELPS**

Individuals in Singapore seeking registered, qualified counsellors.

Free directory.

### Intellect (Asia Pacific)

https://intellect.co/

**WHAT IT DOES**

Workplace mental health platform providing therapy, coaching, and crisis helplines for employees through their organizations (EAP provider).

**WHO IT HELPS**

Employees in Asia and globally whose organizations subscribe to the Intellect platform for mental health support.

Usually provided through an employer or organisation.

### International Therapist Directory

https://internationaltherapistdirectory.com/

**WHAT IT DOES**

An online listing of more than 700 counsellors, therapists, psychologists and psychiatrists in at least 65 countries who offer culturally sensitive care for the international and expat community — in person, online or, for some, at your location.

**WHO IT HELPS**

Expatriates, international students, and global citizens seeking culturally sensitive therapy.

Free directory; therapy fees vary.

### GoodTherapy

https://www.goodtherapy.org/

**WHAT IT DOES**

A directory for finding a therapist, psychologist or marriage counsellor.

**WHO IT HELPS**

Individuals seeking ethical, healthy psychotherapy.

Free directory; therapy fees vary.

## Specialized Therapy for Chronic Illness & Trauma

### The Chronic Illness Therapist

https://www.thechronicillnesstherapist.com/find-a-therapist

**WHAT IT DOES**

A directory, listed by US state, of clinicians who specialise in chronic illness, chronic pain and related mental health conditions.

**WHO IT HELPS**

Individuals living with chronic illness, autoimmune disease, and chronic pain.

Free directory; therapy fees vary. Note: The site says the directory is under construction, so it may not list everyone yet.

### Somatic Experiencing International (SEI)

https://portal.traumahealing.org/s/find-a-practitioner

**WHAT IT DOES**

Somatic Experiencing International's practitioner directory: search by name, city, country or postcode for Somatic Experiencing practitioners and for students who are in, or have completed, its SE Professional Training Program, and open a profile for each one's public details.

**WHO IT HELPS**

Individuals seeking body-oriented therapy for trauma, PTSD, and chronic stress.

Free directory; therapy fees vary. Note: The directory includes students still in training as well as practitioners who have completed it — check a profile before you book.

### Association for Contextual Behavioral Science (ACBS)

https://contextualscience.org/practitioner_directory

**WHAT IT DOES**

Find therapists trained in Acceptance and Commitment Therapy (ACT), a transdiagnostic, evidence-based approach used for anxiety, depression, chronic pain, and stress.

**WHO IT HELPS**

Individuals seeking ACT therapy for chronic pain, illness, and psychological flexibility.

Free directory; therapy fees vary.

### Prana Foundation Polyvagal Informed Preferred Provider Directory

https://www.pranafound.com/polyvagal-directory

**WHAT IT DOES**

A directory of Polyvagal Informed chiropractors and other providers across the globe.

**WHO IT HELPS**

Individuals seeking nervous system regulation and trauma-informed care. Note: polyvagal theory is debated among researchers, so treat it as one framework, not settled science.

Free directory; chiropractic/provider fees vary.

### EMDRAA Therapist Finder

https://emdraa.org/find-an-emdraa-therapist/

**WHAT IT DOES**

Find EMDRAA-trained therapists across Australia offering EMDR therapy for trauma and mental health.

**WHO IT HELPS**

Individuals in Australia seeking trauma therapy and Eye Movement Desensitization and Reprocessing.

Free to search; each therapist sets their own fees.

### International Society for Traumatic Stress Studies (ISTSS)

https://istss.org/portal/find-a-trauma-specialist/

**WHAT IT DOES**

The International Society for Traumatic Stress Studies' Trauma Specialist Directory: find a clinician, counsellor or other mental health professional who specialises in traumatic stress, searching by discipline, special interests, the people they work with and language.

**WHO IT HELPS**

Individuals seeking evidence-based treatment for PTSD and complex trauma.

Free directory; therapy fees vary.

## Accessible & Inclusive Therapy

### Open Path Psychotherapy Collective

https://openpathcollective.org/

**WHAT IT DOES**

A nonprofit network of more than 40,000 therapists in private practice in the US and Canada who see Open Path members at reduced rates, online or in person.

**WHO IT HELPS**

Individuals and families who lack health insurance or cannot afford market rates.

A one-time membership fee (US$65 or CA$89), then reduced-rate sessions — check the current session rates on the site.

### Inclusive Therapists

https://www.inclusivetherapists.com/

**WHAT IT DOES**

A directory of verified mental health providers centering BIPOC, LGBTQ+, and marginalized identities.

**WHO IT HELPS**

Individuals seeking culturally responsive, affirming care.

Free directory; therapy fees vary.

06

# Support Groups & Communities

CONNECT WITH OTHERS

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# Support Groups & Communities

Healing is rarely a solitary endeavor. Connecting with others who understand the challenges of chronic illness and medication tapering can provide essential emotional support and practical advice. Groups are run by peers, not clinicians: they share experience, not medical advice.

## Medication Tapering & Deprescribing Directories

### Deprescribing.org

https://deprescribing.org/

**WHAT IT DOES**

Evidence-based resources and tools for safely reducing or stopping medications, including deprescribing algorithms. Developed by Canadian academic researchers (the Bruyère Research Institute in Ottawa, with the University of Toronto and UBC).

**WHO IT HELPS**

Patients and clinicians seeking structured deprescribing guidance, especially for polypharmacy.

Free resources.

### Canadian Deprescribing Network (CaDeN)

https://www.deprescribingnetwork.ca/

**WHAT IT DOES**

National network promoting safe and appropriate medication use, providing resources for reducing unnecessary medications.

**WHO IT HELPS**

Canadians seeking guidance on safe medication reduction.

Free resources.

### Tapering Strip (Netherlands)

https://www.taperingstrip.com/

**WHAT IT DOES**

Provides personalized tapering strips for gradual dose reduction of psychiatric medications using hyperbolic tapering.

**WHO IT HELPS**

Patients in Europe seeking precision medication tapering tools.

Varies by medication; requires prescription.

### Outro Health

https://www.outro.com/

**WHAT IT DOES**

Pairs patients with clinicians to build evidence-based plans to safely reduce antidepressant medications.

**WHO IT HELPS**

Individuals looking to safely taper off SSRIs and other antidepressants using hyperbolic tapering.

Subscription-based telehealth service.

### Inner Compass Initiative

https://www.theinnercompass.org/

**WHAT IT DOES**

Provides education and resources for making informed decisions about psychiatric medications, including a comprehensive tapering guide.

**WHO IT HELPS**

Anyone considering tapering psychiatric medications who wants to be fully informed.

Free resources; companion guide available for purchase.

### Surviving Antidepressants

https://www.survivingantidepressants.org/

**WHAT IT DOES**

An international, peer-led information and withdrawal support forum, now archived in read-only mode. Contains extensive historical tapering guidance and community discussions.

**WHO IT HELPS**

People experiencing withdrawal symptoms or seeking guidance on slowly tapering psychiatric medications. Note: the forum is no longer accepting new posts.

Free.

### Benzodiazepine Information Coalition

https://www.benzoinfo.com/

**WHAT IT DOES**

Provides resources, financial assistance information, and directories for benzodiazepine tapering.

**WHO IT HELPS**

Individuals suffering from benzodiazepine physical dependence and protracted withdrawal.

Free resources.

### LEAP for Prescribed Drug Dependence

https://leap4pdd.org/

**WHAT IT DOES**

UK-based panel of people with lived experience advocating for better withdrawal support services.

**WHO IT HELPS**

UK residents experiencing prescribed drug dependence and withdrawal.

Free resources and advocacy.

### Beyond Pills Alliance (UK)

https://beyondpillsalliance.org/

**WHAT IT DOES**

UK campaign to move healthcare beyond over-reliance on pills by combining social prescribing and safe deprescribing.

**WHO IT HELPS**

UK patients and practitioners seeking alternatives to long-term medication.

Free resources.

### Mind UK - Coming Off Medication

https://www.mind.org.uk/information-support/drugs-and-treatments/medication-coming-off/support-services/

**WHAT IT DOES**

Comprehensive guidance on safely coming off psychiatric medication, including where to find support services.

**WHO IT HELPS**

UK residents considering reducing or stopping psychiatric medication.

Free. Note: Mind says this information was published in April 2021 and is being reviewed.

## Autoimmune & Chronic Illness Communities

### PatientsLikeMe

https://www.patientslikeme.com/

**WHAT IT DOES**

An online community where people living with chronic, complex or rare conditions share their experiences, track their health and support one another.

**WHO IT HELPS**

Anyone with a chronic, complex, or rare condition.

Free to join.

### HealthUnlocked

https://healthunlocked.com/

**WHAT IT DOES**

A social network for health, founded in 2010, with communities in more than 300 areas of health — many run with patient organisations — where people share experiences, get support and can take part in health research.

**WHO IT HELPS**

Patients seeking peer support, answers, and shared experiences.

Free to join.

### Autoimmune Association Support Groups

https://autoimmune.org/resource-center/patient-support/support-groups/

**WHAT IT DOES**

Connects patients with virtual support communities and provides a toolkit to start local support groups for autoimmune disease.

**WHO IT HELPS**

Individuals with Lupus, Rheumatoid Arthritis, Hashimoto's, and other autoimmune conditions.

Free.

### The Mighty

https://themighty.com/

**WHAT IT DOES**

An online community where people share stories and lived experience of chronic illness, disability and mental health, with articles written by the community and curated by editors.

**WHO IT HELPS**

Individuals seeking a safe space to share stories and find support.

Free app and community.

## Condition-Specific Support

### MyFibroTeam

https://www.myfibroteam.com/

**WHAT IT DOES**

A social network for people living with fibromyalgia, where members ask for advice, share what helps, vent without judgement and meet others with the condition.

**WHO IT HELPS**

Individuals diagnosed with fibromyalgia.

Free.

### Solve ME/CFS Initiative

https://solvecfs.org/

**WHAT IT DOES**

Non-profit focused on ME/CFS and Long Covid research, advocacy, and support.

**WHO IT HELPS**

Patients suffering from ME/CFS and post-infection diseases.

Free resources.

### The Ehlers Danlos Society

https://www.ehlers-danlos.com/support/

**WHAT IT DOES**

Information about the Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD), with a directory of EDS- and HSD-friendly specialists, a list of mental health resources and an online community on Inspire.

**WHO IT HELPS**

Individuals with Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD).

Free resources, support directories, and online community.

### Crohn's & Colitis Foundation

https://www.crohnscolitisfoundation.org/find-a-support-group

**WHAT IT DOES**

The Crohn's & Colitis Foundation's support groups, searchable by state or ZIP code across the US, where patients and family members connect with others living with Crohn's disease or ulcerative colitis; it also runs virtual groups on Facebook, an online community and the Power of Two peer-to-peer program.

**WHO IT HELPS**

Individuals with Crohn's disease or ulcerative colitis.

Free.

### PCOS Challenge

https://pcoschallenge.org/

**WHAT IT DOES**

PCOS Challenge, the National Polycystic Ovary Syndrome Association (US), supports women with PCOS through educational workshops, television and radio programming, and online and offline support networks.

**WHO IT HELPS**

Individuals with or suspected of having PCOS.

Free resources; some events and programs are paid.

### Dysautonomia International

https://www.dysautonomiainternational.org/page.php?ID=24

**WHAT IT DOES**

Dysautonomia International's support group finder: regional groups for POTS and other forms of dysautonomia, led by experienced patient and caregiver volunteers. The groups are based on Facebook but also meet in person and on Zoom, and can be contacted by email if you are not on Facebook; the non-profit also funds research and works on physician education and advocacy.

**WHO IT HELPS**

Patients with POTS and other forms of dysautonomia.

Free.

### Global Lyme Alliance

https://www.globallymealliance.org/lyme-patient-support/

**WHAT IT DOES**

Peer-to-peer mentor programs, support groups, a provider search, and financial assistance for Lyme disease.

**WHO IT HELPS**

Individuals living with Lyme and tick-borne diseases, and their caregivers and families.

Free.

### Graves' Disease and Thyroid Foundation

https://gdatf.org/

**WHAT IT DOES**

Empowers patients living with Graves' Disease and Thyroid Eye Disease.

**WHO IT HELPS**

Patients with Graves' disease, hyperthyroidism, Thyroid Eye Disease, Hashimoto's thyroiditis, and thyroid nodules, along with their caregivers and families.

Free resources.

### National Headache Foundation

https://headaches.org/

**WHAT IT DOES**

Information about headache and migraine, and help with accessing patient financial assistance through its Action4Access program.

**WHO IT HELPS**

Individuals suffering from migraines and headaches.

Free resources.

## Neurodegenerative Disease Support

### Dementia Alliance International (DAI)

https://dementiaallianceinternational.org/

**WHAT IT DOES**

A non-profit of, by and for people living with dementia, offering online peer-to-peer support globally.

**WHO IT HELPS**

Individuals diagnosed with any form of dementia or mild cognitive impairment (MCI).

Free.

### Alzheimer's Disease International (ADI)

https://www.alzint.org/

**WHAT IT DOES**

The worldwide federation of Alzheimer associations in over 100 countries.

**WHO IT HELPS**

Patients and families seeking local Alzheimer's associations worldwide.

Free resources.

### Lewy Body Dementia Association (LBDA)

https://lbda.org/

**WHAT IT DOES**

Supports those affected by Lewy body dementia through awareness, research, education, and support groups (many virtual).

**WHO IT HELPS**

Patients and care partners dealing with Lewy body dementia (core services are US-only).

Free resources and support line.

### Parkinson's Europe

https://parkinsonseurope.org/

**WHAT IT DOES**

The only European Parkinson's umbrella organization championing the European Parkinson's community.

**WHO IT HELPS**

Patients, families, healthcare professionals, and researchers seeking Parkinson's resources (Europe-only scope).

Free resources.

### The Michael J. Fox Foundation

https://www.michaeljfox.org/

**WHAT IT DOES**

Dedicated to finding a cure for Parkinson's through funded research and improved therapies.

**WHO IT HELPS**

Patients seeking clinical trials, education, and community support.

Free resources.

## Mental Health & Addiction Recovery

### NAMI Peer-to-Peer

https://www.nami.org/programs/nami-peer-to-peer/

**WHAT IT DOES**

A free, eight-session educational program for adults with mental health conditions who want to understand themselves and their recovery, taught by trained leaders with lived experience, with activities, discussions and videos.

**WHO IT HELPS**

Adults in the United States looking to better understand their mental health and recovery journey.

Free. Note: Like all NAMI programs, it does not recommend particular treatments.

### SMART Recovery

https://smartrecovery.org/

**WHAT IT DOES**

SMART (Self-Management and Recovery Training) runs free, science-informed mutual-support meetings for addictive behaviours, in person and online, led by trained facilitators — plus Family & Friends groups for people supporting someone. No religious content.

**WHO IT HELPS**

Individuals seeking a science-based alternative to traditional 12-step programs.

Free (donations accepted).

### LifeRing Secular Recovery

https://lifering.org/

**WHAT IT DOES**

An abstinence-based, secular network of meetings, in person and online, for people who want to live free of alcohol and other drugs.

**WHO IT HELPS**

Individuals seeking a secular, self-empowered alternative to 12-step programs.

Free (donations accepted).

### Recovery Dharma

https://recoverydharma.org/

**WHAT IT DOES**

A peer-led movement and community that is unified by trust in the potential of Buddhist practices to heal the suffering of addiction.

**WHO IT HELPS**

Individuals seeking a Buddhist-inspired approach to addiction recovery.

Free (donations accepted).

### The Phoenix

https://thephoenix.org/

**WHAT IT DOES**

A free, sober active community that uses group activities like CrossFit, rock climbing, and yoga to help people dealing with addiction find strength. Operates primarily in the United States.

**WHO IT HELPS**

Individuals in recovery seeking physical activity and a supportive sober community.

Free (requires 48 hours of continuous sobriety).

### Open Dialogue World

https://www.dialogoaperto.com/CentersList

**WHAT IT DOES**

Directory of centers offering Open Dialogue mental health services.

**WHO IT HELPS**

Individuals seeking alternative, community-based mental health care.

Varies by center.

## Trauma & Abuse Survivor Support

### CPTSD Foundation

https://cptsdfoundation.org/

**WHAT IT DOES**

Provides daily recovery support, peer chat groups, and trauma-informed yoga for adult survivors of complex trauma.

**WHO IT HELPS**

Individuals suffering from Complex PTSD and developmental trauma.

Some free resources and a self-paced course; Daily Recovery Support is a paid membership — check current prices on the site. Note: peer support, not therapy.

### Out of the Storm

https://www.outofthestorm.website/

**WHAT IT DOES**

A free and anonymous community of English-speaking adults suffering from the symptoms of Complex PTSD.

**WHO IT HELPS**

Adult survivors of repeated/prolonged trauma seeking peer support.

Free.

### RAINN (National Sexual Assault Hotline)

https://rainn.org/

**WHAT IT DOES**

The largest anti-sexual violence organization in the U.S., operating the National Sexual Assault Hotline (800-656-HOPE; text HOPE to 64673) and online chat in English and Spanish (en Español).

**WHO IT HELPS**

Survivors of sexual assault in the United States and their loved ones.

Free, confidential, 24/7 support.

### After Silence

https://www.aftersilence.org/

**WHAT IT DOES**

A message board, support forum, and chat room for rape, sexual assault, and sexual abuse survivors.

**WHO IT HELPS**

Survivors seeking a safe, moderated online community.

Free.

### National Domestic Violence Hotline

https://www.thehotline.org/

**WHAT IT DOES**

Free, confidential support around the clock for anyone in the US affected by domestic violence: call 1-800-799-SAFE (7233), chat online, or text START to 88788.

**WHO IT HELPS**

Anyone in the United States affected by domestic violence or intimate partner abuse.

Free, confidential, 24/7 support.

### 1800RESPECT (Australia)

https://1800respect.org.au/

**WHAT IT DOES**

Australia's national domestic, family and sexual violence counselling, information and support service: call 1800 737 732, text 0458 737 732, chat online or video call through the website. Its Service Directory lists specialist services, crisis lines and housing, legal, health and financial help.

**WHO IT HELPS**

Australians experiencing or at risk of domestic, family, or sexual violence.

Free, confidential, 24/7 support. Note: Call 000 if you are in danger.

### Women's Aid (England)

https://womensaid.org.uk/

**WHAT IT DOES**

Women's Aid Federation of England, the national charity working to end domestic abuse against women and children; its federation of local services provides support across England, and it campaigns to change attitudes and the law.

**WHO IT HELPS**

Women and children experiencing domestic abuse in England, and people supporting them.

Free support services. Note: The National Domestic Abuse Helpline (England) is 0808 2000 247.

07

# Work, Money & Legal Help — Finding a Job, Free Legal Aid, Debt Advice & Financial Assistance

WORK, MONEY & LEGAL HELP

# Work, Money & Legal Help — Finding a Job, Free Legal Aid, Debt Advice & Financial Assistance

**If you are in danger or at risk of harm, call your local emergency number.** Free phone lines for legal aid, debt advice, housing and benefits are in chapter 02 (Helplines & Crisis Lines), and help for people leaving abuse — including legal and money help — is in chapter 03 (Support After Abuse). This chapter gathers 252 programs and resources that help people find work and get free, legitimate legal and financial help, wherever they live: directories of free local help, official job services, work support for people with a disability or a mental-health condition and for others facing barriers, rights at work, free legal aid and legal clinics, legal help with housing, immigration and benefits, free debt advice and financial counselling, government benefits, emergency grants, food and no-interest loans, international organisations that help in many countries, and how to check that an adviser or lender is real. Most are directories that point to many local services. Each is run by a government, a court or legal aid body, a UN agency, or a long-established registered charity or non-profit, and each listing says who it is for, where it works and what it costs, as the organisation states it. Every listing was found on the organisation's own website, checked again independently, and opened a third time before it was added (October 2026). These listings are information, not legal or financial advice. Never pay anyone who promises a job, a grant, a loan or debt relief in return for an upfront fee. Each listing links to the organisation's own website, which has its latest details.

## Start Here — Directories of Free Local Help

### My Community Directory — find free or subsidised local community services in every state and territory (Australia)

https://www.mycommunitydirectory.com.au/

**WHAT IT DOES**

Search by location or browse your state's directory to find local community organisations and services, with a map view and translation into many languages. The site says it lists organisations that provide services that are free or subsidised to the public in thousands of locations; a free My Community Info app is also offered.

**WHO IT HELPS**

Anyone in Australia looking for local community, health and support services, and workers making referrals.

Free for users (as the site states: 'Free For User'). Listed services may be free or subsidised — check any cost with each one. Note: Organisations list their own services ('List your Organisations services for free'), so confirm details and eligibility with each service.

### Citizens Advice Bureau Community Directory — search over 25,000 local services, including budgeting and foodbanks (New Zealand)

https://www.cab.org.nz/community-directory

**WHAT IT DOES**

Search CAB's directory of over 25,000 local services and organisations by keyword, or filter by region and category, such as budgeting and foodbanks, migrants, family violence prevention, counselling or disability. For free advice from CAB itself, trained volunteers work in more than 80 locations — use 'Find a CAB'.

**WHO IT HELPS**

Anyone in New Zealand looking for local services and community organisations.

CAB describes its own service as 'free confidential information and advice'; organisations found through the directory set their own charges. Note: Directory only: check costs and eligibility with each organisation listed.

### Advicelocal (rightsnet) — find free local advice on benefits, debt, housing, work, care and immigration by postcode (UK)

https://advicelocal.uk/

**WHAT IT DOES**

Enter a postcode and choose a topic — welfare benefits, council tax, debt, housing, employment, disability and social care, or asylum and immigration — to get information tailored to your area and details of independent advice organisations near you, which will usually offer free advice and support.

**WHO IT HELPS**

Anyone in the UK with a benefits, money, housing, work, care or immigration problem, and people helping them. Advicelocal does not advise individuals itself.

Free to use. The site lists 'free, independent advice organisations' that 'will usually be able to offer free advice'. Note: Directory only — it does not give advice itself; check with each organisation what it can help with and whether it charges.

### Citizens Advice — find your local Citizens Advice for free help with benefits, work, debt, housing and more (England and Wales)

https://www.citizensadvice.org.uk/about-us/contact-us/nearby/

**WHAT IT DOES**

Search with your postcode or town to find your local Citizens Advice service and how to contact it. Citizens Advice gives free advice on benefits, work, debt and money, consumer problems, housing, family, law and courts, immigration and health.

**WHO IT HELPS**

Anyone in England or Wales; this search covers local services in England and Wales only.

Free (Citizens Advice describes its help as 'free advice').

### Find a Citizens Information Centre — free, confidential local help with social welfare, work, money and housing (Ireland)

https://centres.citizensinformation.ie/

**WHAT IT DOES**

Choose your county on the map or list to find your nearest Citizens Information Centre and its contact details. Centres give information and advice on public services and your rights, including social welfare, employment, money and tax, housing, health and justice.

**WHO IT HELPS**

Anyone living in Ireland; there are centres in every county.

Free ('Your local Citizens Information Centre provides a free and confidential service').

### Catholic Charities USA Agency Locator — find your local Catholic Charities agency for food, housing and emergency help (United States)

https://www.catholiccharitiesusa.org/about-us/find-a-local-agency/

**WHAT IT DOES**

Enter a city, state or ZIP code to find the nearest of the 170 local agencies in the Catholic Charities network, then contact that agency directly. The network offers 'a broad array of services to all people in need'; its work includes food and nutrition, affordable housing, disaster relief, immigration services and workforce development.

**WHO IT HELPS**

Anyone in the United States in need; agencies offer services 'to all people in need'.

The page does not state a fee — ask the local agency when you contact them. Note: The national office does not provide direct services; what is offered, and any cost or eligibility, varies by local agency.

## Finding Work — Official Job Services & Job Boards

### Workforce Australia — Find a provider: search for local employment and job-readiness providers (Australia)

https://www.workforceaustralia.gov.au/individuals/coaching/providers

**WHAT IT DOES**

Search by keyword and location for a provider near you. The page explains each government program and links to its own provider search: Workforce Australia Services, Transition to Work, Parent Pathways, Remote Australia Employment Service, Inclusive Employment Australia, Self-Employment Assistance, Career Transition Assistance and more.

**WHO IT HELPS**

People in Australia looking for work. Some programs are for particular groups, e.g. Transition to Work (ages 15–24), Career Transition Assistance (45 and over), Parent Pathways (parents and carers of children under 6).

Free to use; no fee is mentioned on the page (Australian Government service). Note: Eligibility differs by program; check the program's page before contacting a provider. Some services are tied to Centrelink payment obligations.

### Workforce Australia — Find a job: the Australian Government's national job board (Australia)

https://www.workforceaustralia.gov.au/individuals/jobs/search

**WHAT IT DOES**

Search and apply for jobs advertised across Australia, filtered by location, industry, work type, salary and vacancy type (including apprenticeships, government jobs, harvest jobs and Indigenous identified positions). Tabs for recommended jobs, saved jobs, saved searches and job applications help you keep track.

**WHO IT HELPS**

Anyone in Australia looking for work — the site says any Australian can use Workforce Australia to search and apply for jobs.

Free to use; no fee is mentioned on the page (Australian Government service).

### Ministry of Social Development — Find jobs: the government's online job board (New Zealand)

https://new.my.msd.govt.nz/en/jobs.html

**WHAT IT DOES**

Search jobs by title, keyword, category or location and apply online. Create a Jobseeker profile to be matched with jobs and use it as a CV. You can also apply over the phone, with your case manager or at a Work and Income service centre (there are 122 across New Zealand). Client line 0800 779 009, Mon–Fri 8am–6pm.

**WHO IT HELPS**

People in New Zealand looking for work, including people working with a Work and Income case manager.

Free to use; no fee is mentioned on the page (government service).

### GOV.UK Find a job — the government job search, now part of DWP's Work Hub (England, Scotland and Wales)

https://www.gov.uk/find-a-job

**WHAT IT DOES**

Find and apply for full or part-time jobs. 'Start now' opens DWP's Work Hub, where you can search jobs by job title and city or postcode, build a CV, make an action plan, use an AI work assistant and get tips on CVs and interviews. It also points to free help for workers hit by job scams or mistreatment and asks you to check your right to work in the UK.

**WHO IT HELPS**

People looking for work in England, Scotland and Wales. Northern Ireland has a separate service (JobApplyNI).

Free (DWP describes Work Hub as 'a range of free digital services'). Note: Work Hub is labelled a new 'Beta' service, so its pages and features may change. Not for jobs in Northern Ireland.

### Jobcentre Plus — find your nearest jobcentre office (England, Scotland and Wales)

https://find-your-nearest-jobcentre.dwp.gov.uk/

**WHAT IT DOES**

An official office search: choose whether you are contacting Jobcentre Plus about Universal Credit or anything else, then find your nearest office's contact details and address. Jobcentre Plus deals with new and existing benefit claims and appointments, and offers the 'Find a job' service.

**WHO IT HELPS**

People in England, Scotland and Wales. In Northern Ireland, contact your Jobs and Benefits office instead.

Free to use; no fee is mentioned on the page (official search tool).

### My World of Work (Skills Development Scotland) — job search and free careers advice (Scotland)

https://www.myworldofwork.co.uk/

**WHAT IT DOES**

Search thousands of Scottish job vacancies and apprenticeships by keyword and postcode or town, build a CV and get help with applications and interviews. For one-to-one help, call the helpline on 0800 917 8000 (Mon–Fri 9am–5pm) or contact your local centre for a face-to-face appointment with a careers adviser.

**WHO IT HELPS**

People of all ages in Scotland — school pupils, school leavers, adults looking for a change, people whose job is ending and armed forces leavers.

Free (the site describes 'our free careers advice service').

### Working Wales (Careers Wales) — free careers advice and help finding work for anyone aged 16 or over (Wales)

https://workingwales.gov.wales/

**WHAT IT DOES**

Free and impartial careers advice and guidance: help with CVs, cover letters, interview techniques and finding jobs, plus training, upskilling and funding options. Get support face to face at a Careers Wales centre or outreach venue, by phone on 0800 028 4844, by webchat or online; you can book an appointment on the site.

**WHO IT HELPS**

People aged 16 or over in Wales.

Free (the site says it offers 'free and impartial careers advice and guidance').

### nidirect — Jobs and Benefits offices: A to Z list and help from a Work Coach (Northern Ireland)

https://www.nidirect.gov.uk/contacts/jobs-benefits-offices

**WHAT IT DOES**

An A to Z of the 35 Jobs and Benefits offices in Northern Ireland. Work Coaches help with job applications, CVs and interview preparation, training, work experience and job programmes, redundancy and benefits. Call 0800 001 5782 to arrange an appointment. Job vacancies are on JobApplyNI (jobapplyni.com).

**WHO IT HELPS**

People in Northern Ireland looking for work or claiming benefits, including people with a health condition or disability.

Free to use; no fee is mentioned on the page (government service). Note: Northern Ireland only. If you are asked to attend an appointment and do not, your benefit may be affected.

### WorkBC Centres — free employment services and centre finder (British Columbia, Canada)

https://www.workbc.ca/get-support/workbc-centre-services

**WHAT IT DOES**

WorkBC Centres across British Columbia help people find and keep a job: job-search support, skills training, work experience and support after you start work. Use the interactive map or regional list to find your nearest centre, and register online for WorkBC Employment Services; staff can help you apply.

**WHO IT HELPS**

People in British Columbia looking for work; eligibility for Employment Services is checked when you apply online.

Free (the page says WorkBC Centres offer employment services 'all for free'). Note: British Columbia only; you need to apply to confirm you are eligible for WorkBC Employment Services.

### Intreo (Department of Social Protection) — find your local Intreo Centre for employment services (Ireland)

https://www.gov.ie/en/department-of-social-protection/services/find-your-local-intreo-centre/

**WHAT IT DOES**

Intreo is Ireland's public employment service and a single point of contact for employment and income supports. At your local Intreo Centre a Case Officer can advise on jobs, training and career changes and connect you with employers hiring; you can also get information on jobseeker's and other payments.

**WHO IT HELPS**

People of working age in Ireland — jobseekers, people on social welfare payments, people wanting to change jobs or return to work, and International Protection applicants with permission to work.

Free to use; no fee is mentioned on the page (government service).

### CareerOneStop — American Job Center Finder: free local job-search and training help (United States)

https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx

**WHAT IT DOES**

Search by location to find one of nearly 2,300 American Job Centers that help people search for jobs, find training and answer employment questions. Comprehensive centers serve veterans, young people and laid-off workers; affiliate centers offer some services and referrals. Phone 1-877-US2-JOBS (1-877-872-5627).

**WHO IT HELPS**

Anyone in the United States looking for work or training.

Free to use; no fee is mentioned on the page (US Department of Labor–sponsored tool). Note: Services vary by center; the finder advises contacting a center about the services you need before you visit.

### Job Bank — Canada's national employment service: job search, job alerts and resume builder (Canada)

https://www.jobbank.gc.ca/findajob

**WHAT IT DOES**

Search thousands of jobs across Canada by keyword and location, sign up for free daily Job Alerts, build a resume and get matched with employers. It has resources for youth, newcomers, Indigenous people, persons with disabilities, veterans and temporary foreign workers, and a mobile app.

**WHO IT HELPS**

People looking for work in Canada; foreign candidates are told what steps to take before applying.

Free to use; Job Bank describes its tools and job alerts as free.

### Employment Ontario — free one-to-one job-search help at over 700 locations (Ontario, Canada)

https://www.ontario.ca/page/employment-ontario

**WHAT IT DOES**

Get free one-to-one support from an employment counsellor with resumes, interview training, skills training and job search. Make an appointment online, or contact Employment Ontario by email, phone or live chat; the page also links to a search for employment and training services near you and to Canada's Job Bank.

**WHO IT HELPS**

People in Ontario looking for work, training or a career change; there is extra help for youth and for apprenticeships.

Free (the page says 'Get free, 1-on-1 support'). Note: Ontario only.

### Québec government — Find an Employability Services Organization (Répertoire des organismes spécialisés en employabilité) (Québec, Canada)

https://www.quebec.ca/en/employment/find-job-internship/find-employment-agency

**WHAT IT DOES**

Employability organisations across Québec's 17 administrative regions help with job search, résumés, interviews, career counselling, returning to work or school, and internships. Search the directory (in French) by region, type of clientele (e.g. 45+, Indigenous people, women, youth) and service, then call to make an appointment.

**WHO IT HELPS**

People in Québec looking for work, changing careers or returning to the labour market.

Free to use; no fee is mentioned on the page (official directory). Ask each organisation about its services. Note: Québec only; the directory itself is in French. Services vary between organisations, so the page suggests checking what each one offers before you go.

### EURES — the EU's official job mobility portal: job vacancies across Europe, living and working conditions, and advisers (European Union)

https://eures.europa.eu/index_en

**WHAT IT DOES**

Search jobs posted across Europe, read about living and working conditions in each country, and join European (Online) Job Days. You can chat with a EURES Adviser or contact the EURES Helpdesk for help with moving to work in another country.

**WHO IT HELPS**

Jobseekers who want to work in another EU or EEA country (and employers recruiting). Rules on who may work where depend on your nationality and residence rights.

Free to use; no fee is mentioned on the page. Note: Mainly for EU/EEA citizens moving within Europe; non-EU nationals usually need a work permit. Check any job offer carefully.

### France Travail (public employment service) — job offers, registering as a jobseeker and estimating your benefits (France)

https://www.francetravail.fr/accueil/

**WHAT IT DOES**

France's public employment service. Search job offers by job and place, register or re-register as a jobseeker, use the simulators to estimate your allowances and aid, and find help with applications, training and starting a business. It also has a page on recognising fake job offers.

**WHO IT HELPS**

People in France looking for work, including people who have lost their job and want unemployment allowances.

Free to use; no fee is mentioned on the page. It is a public service. Note: In French. Registered jobseekers must update their situation ('s'actualiser') in set periods to keep receiving allowances and services.

### Bundesagentur für Arbeit (Federal Employment Agency) — job search, unemployment benefit and Grundsicherungsgeld (Germany)

https://www.arbeitsagentur.de/arbeitslos-arbeit-finden

**WHAT IT DOES**

Germany's public employment service. This page covers registering as unemployed, Arbeitslosengeld (unemployment benefit), Grundsicherungsgeld via the Jobcenter if you cannot cover your living costs, the national job search, application training, funding from the placement budget and free local events. A 'Dienststelle finden' search gives your local office.

**WHO IT HELPS**

People in Germany who are out of work or looking for a job. Arbeitslosengeld usually needs at least 12 months of insured work in the 30 months before you register.

Free to use; no fee is mentioned on the page. It is a public service. Note: Mostly in German (some English pages for international workers). Grundsicherungsgeld is claimed from the Jobcenter, not the employment agency.

### Labour Department Interactive Employment Service (iES) — free government job vacancies, job fairs and job centres (Hong Kong)

https://www2.jobs.gov.hk/0/en/

**WHAT IT DOES**

Search Labour Department job vacancies by type, district and salary, see job fairs and a job calendar, and use dedicated pages for part-time work, older and middle-aged jobseekers, ethnic minorities and jobs needing little or no Chinese. Register online or in person at one of the department's job centres; site in English and Chinese.

**WHO IT HELPS**

Jobseekers in Hong Kong, including older and middle-aged workers, young people and members of ethnic minorities.

Free — 'all employment and recruitment services provided by the LD are free of charge. Job seekers need not go through any intermediary' (as the page states).

### National Career Service (NCS) — free government job portal, career counselling and job fairs (India)

https://www.ncs.gov.in/

**WHAT IT DOES**

The Ministry of Labour & Employment's job portal lists government, private and international vacancies, job fairs, career counselling, mentoring and training, with sections for jobs for people with disabilities and for ex-servicemen. Register online or through the NCS app; the toll-free helpline is 1514.

**WHO IT HELPS**

Jobseekers anywhere in India — students, new graduates and experienced workers — including people with disabilities and ex-servicemen.

Free — 'NCS does not charge any fee at any stage of registration, job application, interview processing and other employment related services' (as the page states). Note: Some websites and people falsely claim a link to NCS or use its logo; NCS says it never charges fees and jobseekers should not pay fees to employers.

### Karirhub (Kementerian Ketenagakerjaan, Ministry of Manpower) — official job vacancy portal, including verified jobs abroad (Indonesia)

https://karirhub.kemnaker.go.id/

**WHAT IT DOES**

The Ministry of Manpower's job portal (part of SIAPkerja): search domestic vacancies, overseas vacancies checked by Indonesia's labour attachés, and Kemnaker job fairs. Jobseekers register and have their identity verified through the civil registry (Dukcapil) or the local manpower office. The site is in Indonesian.

**WHO IT HELPS**

Jobseekers in Indonesia, including people looking for verified work abroad.

Free to use; no fee is mentioned for jobseekers (posting vacancies is free for employers, as the page states). Note: Indonesian only. No fee for jobseekers is mentioned — do not pay anyone who asks for money to apply for or be placed in a job.

### Hello Work (ハローワーク, Public Employment Security Offices) — national list of 500+ free job centres, with special desks (Japan)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/hellowork.html

**WHAT IT DOES**

The Ministry of Health, Labour and Welfare's list of Hello Work offices by prefecture. Hello Work offers job matching, employment insurance and other national job support, with specialist desks for people with disabilities, parents of young children, foreign nationals (some with Spanish or Portuguese interpreters), young people, people aged 35–59 and people aged about 60 and over. In Japanese.

**WHO IT HELPS**

Anyone looking for work in Japan, including people with disabilities, parents, foreign residents, new graduates, young people and older workers.

Free — Hello Work 'さまざまなサービスを無償で提供する' (provides its services free of charge), as the page states. Note: Page in Japanese (machine-translation option offered). Fake emails posing as Hello Work are circulating — Hello Work does not send hiring results by email.

### Portal del Empleo (Job Portal) of the Servicio Nacional de Empleo (SNE, National Employment Service) — free job search and 160+ offices (Mexico)

https://www.empleo.gob.mx/

**WHAT IT DOES**

Mexico's public employment service: search current job vacancies, job fairs, workshops for jobseekers and government jobs, get guidance and training, and get help finding work in other parts of the country or abroad. Register online, request an appointment, or find your nearest SNE office for face-to-face help. In Spanish.

**WHO IT HELPS**

Jobseekers anywhere in Mexico, including young people aged 18–29 who are not studying or working (through the linked Jóvenes Construyendo el Futuro programme).

Free — the SNE 'atiende de manera gratuita' (serves people free of charge), as the page states. Note: In Spanish only. The SNE says it serves jobseekers free of charge — do not pay anyone for a job offer that uses its name.

### PhilJobNet (Department of Labor and Employment) — official job-matching portal, with DOLE-accredited employers only (Philippines)

https://philjobnet.gov.ph/

**WHAT IT DOES**

Search vacancies, run automatic job matching and receive job invitations from employers that DOLE has checked and accredited; also lists DOLE-authorised job fairs, training and career information. Has job categories for persons with disability, displaced workers, high school graduates and government jobs. Create a free account to start.

**WHO IT HELPS**

Jobseekers in the Philippines, including persons with disability, displaced workers and new graduates.

Free — 'PhilJobNet is FREE for all and accessible 24/7' (as the page states). Note: Accredited 'employers' include DOLE-licensed local and overseas recruitment agencies as well as companies; you can check an employer on the site's list of accredited employers.

### MyCareersFuture — government job portal with skills-based job matching and career guidance (Singapore)

https://www.mycareersfuture.gov.sg/

**WHAT IT DOES**

Search jobs matched to your skills and experience, see openings and salary ranges by occupation, search for jobs that come with government support, and book a session with a career guidance team for help with your resume, skill gaps and interview tips. Create a profile to get tailored job and training suggestions.

**WHO IT HELPS**

Designed for Singapore citizens and permanent residents — recent graduates, experienced workers and people looking for a career change.

Free to use; no fee is mentioned on the page. Some training courses shown on the site charge fees. Note: Aimed at citizens and permanent residents; some courses advertised on the site have fees.

### Employment Services of South Africa (ESSA, Department of Employment and Labour) — national work seeker database and job matching (South Africa)

https://essa.labour.gov.za/EssaOnline/WebBeans/

**WHAT IT DOES**

The Department of Employment and Labour's public employment service database. Register as an individual, capture your CV and search available work and learning opportunities; the system matches you to employers who recruit through it. The department's Public Employment Services staff also register work seekers at community recruitment drives.

**WHO IT HELPS**

Work seekers in South Africa looking for jobs, learnerships or other learning opportunities.

Free to use; no fee is mentioned on the page (it says employers 'recruit for free' from the work seeker database). Note: The website is old (2014 release): when checked, the first click on 'Register' gave an error and worked after reloading. The department has warned work seekers about job scams.

### Work24 (고용24, Ministry of Employment and Labor) — official job search, unemployment benefits and training portal (South Korea)

https://www.work24.go.kr/

**WHAT IT DOES**

The government's one-stop employment site: search job postings by region, occupation or theme, get AI job recommendations, register a CV, apply for unemployment benefits (실업급여) and parental leave pay, and find government-funded training. It also has a 'find a job centre' tool for in-person employment counselling and a checker for known fake job ads. In Korean.

**WHO IT HELPS**

Jobseekers and workers in South Korea, including people who have lost their job, middle-aged jobseekers and parents.

Free to use; no fee is mentioned for job search or benefit claims. Some government-funded training found through it involves a personal contribution (본인부담금), and calls to its help lines are charged at normal rates. Note: In Korean only; some services need a Korean login certificate or account.

### Arbetsförmedlingen (Swedish Public Employment Service) — register as a jobseeker, Platsbanken jobs and support for disabled jobseekers (Sweden)

https://arbetsformedlingen.se/

**WHAT IT DOES**

Register as a jobseeker, search jobs in Platsbanken, get help with your CV, applications and interviews, and find out about labour-market training, work placements and support if you have a disability. The site explains what to do when you become unemployed (registering, the planning meeting and unemployment insurance, a-kassa). Information is available in other languages and sign language.

**WHO IT HELPS**

People in Sweden who are looking for work, including people with disabilities.

Free to use; no fee is mentioned on the page. It is a public service. Note: Mainly in Swedish, with some pages in other languages and sign language. Jobseekers register ('Skriv in dig') and send activity reports ('Aktivitetsrapportera') online.

## Work Support for People With a Disability, Illness or Mental-Health Condition

### JobAccess — find an Inclusive Employment Australia provider near you (Australia)

https://jobaccess.gov.au/find-a-provider

**WHAT IT DOES**

Official search for Inclusive Employment Australia providers, the disability employment program that replaced Disability Employment Services on 1 November 2025. Enter a postcode, suburb or town and a distance to list local providers, who help you prepare for, find and keep work. You can register with a provider directly, or Centrelink may refer you.

**WHO IT HELPS**

People in Australia with disability, injury or a health condition who are looking for work or need help to keep a job, aged at least 14 and under Age Pension age. Residency or visa rules apply. You can join even if you do not get a Centrelink payment.

Free ('Inclusive Employment Australia is a free service funded by the Australian Government', as JobAccess states). Note: Age, work-hours and residency or visa rules apply; a provider or JobAccess (1800 464 800) can confirm whether you are eligible.

### JobAccess Employment Assistance Fund — money for workplace changes, equipment and Auslan interpreting (Australia)

https://jobaccess.gov.au/i-am-a-person-with-disability/looking-applying-job/government-services-help-you/funding-workplace-changes/what-eaf

**WHAT IT DOES**

Government fund for work-related changes for people with disability, such as building modifications, changes to work vehicles, special equipment, assistive technology and Auslan interpreting. You, your employer or a service provider apply online through JobAccess; a workplace assessment is arranged free if needed (usually for requests over $1,000). Items are bought after approval and the costs are paid back.

**WHO IT HELPS**

Australian residents (citizens, permanent residents, protected SCV holders; TPV/SHEV holders may qualify) with a disability lasting 2+ years, working 8+ hours a week in a job of 13+ weeks, self-employed, or eligible job seekers. Others can apply for you.

Free workplace assessment ('JobAccess will arrange it for you for free'); approved costs are reimbursed, so you or your employer may pay first. Note: Australian residents only, with work-hours and job-length rules; approved costs are usually paid first and then reimbursed, and assessing an application can take up to 10 working days.

### headspace Work & Study — free one-to-one job and study support for young people, online or at headspace centres (Australia)

https://headspace.org.au/services/work-and-study-support/

**WHAT IT DOES**

One-to-one help from a Work & Study Specialist with job hunting, resumes, interviews, study choices and balancing mental health with work or study. Online support by video, webchat or phone is available anywhere in Australia; in-person support runs in over 50 headspace centres alongside your mental health clinician. Online career mentoring and a peer group chat on Thursday evenings in school terms are also offered.

**WHO IT HELPS**

Young people in Australia: online support for ages 15–25, career mentoring for 18–25, and in-centre support for 12–25. The service is youth-led and voluntary; family can call 1800 810 794 with questions.

Free (the page offers 'free tailored 1-on-1 support'; the online service is 'Completely free'). Note: In-person support is only in some headspace centres; online one-to-one support lasts up to three months.

### Work and Income Employment Service — job help for disabled people and people with health conditions, with a regional provider list (New Zealand)

https://www.workandincome.govt.nz/work/find-jobs/how-to-choose-the-right-job/employment-service

**WHAT IT DOES**

Contracted providers who specialise in disability, health and mental health conditions and neurodiversity help with career planning, CVs and interviews, job search and placement, flexible working arrangements and talking with your employer, then support you in work for up to a year. Choose a provider from Work and Income's list by region; if you get a benefit you may already have one.

**WHO IT HELPS**

NZ citizens or permanent residents living in New Zealand, aged 16–64, who have left school and are ready to work, with a disability or health condition (including mental health or neurodiversity) likely to last 6+ months. A benefit is not needed.

No fee is mentioned on the page; providers are contracted by Work and Income. Note: Only for NZ citizens or permanent residents aged 16–64 who have left school and are ready to work.

### Access to Work — grants for practical and mental health support at work if you have a disability or health condition (England, Scotland and Wales)

https://www.gov.uk/access-to-work

**WHAT IT DOES**

A government grant that can pay for specialist equipment and software, support workers such as a BSL interpreter, job coach or travel buddy, travel to work if you cannot use public transport, and changes to your vehicle or workplace. It also offers mental health support at work and communication support at job interviews. Check your eligibility and apply on GOV.UK.

**WHO IT HELPS**

People aged 16+ in paid work or starting within 12 weeks (including self-employment and apprenticeships) in England, Scotland or Wales, with a physical or mental health condition or disability. No diagnosis is needed; voluntary work is not covered.

Grant — it does not affect other benefits and is not paid back, but you or your employer may need to pay some costs up front and claim them back. Note: Does not pay for reasonable adjustments your employer must legally make; Northern Ireland has its own scheme (Access to Work (NI)).

### IPS Grow services map — find an Individual Placement and Support (IPS) employment service (England)

https://ipsgrow.org.uk/providers/services-map/

**WHAT IT DOES**

Map and postcode search for local IPS employment services, filtered by type (severe mental illness, or drugs and alcohol). IPS employment specialists work inside treatment teams to help you find and keep paid work, including approaching employers for you, and keep supporting you once you start. Ask your care coordinator or key worker about seeing an employment specialist.

**WHO IT HELPS**

People using mental health and/or drug and alcohol treatment teams where IPS employment specialists are based, who want to work — however long they have been out of work.

Free to use (map). The page does not state a fee for the services — ask your treatment team. Note: IPS is usually reached through your mental health or drug and alcohol treatment team, not by walking in.

### Connect to Work — find your local supported employment programme (England and Wales)

https://www.gov.uk/government/publications/connect-to-work

**WHAT IT DOES**

Voluntary, locally run supported employment programme giving intensive help to find work, or to stay in work if your condition or barrier puts your job at risk. The page links to a 'Find your Connect to Work service' spreadsheet, updated monthly, with links to each local authority's information on how to apply or how someone can refer you.

**WHO IT HELPS**

People in England and Wales who are disabled, have long-term health conditions or face complex non-health barriers to work. You do not need to be on benefits.

Free to use; no fee is mentioned on the page. Note: Run by local councils, and some areas use a different local name; Greater Manchester is not covered, and the page says some local programmes are not yet open.

### Access to Work (NI) — practical help and extra costs at work for disabled people (Northern Ireland)

https://www.nidirect.gov.uk/articles/access-work-ni-practical-help-work

**WHAT IT DOES**

Helps towards the extra costs disability causes at work: communication support at work or at interview, special aids and equipment, workplace adaptations, a support worker, and extra travel costs to and from work. Contact the Department for Communities by email or ask a work coach at your local Jobs and Benefits office. Help can be approved for up to three years at a time.

**WHO IT HELPS**

Disabled people in Northern Ireland who want to start work or are in work and have difficulties because of their disability; employers can also get help. The application must be made by the disabled person.

No fee is mentioned; it helps towards approved extra costs (not reasonable adjustments employers must make). Note: Northern Ireland only; it does not pay for reasonable adjustments, standard equipment or medical aids used outside work.

### EmployAbility services — list of local organisations for jobseekers with a disability, injury or illness (Ireland)

https://www.gov.ie/en/department-of-social-protection/publications/list-of-employability-organisations/

**WHAT IT DOES**

Department of Social Protection list of local EmployAbility organisations, grouped by region and county, with addresses, phone numbers and websites. EmployAbility is an employment support service for people with disabilities, injuries and illnesses; it also advises employers on recruitment and gives in-work support. You are referred by your Intreo Case Officer.

**WHO IT HELPS**

People in Ireland with a health condition, injury, illness or disability who want to work, referred through Intreo.

Free to use (official list). The pages do not state a fee — ask your Intreo Case Officer. Note: Access is through referral by an Intreo Case Officer, not by contacting a provider directly.

### Work and Access — grants for equipment, interpreters, readers, in-work support and workplace changes for disabled workers (Ireland)

https://www.gov.ie/en/department-of-social-protection/services/work-and-access/

**WHAT IT DOES**

Department of Social Protection supports to help disabled people get or keep a job: communication support and Irish Sign Language interpreting, a personal reader, work equipment, a workplace needs assessment, in-work support, workplace adaptation up to €25,000 and disability equality training for employers. Employees use form WA1; your local Intreo Centre can help.

**WHO IT HELPS**

People over 18 and under 70, not getting a State pension, working or planning to work in the Republic of Ireland, with a disability or condition expected to last over 12 months. Jobseekers can get communication support only.

No application fee is mentioned; some supports are paid by the employer first and then reimbursed. Note: Jobseekers can only get communication support; unpaid or voluntary work and public-sector jobs are not covered.

### Ticket to Work Find Help — search for free job support providers for people on SSI or SSDI (United States)

https://choosework.ssa.gov/findhelp

**WHAT IT DOES**

Social Security's search for Ticket to Work service providers, which offer job coaching, job counselling, training, benefits counselling and job placement. Use the Guided Search to get a shortlist that fits your readiness, or the Direct Search by ZIP code, choosing in-person or virtual services and narrowing by services offered and disabilities served.

**WHO IT HELPS**

People aged 18 through 64 who receive Social Security disability benefits (SSI or SSDI) and want to work.

Free ('free job support', as the page states). Note: Only for people aged 18–64 who receive SSI or SSDI.

### State Vocational Rehabilitation Agencies — official contact list for all 78 VR agencies (United States)

https://rsa.ed.gov/about/states

**WHAT IT DOES**

The federal Rehabilitation Services Administration's list of phone numbers and websites for the 78 state vocational rehabilitation (VR) agencies in all 50 states, DC, Puerto Rico and the territories. VR agencies run vocational rehabilitation and supported employment programs for people with disabilities; 22 states have a separate agency for people who are blind or have low vision.

**WHO IT HELPS**

People with disabilities in the US and its territories who want help to prepare for, find or keep a job. Contact your state agency about eligibility.

Free to use (official directory); ask the state agency about any costs. Note: Eligibility and services are decided by each state VR agency.

### VA Veteran Readiness and Employment (VR&E) — job, training and education help for veterans with service-connected disabilities (United States)

https://www.va.gov/careers-employment/vocational-rehabilitation/

**WHAT IT DOES**

VA program that helps you explore jobs, get training or education, find a new job, start a business or return to your former job. Services can include an evaluation of your skills and interests, vocational counselling, job training and resume help, help finding and keeping a job with accommodations, and on-the-job training or apprenticeships. Check eligibility and apply online.

**WHO IT HELPS**

Veterans with a VA service-connected disability rating of at least 10% and no dishonorable discharge, and some service members about to leave with a 20%+ pre-discharge rating or a severe illness or injury.

Free to use; no fee is mentioned on the page. Note: Needs a service-connected disability rating; veterans discharged before 1 January 2013 usually have a 12-year eligibility period.

### ASEE (Association for Supported Employment Europe) — national supported-employment associations for disabled jobseekers (Europe)

https://a4se.eu/about-euse/member-organizations/

**WHAT IT DOES**

Lists ASEE's member organisations — the national associations of supported employment in countries such as Germany (BAG UB), France, Spain, Portugal, Italy, Austria, Switzerland, Poland, Norway, Sweden and Finland — with links. National associations can point you to supported-employment services in your country.

**WHO IT HELPS**

People with disabilities, including mental-health conditions, who want paid work with support, and their families and workers.

Free to use; no fee is mentioned on the page. Ask national services about costs. Note: A list of national umbrella bodies, not of services; members are mainly organisations and professionals, so you may need to ask them to refer you to a local provider.

### Selective Placement Division (Labour Department) — job counselling, matching and follow-up for people with disabilities (Hong Kong)

https://www2.jobs.gov.hk/0/en/information/ourservices/spd/

**WHAT IT DOES**

Employment consultants give people with disabilities job counselling, labour-market information, job matching and referrals, plus workshops on job search and interviews. After you start a job, the consultant follows up for at least six months to help you settle in. Contact the Hong Kong, Kowloon or New Territories office, or use the Interactive Selective Placement Service website.

**WHO IT HELPS**

People with disabilities in Hong Kong who are able to work in open (mainstream) employment.

Free — the Labour Department states that 'all employment and recruitment services provided by the LD are free of charge'.

## Work Support for Refugees, Migrants, People With a Criminal Record, Older & Younger Workers

### Workforce Australia Transition to Work — intensive help into work, training or study for 15–24-year-olds (Australia)

https://www.workforceaustralia.gov.au/individuals/coaching/assistance/transition-to-work

**WHAT IT DOES**

Government program for young people who left school early or are finding it hard to get a job after school. A local Transition to Work Provider gives tailored support: life skills, career guidance, job-specific training and work experience, job search and interview help, and links to services such as housing or mental health support. Use the page's link to search for a provider, who will check your eligibility.

**WHO IT HELPS**

Young people aged 15 to 24 with Australian citizenship or an appropriate visa. Eligibility also depends on whether you have Year 12 or equivalent, recent work, an income support payment, or are in another employment service.

Free to use; no fee is mentioned on the page. Note: Eligibility depends on your circumstances; a Transition to Work Provider confirms whether you can join.

### Remote Australia Employment Service (RAES) — work, training and community project support in remote areas (Australia)

https://www.workforceaustralia.gov.au/individuals/obligations/learn/get-started/remote-australia-employment-service

**WHAT IT DOES**

The employment service for remote Australia, which replaced the Community Development Program on 1 November 2025. A local RAES provider offers training for work, links you to local community projects and mentoring, and helps you find and keep a job, including Remote Jobs and Economic Development jobs with real wages. Centrelink refers you, or search for your local provider.

**WHO IT HELPS**

People living in a RAES region of remote Australia. Centrelink payment recipients are referred; people without a payment can join as voluntary participants. Workforce Australia lists RAES in its support for First Nations people.

Free to use; no fee is mentioned on the page. Note: Only in RAES regions (check the NIAA website); people on a Centrelink payment have mutual obligation requirements in their Job Plan.

### Career Transition Assistance — free job search and skills course for people aged 45 and over (Australia)

https://www.workforceaustralia.gov.au/individuals/training/activities/career-transition-assistance

**WHAT IT DOES**

A course of at least 75 hours over 3 to 8 weeks, in person or blended, that helps you improve your job search, transfer your skills to a new job or industry, set career goals, and build digital skills to apply for jobs online and use workplace technology. Sign in or register with Workforce Australia to check eligibility and enrol.

**WHO IT HELPS**

People aged 45 or over who are registered with Workforce Australia Online, Workforce Australia Services, Inclusive Employment Australia or Parent Pathways.

No cost (as the page states). Note: Only for people aged 45+ who are registered with one of the listed employment services.

### Mana in Mahi — paid work with apprenticeship-level training for people out of work a long time (New Zealand)

https://www.workandincome.govt.nz/products/a-z-benefits/mana-in-mahi.html

**WHAT IT DOES**

Work and Income works with employers to place you in part-time or full-time work while you train towards an NZQA-approved qualification at apprenticeship or pre-apprenticeship level, with learning, mental health and in-work support. Ask Work and Income, or fill in the online job seeker enquiry form; they aim to contact you within 5 working days.

**WHO IT HELPS**

NZ citizens or residents available for work who may otherwise need a benefit for a long time, for example people who have never worked or have been out of work a long time, and who want to train towards a qualification.

No fee is mentioned; it is paid work, and a current benefit continues until you start work. Note: Citizens or residents only; Work and Income talks with you first to decide whether Mana in Mahi suits you.

### Employability in Scotland — local No One Left Behind employability contacts by council area (Scotland)

https://www.employabilityinscotland.com/local-employability-services/

**WHAT IT DOES**

Choose your council area to get the single point of contact for local all-age employability services. Under No One Left Behind, people who take part get an Employability Key Worker and an individual plan to prepare for work, training, education or volunteering, linked with health, justice, housing and advice services.

**WHO IT HELPS**

People of all ages in Scotland who want help towards or into work, including disabled people, people with convictions, care-experienced young people, single parents, minority ethnic people and people in the most deprived areas.

Free to use; no fee is mentioned on the page. Note: Contacts and services differ by council; the site's header says it is 'under construction', so if a contact is out of date, check your council's website.

### Unlock — guides to finding work with a criminal record, disclosure tools and a helpline (England and Wales)

https://unlock.org.uk/topic/employment-business-and-volunteering/

**WHAT IT DOES**

Plain guides on criminal record checks (basic, standard and enhanced DBS), whether and how to disclose to employers, your rights at work, convictions that are filtered from checks, and lists of employers known to be open to people with convictions, plus a 'Do I need to disclose my criminal record?' tool and a disclosure calculator. Its helpline takes calls, messages and WhatsApp on weekdays.

**WHO IT HELPS**

People with criminal records in England and Wales, and people who advise them.

Free to read online; the helpline page does not state a fee. Note: Covers the law in England and Wales only; the helpline is busy and asks you to search the guides first.

### Find organisations that support veterans and their families — official directory with a careers and jobseeker filter (UK)

https://www.gov.uk/veteran-support-organisations

**WHAT IT DOES**

Searchable government directory of 147 organisations that support UK armed forces veterans and their families. Filter by location and by 'Employment, education and training' (transition support, career advice and support for jobseekers, starting a business, apprenticeships, training) as well as housing, money, health and legal help. Each entry describes the organisation and how to contact it.

**WHO IT HELPS**

Veterans of the UK armed forces and their families, anywhere in the UK.

Free to use (official directory); each organisation sets its own terms. Note: The list is not exhaustive, and inclusion is not an endorsement by the Office for Veterans' Affairs.

### EPIC (Employment for People from Immigrant Communities) — free 6-week online job programme for refugees, asylum seekers and migrants (Ireland)

https://bitc.ie/programmes/jobseekers/epic-programme/

**WHAT IT DOES**

A free online programme over 6 weeks: advice on CVs and job applications from recruitment professionals, explaining gaps in your CV, interview practice with business volunteers, networking with employers, mentors and recruiters, IT and LinkedIn skills, Irish work culture and a career plan. Check your eligibility and apply through the form on the page.

**WHO IT HELPS**

Unemployed, job-ready adults living in Ireland with intermediate English who are asylum seekers with work permits, refugees or others with protection or Stamp 4, beneficiaries of temporary protection, or certain migrants resident 6+ months.

Free ('EPIC is a free online programme', as the page states). Note: Needs intermediate spoken and written English and one of the immigration statuses listed on the page.

### Hire Heroes USA — free one-to-one career help for veterans, transitioning service members and military spouses (United States)

https://www.hireheroesusa.org/what-to-expect/

**WHAT IT DOES**

Register online and you are matched with a dedicated Career Advisor who helps you set goals, make a job search plan, sharpen your resume and prepare for interviews, including mock interviews with volunteer industry professionals. The charity also runs a job board and virtual career events.

**WHO IT HELPS**

Transitioning service members, veterans and military spouses.

Free ('our free, personalized career services'; 'Personalized career support at no cost').

### CareerOneStop ReEntry Program Finder — local job programs for people with a criminal record (United States)

https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-reentry-programs.aspx

**WHAT IT DOES**

Enter a city, state or ZIP code to list nearby reentry employment programs with addresses, phone numbers and websites. These programs help people whose criminal record gets in the way of work with job search, career planning or training. Services differ, so contact a few programs and ask what each offers.

**WHO IT HELPS**

People with a criminal record anywhere in the United States.

Free to use (official search tool); ask each program about its services. Note: The list mixes public, non-profit and some company-run programmes, and services vary; ask each one what it offers and whether anything costs before sharing personal details.

### CareerOneStop Refugee Assistance Finder — refugee employment services by state (United States)

https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-refugee-services.aspx

**WHAT IT DOES**

Choose a state to list refugee assistance programs with contacts. Services often include job search, placement and keeping a job, job and vocational training, English classes, help with transport or childcare for work, interpreting and case management. Each state has one coordinating organisation, marked RSS (Refugee Support Services).

**WHO IT HELPS**

Refugees and other groups eligible for Office of Refugee Resettlement (ORR) services in the United States; ORR says states can provide these services to refugees in their first 5 years in the country.

Free to use (official search tool); ask each organisation which services it offers. Note: Mainly for refugees and other ORR-eligible groups, usually within 5 years of arrival; ask each organisation whether it can serve you.

### CareerOneStop Native American Program Finder — job and training programs for Native Americans, Alaska Natives and Native Hawaiians (United States)

https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-native-american-programs.aspx

**WHAT IT DOES**

Search by state or location for employment and training programs for unemployed and low-income Native Americans, Alaska Natives and Native Hawaiians. The programs are administered by the Department of Labor's Division of Indian and Native American Programs (DINAP) to fit the cultural values and beliefs of the people they serve.

**WHO IT HELPS**

Unemployed and low-income Native Americans, Alaska Natives and Native Hawaiians.

Free to use (official search tool); ask the program about eligibility. Note: For unemployed or low-income people; contact the local program about who it can serve.

### CareerOneStop Youth Program Finder — local job, career and training programs for young people aged 14 to 24 (United States)

https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-youth-programs.aspx

**WHAT IT DOES**

Enter a location to find local youth programs offering job, career and training help. Different programs offer different services, so contact a few to ask what they offer.

**WHO IT HELPS**

Young people aged 14 to 24 in the United States.

Free to use (official search tool); the page says you 'may be able to find free job, career, and training assistance' — ask each programme. Note: Programmes differ in what they offer and who they serve; contact a few and ask before you sign up.

### Find free newcomer services near you — IRCC settlement services search, including help finding a job (Canada, except Quebec)

https://ircc.canada.ca/english/newcomers/services/index.asp

**WHAT IT DOES**

Search Immigration, Refugees and Citizenship Canada's list of settlement organisations for free services such as help finding a job, language assessment, learning English or French, preparing for the citizenship test, and services for specific groups.

**WHO IT HELPS**

Permanent residents (including resettled refugees), people approved for permanent residence, protected persons with a positive IRB decision and some temporary residents in certain programs. Since 1 April 2026 economic-class PRs have time-limited access.

Free ('You can get our free settlement services if you're eligible'). Note: Eligibility depends on immigration status, and the finder does not include providers in Quebec.

### Indigenous Skills and Employment Training (ISET) — find your local Indigenous service delivery organization (Canada)

https://www.canada.ca/en/employment-social-development/programs/indigenous-skills-employment-training/service-delivery-organizations.html

**WHAT IT DOES**

Government of Canada list of Indigenous service delivery organizations, grouped as First Nations, Inuit, Métis and urban/non-affiliated and then by province or territory, with links or contact details. They offer employment services and training, from literacy and numeracy to training for in-demand jobs, plus supports such as help with child care and transport while you train.

**WHO IT HELPS**

First Nations, Inuit, Métis and urban or non-affiliated Indigenous people in Canada.

Free to use (official list). The page does not state a fee — ask the organization. Note: Services differ by organization and community; contact your local organization to learn what is available.

### Youth Digital Gateway — search Government of Canada youth employment programs and job opportunities (Canada)

https://youth-jeunesse.service.canada.ca/en/programs

**WHAT IT DOES**

Government of Canada site for exploring the Youth Employment and Skills Strategy (11 partner programs) and Canada Summer Jobs. Search programs by interest, including opportunities for Indigenous youth, and browse job opportunities, volunteer roles, how-to guides and support services; you can save items to a list.

**WHO IT HELPS**

Young people in Canada. The Youth Employment and Skills Strategy serves ages 15 to 30, including youth facing barriers such as Indigenous, Black and racialized youth and youth with disabilities.

Free to use; no fee is mentioned on the page. Note: Each program has its own eligibility rules and application periods.

## Your Rights at Work — Pay, Unfair Treatment & Discrimination

### Fair Work Ombudsman — information, pay and leave calculators and the Fair Work Infoline (Australia)

https://www.fairwork.gov.au/

**WHAT IT DOES**

Check your minimum pay, award, leave and notice entitlements with the online calculators and 'Find my award', read guides to fixing a workplace problem, or send an anonymous tip-off. Call the Fair Work Infoline on 13 13 94; interpreters are available through TIS on 13 14 50.

**WHO IT HELPS**

Everyone in Australia — the site says it helps 'everyone in Australia' and has sections for groups such as small business and young workers and students.

Free to use; no fee is mentioned on the page (Australian Government regulator). Note: Its information is general; if unsure how it applies to you, it suggests calling the Infoline or speaking with a union, industry association or workplace relations professional.

### Fair Work Commission — Workplace Advice Service: free legal help with dismissal, bullying or sexual harassment (Australia)

https://www.fwc.gov.au/resources/where-get-legal-help/workplace-advice-service

**WHAT IT DOES**

Free legal help from a lawyer, usually a one-hour appointment by phone or in person, about dismissal, general protections, bullying at work or sexual harassment at work. Check your eligibility in the request form; the Commission then organises an appointment or puts you in touch with a lawyer.

**WHO IT HELPS**

Employees in Australia who have no lawyer or paid agent and are not union members, with an issue in one of the four areas; also small businesses with fewer than 15 employees that meet further conditions (e.g. no in-house HR or legal staff).

Free (the page describes it as 'free legal help' for eligible people). Note: Appointments may be unavailable when demand is high. Using the service does not start a case, and some Commission applications have strict deadlines.

### Australian Unions (ACTU) — find and join your union, and the Australian Unions Support Centre (Australia)

https://www.australianunions.org.au/factsheet/which-is-the-union-for-you/

**WHAT IT DOES**

Use the online join form, which guides you through a few steps to find the right union for your job, or call the Australian Unions Support Centre on 1300 486 466 (Mon–Fri 9am–5pm). The Support Centre also gives general information about your rights at work, in confidence.

**WHO IT HELPS**

Workers in any job or industry in Australia.

Using the finder and Support Centre: no fee is mentioned. Union membership costs money — the page says about $28 (casual/part-time) or $56 (full-time) for the first month, then fees vary by union. Note: Membership fees apply, and the page warns unions may not help with a workplace problem that began before you joined.

### JobWatch — free, confidential telephone information service on rights at work (Victoria, Queensland and Tasmania, Australia)

https://jobwatch.org.au/

**WHAT IT DOES**

An employment rights community legal centre. Workers can call its free and confidential Telephone Information Service — (03) 9662 1933 in Melbourne or 1800 331 617 from regional Victoria, Queensland and Tasmania — for information about their rights at work. It also runs projects for particular groups, such as Victorian women facing pregnancy-related discrimination.

**WHO IT HELPS**

Workers in Victoria, Queensland and Tasmania.

Free (the telephone service is described as 'free and confidential'). Note: Only for workers in Victoria, Queensland and Tasmania. Office hours are 9am–5pm weekdays (to 8.30pm Wednesdays), Victorian time.

### Employment Mediation Services (MBIE) — free mediation for employment relationship problems (New Zealand)

https://www.employment.govt.nz/resolving-problems/how-to-resolve-problems/mediation

**WHAT IT DOES**

An independent mediator helps you and your employer talk through a work problem and reach an agreement, which can be made legally binding. Apply online (RealMe login) or phone 0800 20 90 20 for help. You can bring a support person, whānau, advocate, lawyer or union representative.

**WHO IT HELPS**

Any employee or employer in New Zealand with an employment relationship problem. If you feel unable to raise bullying, discrimination or harassment with your employer first, you can apply directly.

Free (the page says 'Mediation services provided by MBIE are free'); a representative you hire may charge. Note: Mediation is voluntary for both sides; the page suggests trying to raise the problem with the other party first.

### Te Kāhui Tika Tangata Human Rights Commission — free complaints service for discrimination and harassment (New Zealand)

https://tikatangata.org.nz/resources-and-support/make-a-complaint

**WHAT IT DOES**

A free, confidential information and dispute resolution service for unlawful discrimination, sexual or racial harassment and victimisation under the Human Rights Act, including at work. Use the online complaint form, or email infoline@hrc.co.nz or call 0800 496 877 and leave a message for a case advisor.

**WHO IT HELPS**

Anyone in Aotearoa New Zealand who has experienced unlawful discrimination or other behaviour prohibited by the Human Rights Act.

Free (the page says 'We provide free, confidential services'). Note: The Commission offers dispute resolution but does not investigate or decide whether the law was broken; it reports a high volume of complaints and longer response times.

### NZCTU Te Kauae Kaimahi — Find your union, by industry or occupation (New Zealand)

https://union.org.nz/find-your-union/

**WHAT IT DOES**

Choose the area you work in (health, education, transport, construction, manufacturing, hospitality, government and more) to find a union that covers your job, or browse the list of affiliated unions. The page suggests first asking workmates whether they already belong to a union.

**WHO IT HELPS**

Workers in New Zealand.

No fee is mentioned for using the finder; ask the union you choose about its membership fees. Note: Not every New Zealand union is affiliated to the NZCTU, so the finder may not list all unions. Ask the union you choose about membership fees.

### Acas helpline — free, confidential advice on employment rights and workplace problems (England, Scotland and Wales)

https://www.acas.org.uk/contact/get-advice

**WHAT IT DOES**

Advisers explain what employment law says, talk through most work problems and discuss your options. Call 0300 123 1100 (Mon–Fri 8am–6pm); interpreters, Relay UK (18001 0300 123 1100) and BSL video relay are available. If you are thinking of an employment tribunal claim, you must first notify Acas, which will then offer early conciliation.

**WHO IT HELPS**

Workers and employers — the page says the helpline is 'for anyone who needs employment law or work advice'. GOV.UK points people in Northern Ireland to the Labour Relations Agency instead. You do not have to give personal details.

Free advice (the page says 'confidential, free advice'), but your phone provider may charge for the call. Some other Acas services, including mediation, are paid. Note: Advisers cannot take sides, give a legal opinion or act for you. Early conciliation is busy — it can take around 9 weeks to start.

### GOV.UK — Pay and work rights complaints: report underpayment of minimum wage, agency or working-time problems (UK)

https://www.gov.uk/pay-and-work-rights

**WHAT IT DOES**

Make a complaint about your employer or employment agency, or on behalf of someone else — even if you no longer work there. Complaints go to HMRC (National Minimum Wage), the Fair Work Agency (employment agency rules and some agency workers), the Health and Safety Executive (working time) or the Rural Payments Agency (agricultural wages). The page also gives the Acas helpline.

**WHO IT HELPS**

Workers in the UK, or someone complaining on their behalf.

Free to use; no fee is mentioned on the page (official government service). Note: The page does not say which UK nations each enforcement body covers. For advice in Northern Ireland, GOV.UK points to the Labour Relations Agency.

### Labour Relations Agency — free Workplace Information Service and early conciliation (Northern Ireland)

https://www.lra.org.uk/

**WHAT IT DOES**

Call the Workplace Information Service on 03300 555 300 to ask about your employment rights and get information on your own circumstances; an interpreter can be arranged. The Agency also offers early conciliation for disputes that might go to an Industrial or Fair Employment Tribunal, plus mediation.

**WHO IT HELPS**

Employees, workers and employers in Northern Ireland.

Free (the Agency says it provides 'free, impartial and confidential services'). Note: Northern Ireland only (in Great Britain, use Acas).

### Workplace Relations Commission — employment rights information line and complaints (Ireland)

https://www.workplacerelations.ie/en/what-we-do/employment-rights-information/info_cust_serv/

**WHAT IT DOES**

Information Officers answer questions on employment rights, equality and industrial relations by phone on 059 9178990 (9.30am–4pm, Mon–Fri) or through an online enquiry form. Complaints, including discrimination at work, are made through the eComplaint portal and may go to adjudication, inspection or, if both sides agree, mediation.

**WHO IT HELPS**

Employees and employers in Ireland.

Free to use; no fee is mentioned on the page (statutory body). Note: There are strict time limits for making a complaint (IHREC notes this for discrimination cases); contact the WRC early.

### Irish Human Rights and Equality Commission — Your Rights information on discrimination at work (Ireland)

https://www.ihrec.ie/your-rights/

**WHAT IT DOES**

Plain information about the laws that protect you from discrimination at work (Employment Equality Acts) and in services, the nine protected grounds, how to complain to the Workplace Relations Commission and its strict time limits, plus factsheets and a form to report discriminatory adverts.

**WHO IT HELPS**

Anyone in Ireland who thinks they have been discriminated against at work or when using services.

Free to use; no fee is mentioned on the page (statutory body). Note: The Your Rights service gives information only — not legal advice on your case — and cannot take drop-in visits.

### Worker.gov (US Department of Labor) — find out your workplace rights and which agency to contact (United States)

https://www.worker.gov/

**WHAT IT DOES**

Pick your concern — 'I wasn't paid properly', 'I don't feel safe at work', 'I was treated unfairly', 'I was fired or not hired', 'I was threatened or retaliated against' — to learn the laws that protect you and whom to contact. Covers laws enforced by the Department of Labor, EEOC, Department of Justice and National Labor Relations Board.

**WHO IT HELPS**

Workers in the United States.

Free to use; no fee is mentioned on the page (US Government information site). Note: General information that the site says is 'not intended to be comprehensive'.

### Wage and Hour Division (US Department of Labor) — file a confidential complaint about unpaid wages and other federal labor standards (United States)

https://www.dol.gov/agencies/whd/contact/complaints

**WHAT IT DOES**

Call 1-866-487-9243 to file a complaint with the Wage and Hour Division, which enforces federal labor standards (its topics include wages, misclassification, family and medical leave and child labor); general questions can be sent online. Complaints are confidential and your employer may not retaliate; if back wages are owed, the investigator asks the employer to pay them.

**WHO IT HELPS**

Workers in the United States covered by the federal labor laws WHD enforces; third parties can also complain.

Free to use; no fee is mentioned on the page (US Government agency).

### US Department of Labor — State Labor Offices: contact list for every state's labor department (United States)

https://www.dol.gov/agencies/whd/state/contacts

**WHAT IT DOES**

A list of each state's labor office, with address, phone number and website, for all 50 states plus DC, Puerto Rico, Guam, the US Virgin Islands and the Northern Mariana Islands. It sits in the Wage and Hour Division's State Labor Laws section.

**WHO IT HELPS**

Workers in any US state or territory.

Free to use; no fee is mentioned on the page (official directory).

### EEOC — how to file a charge of employment discrimination (United States)

https://www.eeoc.gov/how-file-charge-employment-discrimination

**WHAT IT DOES**

Start with an inquiry in the EEOC Public Portal, then have an interview by phone, video or in person at one of 53 EEOC offices; you can also call 1-800-669-4000 or write. The page explains strict deadlines (usually 180 days, extended to 300 in some places) and that you must file a charge before suing under most of the laws it enforces.

**WHO IT HELPS**

Job applicants and employees in the US who believe they faced job discrimination due to race, colour, religion, sex (including pregnancy, transgender status and sexual orientation), national origin, age (40+), disability, genetic information or retaliation.

Free to use; no fee is mentioned on the page (US Government agency). Note: Strict time limits apply. Federal employees and applicants for federal jobs use a different complaint process.

### OSHA — file a workplace safety and health or whistleblower complaint (United States)

https://www.osha.gov/workers/file-complaint

**WHAT IT DOES**

Report unsafe or unhealthy working conditions and ask for an inspection, or report retaliation for raising safety concerns. File online, by phone on 800-321-6742, by fax, mail or email, or in person at a local OSHA office; safety complaints can be anonymous and in any language.

**WHO IT HELPS**

Workers in the United States, or someone filing for them. For whistleblower complaints in states with an OSHA-approved State Plan, you may file with federal OSHA and with the State Plan.

Free to use; no fee is mentioned on the page (US Government agency). Note: Deadlines: OSHA cannot cite safety incidents more than six months old, and whistleblower deadlines are 30–180 days depending on the law.

### Canadian Human Rights Commission — file a discrimination or harassment complaint (Canada)

https://www.chrc-ccdp.gc.ca/find-help/file-discrimination-complaint

**WHAT IT DOES**

Start an online complaint about discrimination or harassment, or send the form by email, mail or fax. You can file for someone else with their consent and do not need a lawyer. The Commission also lists the provincial and territorial human rights agencies that handle non-federal workplaces.

**WHO IT HELPS**

People in Canada who faced discrimination or harassment from a federally regulated organisation or employer; other workplaces are covered by provincial and territorial agencies.

Free (the page says 'You don't need to pay a fee to file a complaint'). Note: File within 12 months of the incident. The Commission says high volumes mean it cannot guarantee processing times. No walk-in service.

### Ontario Ministry of Labour — file an employment standards claim for unpaid wages or other rights (Ontario, Canada)

https://www.ontario.ca/document/your-guide-employment-standards-act-0/filing-claim

**WHAT IT DOES**

File a claim online (or by PDF form by fax or mail) if you believe your employer broke the Employment Standards Act — for example unpaid wages, holiday or vacation pay, or leave. An employment standards officer investigates claims filed in time. Foreign nationals can also claim under the Employment Protection for Foreign Nationals Act.

**WHO IT HELPS**

Most employees working in Ontario; some jobs are exempt or have special rules. Foreign nationals working through immigration or temporary foreign worker programs.

Free to use; no fee is mentioned on the page (provincial government service). Note: Ontario only. Generally you must file within two years of the violation (three and a half years for claims under the Employment Protection for Foreign Nationals Act).

### CNESST (Commission des normes, de l'équité, de la santé et de la sécurité du travail) — labour standards complaints (Québec, Canada)

https://www.cnesst.gouv.qc.ca/en/client-services/complaints-recourses/labour-standards-complaints

**WHAT IT DOES**

Workers can complain to the CNESST to claim unpaid wages or other money owed, or about psychological or sexual harassment, dismissal without just cause, sanctions, discriminatory measures or reprisals, and other breaches of Québec's labour standards. Start with the online eligibility questionnaire.

**WHO IT HELPS**

Workers in Québec.

Free to use; no fee is mentioned on the page (Québec government body). Note: Québec only. This page does not show time limits — check them with the CNESST before you file.

### Arbeiterkammer (Chamber of Labour) — free advice and legal representation on work rights for employees and jobseekers (Austria)

https://www.arbeiterkammer.at/ueberuns/mitgliedschaft/Mitgliedschaft.html

**WHAT IT DOES**

Almost all employees in Austria are automatically members of the Arbeiterkammer in the state where they work, and get advice and legal representation, for example on employment law, unemployment, social insurance, tax and consumer protection. Jobseekers stay members for at least 52 weeks if they worked at least 20 weeks. Contact the chamber in your state.

**WHO IT HELPS**

Employees in Austria, including apprentices, marginal part-time workers, freelance employees and people on parental leave, and unemployed people as described. Some groups (e.g. farm and forestry workers, senior managers) are excluded by law.

Advice and legal protection are free for members ('kostenlos', under the AK legal-protection rules). Working members pay a statutory payroll contribution of 0.5% of gross pay (about €11 net a month on a median income in 2026, at most €21); jobseekers, parents on leave, apprentices and low earners pay none. Note: Only for people who are members by law, at the chamber in the state where they work (or live, if unemployed). Court representation is given only if the AK judges the claim well-founded. In German.

### Dirección del Trabajo (Labour Directorate) — file a complaint about an unfair dismissal or unpaid end-of-job money (Chile)

https://www.dt.gob.cl/portal/1626/w3-article-125086.html

**WHAT IT DOES**

The Labour Directorate's procedure for workers who think a dismissal was unjustified or whose former employer owes them money at the end of the job. File online through the Mi DT portal with ClaveÚnica, or at a Labour Inspectorate office; the Inspectorate holds a conciliation hearing with you and the employer to try to settle without going to court.

**WHO IT HELPS**

Private-sector employees in Chile whose employment has ended (in person, in some cases, while still employed).

No fee is mentioned on the page for filing a dismissal complaint (a public Labour Inspectorate procedure). Note: Court action for unjustified dismissal must start within 60 working days (paused while a complaint is open, never beyond 90). Online filing needs ClaveÚnica. In Spanish.

### Défenseur des droits (Defender of Rights) — find a free local delegate for discrimination or problems with a public service (France)

https://www.defenseurdesdroits.fr/carte-des-delegues

**WHAT IT DOES**

Choose your département on the map or list to find the Defender of Rights' local delegates, who see you free of charge by appointment. They listen, advise and help when your rights are not respected — for example discrimination at work or in housing, or a problem with a public service such as the tax office.

**WHO IT HELPS**

Anyone in France (and French people abroad, département '99') facing discrimination, a problem with a public administration, a breach of a child's rights, or misconduct by security staff.

Free ('Ils vous reçoivent gratuitement sur rendez-vous'; 'Notre aide est gratuite'). Note: In French. Delegates see people by appointment; you can also apply online, by post or by phone.

### PROFEDET (Procuraduría Federal de la Defensa del Trabajo, Federal Labour Defence Office) — free labour lawyers and representation (Mexico)

https://www.gob.mx/profedet/acciones-y-programas/procuradurias-foraneas-237363

**WHAT IT DOES**

Public labour lawyers who advise and defend workers, their beneficiaries and unions in disputes over dismissal, pay and social security: guidance, help during conciliation, and legal representation. This page lists PROFEDET's offices, which sit inside the Federal Centre for Conciliation and Labour Registration in each state, plus phone, WhatsApp and email contacts.

**WHO IT HELPS**

Workers, beneficiaries of deceased workers, and trade unions in Mexico with a labour or social security dispute.

Free — 'todos los servicios ofrecidos por esta Institución son gratuitos, por lo que ningún servidor público o persona ajena a la dependencia puede cobrar' (as PROFEDET states). Note: In Spanish. Nobody may charge you for PROFEDET's help — report anyone who asks for money to quejasdelservicio@stps.gob.mx.

### Tripartite Alliance for Dispute Management (TADM) — advice and mediation for salary and wrongful-dismissal disputes (Singapore)

https://www.tal.sg/tadm

**WHAT IT DOES**

Advises employees, self-employed people and platform workers on employment disputes, and mediates salary-related claims (which must be mediated here before they can go to the Employment Claims Tribunals) and wrongful-dismissal claims. Use the 'Ask TADM' chatbot to check your options and time limits, file a claim online, or book an appointment.

**WHO IT HELPS**

Employees in Singapore (NRIC or FIN holders) with unpaid salary or dismissal disputes; self-employed persons and platform workers with fee-payment disputes. Time limits apply to claims.

Advice: no fee is mentioned. Filing a claim for mediation costs $10 per claim for claims of $10,000 or less, or $20 above that (inclusive of GST, not refundable). Note: A $10–$20 filing fee applies to mediation claims and claims have time limits; online filing needs Singpass.

### CCMA (Commission for Conciliation, Mediation and Arbitration) — how to refer an unfair dismissal or workplace dispute (South Africa)

https://www.ccma.org.za/get-advice/

**WHAT IT DOES**

Explains how employees (or their registered trade union) and employers can refer disputes about dismissal, unfair labour practices, wages, working conditions and discrimination to the CCMA for conciliation and, if unresolved, arbitration. You file a referral form (LRA Form 7.11) online, by email, fax or post, and serve a copy on the other party; the other side's consent is not needed.

**WHO IT HELPS**

Employees and employers in South Africa with disputes under the Labour Relations Act and related labour laws. Not for independent contractors; some sectors must use their bargaining council instead. Strict time limits apply.

The page does not state a fee for referring a dispute. It says a commissioner may order a party to pay the other side's costs (legal fees only if both sides had a legal practitioner), and an arbitrator may order the employer to pay an arbitration fee where a dismissal was only procedurally unfair. Note: Refer unfair dismissal within 30 days (90 days for unfair labour practices, six months for discrimination). Only a legal practitioner or candidate attorney may charge a fee to represent you.

## Free Legal Aid — Finding a Free Lawyer, Legal Clinic or Legal Information

### National Legal Aid — find the legal aid commission for your state or territory (Australia)

https://nationallegalaid.org.au/find-legal-help

**WHAT IT DOES**

Links to all eight state and territory legal aid commissions, with a short note on what each offers — for example legal information, advice, duty lawyers at courts and representation. Choose where you live and contact that commission. National Legal Aid itself does not give legal advice.

**WHO IT HELPS**

Anyone in Australia with a legal problem. The commissions focus on people who are economically or socially disadvantaged; whether they represent you depends on your financial situation and circumstances.

Free legal information and advice are described for several commissions (e.g. Victoria Legal Aid, Legal Aid Queensland); legal aid for representation is means-tested — ask the commission. Note: Free information and advice are offered, but representation by a commission depends on your financial situation and circumstances; contact the commission in your state or territory.

### Community Legal Centres Australia — find a free community legal centre in your state or territory (Australia)

https://clcs.org.au/legal-help/

**WHAT IT DOES**

The national peak body's 'Find legal help' page links to the community legal centre directory for each state and territory. It says there are more than 160 community legal services giving mostly free advice: generalist centres help people in their local area with fines, credit and debt, parenting orders, family violence and more; specialist centres focus on one area of law or group.

**WHO IT HELPS**

People anywhere in Australia with a legal problem. Generalist centres serve a defined local area; specialist centres serve particular problems or groups of people.

Mostly free (as the page states) — ask the centre about any cost. Note: Generalist centres serve only their local area and specialist centres only certain problems or groups; the page says advice is 'mostly' free.

### Australian Pro Bono Centre — step-by-step guide to free legal help in each state and territory (Australia)

https://www.probonocentre.org.au/legal-help/individual/

**WHAT IT DOES**

Choose your state or territory to see numbered options for legal help: the legal aid commission, community legal centres, the local pro bono referral scheme that matches people with volunteer lawyers (e.g. LawRight in Queensland), court-based help for people representing themselves, and legal information sites. The Centre itself does not give advice or refer cases.

**WHO IT HELPS**

Individuals anywhere in Australia looking for free or low-cost legal help; each service listed has its own eligibility rules.

Free to use; no fee is mentioned on the page. Services listed are free or low cost and set their own eligibility.

### Justice Connect — apply online for free legal help from its lawyers and pro bono network (Australia)

https://help.justiceconnect.org.au/

**WHAT IT DOES**

An online form asks a few questions about your legal problem and matches you to any Justice Connect service that may help — for example its Homeless Law service for Victorian renters facing eviction, or one-hour clinics for people representing themselves in some courts. Some services are delivered by lawyers in its pro bono network. You only give identifying details at the last step.

**WHO IT HELPS**

People in Australia whose problem Justice Connect covers; coverage depends on the service (e.g. renting help is for Victorian renters; self-representation help covers NSW, the ACT, Victoria and Tasmania). Many programs have an income test.

Free (as the service states), for people who are eligible. Note: Only some legal problems and places are covered and many programs have an income test; its Domestic Building Legal Service is closed to new clients until 9 November 2026.

### NATSILS — find the Aboriginal and Torres Strait Islander Legal Service in your state or territory (Australia)

https://www.natsils.org.au/

**WHAT IT DOES**

The national peak body for Aboriginal and Torres Strait Islander Legal Services (ATSILS) lists and links its seven members — the community-controlled legal services in the Northern Territory, Western Australia, South Australia, Victoria, Queensland, NSW/ACT and Tasmania. Contact the service for your state for culturally safe legal help.

**WHO IT HELPS**

Aboriginal and Torres Strait Islander people anywhere in Australia who need legal help.

The page does not state a fee — ask when you contact them. Note: NATSILS itself is a peak body that does policy work and does not give legal advice; the page does not say what each member service charges or covers.

### Ministry of Justice — check if you can get legal aid and find a legal aid lawyer (New Zealand)

https://www.justice.govt.nz/courts/going-to-court/legal-aid/get-legal-aid/

**WHAT IT DOES**

Explains criminal, family and civil legal aid — government funding for a lawyer if you cannot afford one — and how to apply. Its Legal Aid Lawyer Finder lets you search legal aid lawyers by region, area of law, type of case and language. Legal aid is treated as a loan, so you may have to repay some or all of it.

**WHO IT HELPS**

People in New Zealand who need a lawyer but cannot afford one — for example if charged with a crime, in a family dispute that goes to court, or in a civil case about money, housing, ACC or a job. Eligibility depends on income, assets and the case.

No fee is mentioned for using the lawyer finder. Legal aid is treated as a loan: you may have to repay some or all of it, depending on your income, property and the outcome of your case (as the page states). Note: Legal aid is a loan you may have to repay; civil legal aid is not available for Disputes Tribunal cases or Work and Income reviews.

### Ministry of Justice — free lawyer if you are held by police (PDLA) and a free duty lawyer at court (New Zealand)

https://www.justice.govt.nz/courts/going-to-court/legal-aid/legal-help/

**WHAT IT DOES**

Explains two free services. If police arrest or hold you, ask them for the Police Detention Legal Assistance (PDLA) list and phone a lawyer, day or night. If you are charged and have no lawyer, a duty lawyer at the District Court can advise you on your first day, ask for bail in some cases and help you apply for legal aid.

**WHO IT HELPS**

Anyone in New Zealand who is arrested, held or questioned by police, or who is charged with an offence and has no lawyer; there is no minimum age for PDLA.

Free (as the service states), whether or not you can afford a lawyer.

### Community Law — Law Manual Online: free plain-language guides to everyday law (New Zealand)

https://communitylaw.org.nz/law-manual-online/

**WHAT IT DOES**

The online version of the Community Law Manual, browsable by topic: housing, consumer rights and money, criminal and traffic law, family, health and disability, immigration and refugees, jobs and benefits, schools and more. Use it to understand your rights, then contact a Community Law Centre if you need advice.

**WHO IT HELPS**

Anyone in New Zealand wanting to understand the law on everyday problems.

Free — 'a free pool of plain-language legal information' (as the page states).

### GOV.UK — check if you can get legal aid (England and Wales)

https://www.gov.uk/legal-aid/check-legal-aid

**WHAT IT DOES**

An online checker asks about your legal problem, income and savings, then tells you what to do next — for example speak to an adviser who can arrange legal advice by phone, or find a legal aid adviser or mediator near you. A legal adviser then applies for legal aid for you. There is a quick-exit option for people who do not want someone to know they are applying.

**WHO IT HELPS**

People in England and Wales with a civil legal problem who may not be able to afford a lawyer; Scotland and Northern Ireland have separate schemes, and there is a different route if you are arrested or charged.

Free — 'You will not be charged for checking your eligibility' (as the page states). Note: Legal aid only covers some kinds of civil problem and depends on income and savings.

### Find a Legal Aid Adviser or Family Mediator — search by postcode and problem (England and Wales)

https://find-legal-advice.justice.gov.uk/

**WHAT IT DOES**

Search by postcode for organisations with a legal aid contract, filtered by problem: debt, housing, the Housing Loss Prevention Advice Service, immigration or asylum, welfare benefits, discrimination, community care, mental health, family, family mediation, crime, prison law and more. The adviser will ask about your problem and money to work out if you can get legal aid.

**WHO IT HELPS**

People in England and Wales looking for a legal aid solicitor, advice agency or family mediator.

Free to use; no fee is mentioned on the page. Advice is paid for by legal aid only if you qualify — GOV.UK says that otherwise you can pay for advice, so ask about any cost first. Note: Lists legal aid providers; whether your help is free depends on the legal aid means and merits tests.

### Law Centres Network — list and map of local Law Centres (UK)

https://www.lawcentres.org.uk/list-of-law-centres

**WHAT IT DOES**

A complete list and map of Law Centres across the UK. Law Centres are not-for-profit legal practices employing lawyers who give free advice and can represent people with everyday legal problems — with landlords, at work, with benefits and immigration. Find your nearest centre and contact it directly.

**WHO IT HELPS**

People in the UK who cannot afford a lawyer; most Law Centres are in England, with one in Northern Ireland. Each centre covers its own area and areas of law.

Free (as the network states). Note: Law Centres exist only in some towns and cities, cover different areas of law and can have limited capacity.

### LawWorks — search for a free legal advice clinic (England and Wales)

https://www.lawworks.org.uk/find-legal-advice/individuals

**WHAT IT DOES**

Search the LawWorks Clinics Network by area of law, how advice is given (face to face, phone, email, online) and location. Clinics give free initial advice on social welfare law such as employment, housing, consumer disputes, debt and welfare benefits; the search also lists areas such as immigration, asylum and family. The page explains how to check for legal aid first.

**WHO IT HELPS**

People in England and Wales who are not eligible for legal aid and cannot afford to pay a lawyer.

Free initial advice (as the page states). Note: Clinics give free initial advice only, and are meant for people who cannot get legal aid.

### Advocate — free help from volunteer barristers when you cannot get legal aid (England and Wales)

https://weareadvocate.org.uk/apply-for-help/how-our-service-works.html

**WHAT IT DOES**

Apply online (or by email) with your documents and Advocate tries to find a volunteer barrister to give free advice, draft documents or represent you in any court or tribunal. A reviewer checks the legal merits and your means; matching can take several weeks and is not guaranteed. Apply at least three weeks before your hearing or deadline.

**WHO IT HELPS**

People in England and Wales who cannot get legal aid, cannot afford a lawyer and have no legal expenses insurance; cases with a deadline under three weeks are taken only in exceptional situations.

Free (as the service states), after a means test. Note: Needs at least three weeks before your hearing; help relies on volunteers and is not guaranteed. Barristers cannot prepare your paperwork or write letters for you.

### Support Through Court — free volunteer support if you face a civil or family court without a lawyer (England and Wales)

https://supportthroughcourt.org/get-help/how-we-help/

**WHAT IT DOES**

Trained volunteers explain how the court works, help you fill in forms and organise papers, help you plan what to say, can go into court with you, and point you to free legal advice. Help is given at offices in courts and universities, through a national helpline and online. They do not give legal advice or represent you, and do not help with criminal cases.

**WHO IT HELPS**

People in England and Wales going through the civil or family courts without a lawyer.

Free (as the service states: 'our service is free at the point of access'). Note: Practical and emotional support only — not legal advice or representation; no help with criminal cases.

### Advicenow — plain-language legal guides and free self-help letter tools, including benefit challenges (UK)

https://www.advicenow.org.uk/get-help

**WHAT IT DOES**

Guides on benefits, housing, family, employment, debt, immigration and going to court, written in plain English and checked by legal experts. Free tools write letters for you — for example a PIP or work capability mandatory reconsideration, a Universal Credit sanction challenge, a housing repairs letter or a work grievance — and help you prepare a tribunal submission.

**WHO IT HELPS**

People in the UK dealing with a legal problem on their own, especially benefit decisions, renting and family matters.

Free guides and letter tools (as the site states); its separate Affordable Advice service for family matters, with Resolution, charges a low fixed fee. Note: Self-help information, not personal advice; the page does not say which parts of the UK each guide covers, so check before relying on it.

### Scottish Legal Aid Board — find a solicitor who does legal aid work (Scotland)

https://www.slab.org.uk/new-to-legal-aid/find-a-solicitor/

**WHAT IT DOES**

Search for solicitors registered for legal aid near you, by civil, criminal or children's hearings work and by problem — benefits including Universal Credit, consumer problems, debt, housing and homelessness, immigration and asylum, discrimination, employment, mental health and more. You can only apply for legal aid through a solicitor; the Board's site also has eligibility estimators.

**WHO IT HELPS**

People in Scotland who need a solicitor and may qualify for legal aid.

Free to use; no fee is mentioned on the page. Legal aid itself is not always free — you may need to pay a contribution (as the Board states). Note: Solicitors decide whether they can take your case, even if they are registered for legal aid.

### nidirect — legal aid explained: advice and assistance, civil and criminal legal aid (Northern Ireland)

https://www.nidirect.gov.uk/articles/legal-aid-information

**WHAT IT DOES**

The Northern Ireland government's guide to the three legal aid schemes — legal advice and assistance, civil legal aid and criminal legal aid — what each covers and how to apply. Applications are made through a solicitor; it points to the Law Society's list of solicitors and to local Law Centres and independent advice centres.

**WHO IT HELPS**

People in Northern Ireland who cannot afford to pay for legal advice or representation.

Free to read. Depending on your finances you may have to pay a contribution, no more than £134 for advice and assistance (as the page states). Note: Legal aid is means-tested and you must apply through a solicitor; higher-court cases may need a contribution to the Legal Services Agency.

### Legal Aid BC — free legal advice, duty counsel and Family LawLINE (British Columbia, Canada)

https://legalaid.bc.ca/services/advice

**WHAT IT DOES**

If you do not qualify for a free legal aid lawyer, you may still get free advice: criminal duty counsel at Provincial courthouses, the Brydges Line for people arrested or detained, immigration duty counsel for people detained by the CBSA, and family duty counsel, advice lawyers and the Family LawLINE phone service.

**WHO IT HELPS**

People in British Columbia; criminal and immigration advice is free for everyone, while some family advice services need you to qualify financially.

Criminal and immigration legal advice is always free (as the page states); some family advice is means-tested. Note: Some family advice services require you to qualify financially, and representation by a legal aid lawyer has its own qualifying rules.

### Clicklaw — trusted legal information and help services in one place (British Columbia, Canada)

https://www.clicklaw.bc.ca/

**WHAT IT DOES**

Browse by legal topic to find practical information, self-help guides and contact details for legal help services from non-profits, government and the legal profession in British Columbia.

**WHO IT HELPS**

Anyone in British Columbia with a legal question or looking for a legal help service.

Free to use; no fee is mentioned on the page.

### Legal Aid Board — check if you qualify for civil legal aid and contact your local law centre (Ireland)

https://www.legalaidboard.ie/our-legal-aid-service/apply-now/financial-eligibility-and-merits-test/

**WHAT IT DOES**

Explains who qualifies for the Legal Aid Board's civil legal aid and advice (family law, international protection and other civil matters) and has an online financial eligibility calculator. Apply through one of the Board's law centres around the country; a merits test decides whether court representation is given.

**WHO IT HELPS**

People in Ireland with disposable income under €18,000 a year (after allowances for tax, housing and childcare) and a case that passes the merits test.

A contribution usually applies: €30 to €150 for advice and at least €130 if represented in court; it can be waived for undue hardship, and some cases (e.g. barring, safety and protection orders) are free (as the Board states). Note: Means and merits tested and contributions usually apply. On 31 October 2026 the law-centre list said phone lines had technical problems — contact your law centre by email.

### Citizens Information — plain-language guides to legal aid, the courts and your legal rights (Ireland)

https://www.citizensinformation.ie/en/justice/

**WHAT IT DOES**

The Irish State's public information site explains law and rights, civil and criminal law, arrests, legal aid and advice (civil and criminal legal aid, the Garda station legal advice scheme, legal aid for people seeking asylum), the courts, victims of crime and neighbour disputes, in plain English.

**WHO IT HELPS**

Anyone in Ireland who wants to understand a legal problem or find out about free legal help.

Free to use; no fee is mentioned on the page.

### FLAC — free 15–20 minute phone appointment with a volunteer lawyer, booked through Citizens Information (Ireland)

https://www.flac.ie/help/advice/

**WHAT IT DOES**

A FLAC volunteer lawyer can give first-stop legal information, basic advice on next steps and a referral in a confidential 15–20 minute phone appointment. Appointments are booked for you by an Information Officer at your local Citizens Information Centre or another partner, after they have discussed your query.

**WHO IT HELPS**

People in Ireland who cannot afford legal advice and need once-off, early, basic advice on a clear legal question that information alone cannot answer.

Free (as the service states). Note: Appointments are limited, depend on volunteer availability and must be arranged through a Citizens Information Centre or partner.

### Legal Services Corporation — find the free civil legal aid program for your area (United States)

https://www.lsc.gov/about-lsc/what-legal-aid/i-need-legal-help

**WHAT IT DOES**

Enter an address or click the map to find the LSC-funded legal aid organisation for that area, with its phone number and website. LSC funds non-profits that give free civil legal help to people on low incomes — for example with custody and domestic violence, eviction or foreclosure, and veterans' and other benefits.

**WHO IT HELPS**

People on low incomes anywhere in the US, DC and US territories with a civil (not criminal) legal problem.

Free to use; LSC-funded programs give no-cost legal help to people who qualify. Note: LSC's federal funding fell 3.6% for 2026 and a House committee has approved a cut of over 50% for 2027, which LSC says could leave 2.8 million people without legal help.

### LawHelp.org — find free legal aid and legal information in your state (United States)

https://www.lawhelp.org/

**WHAT IT DOES**

Choose your state or territory to reach its legal help website or a list of non-profit legal aid organisations, plus free legal guides, court forms and self-help tools. Linked LawHelp Interactive lets you prepare legal documents free, e.g. for housing, family and debt collection cases.

**WHO IT HELPS**

People without a lawyer in any US state or territory who need civil legal help or information.

Free to use (as the site states: 'always free to use'). Note: A referral site: the legal aid programs it lists set their own eligibility and may have limited capacity.

### ABA Free Legal Answers — ask a volunteer lawyer a civil legal question online (United States)

https://abafreelegalanswers.org/

**WHAT IT DOES**

A virtual legal advice clinic: choose your state, answer questions to see if you qualify, then post your civil legal question. A volunteer lawyer licensed in your state answers by email, and you log back in to read the answer and ask follow-up questions. A federal site takes immigration and federal veterans' questions.

**WHO IT HELPS**

People in participating US states who meet the site's qualification questions (USA.gov describes it as for people with low incomes); not every state takes part.

Free (as the service states). Note: Only in participating states and for users who meet its qualification questions; answers come later by email, and criminal law questions are not answered.

### Department of Justice Canada — links to every provincial and territorial legal aid plan (Canada)

https://www.justice.gc.ca/eng/fund-fina/gov-gouv/aid-aide/index.html

**WHAT IT DOES**

The federal government does not give legal aid directly; this page links to the legal aid plan in each of the 13 provinces and territories, from British Columbia to Yukon. Choose yours to find out what legal aid covers and how to apply. Seven provinces also give immigration and refugee legal aid.

**WHO IT HELPS**

People in Canada who cannot afford a lawyer; each plan sets its own financial rules and the types of case it covers.

Free to use; no fee is mentioned on the page. Legal aid itself is means-tested by each plan. Note: Eligibility, coverage and any contribution differ between provinces and territories; some links on the page are out of date — if one fails, search for your province's legal aid plan by name.

### Steps to Justice (CLEO) — step-by-step answers to everyday legal problems, with referrals and live chat (Ontario, Canada)

https://stepstojustice.ca/

**WHAT IT DOES**

Plain-language, step-by-step information on common legal problems — housing and eviction, income assistance, debt and consumer rights, family, immigration, human rights, criminal law and more — plus checklists, fillable forms, guided pathways for some forms, referral information for legal and social services, and live chat and email support. Also in French (Justice pas-à-pas).

**WHO IT HELPS**

People living in Ontario with a legal problem.

Free to use; no fee is mentioned on the page.

### Pro Bono Ontario — Free Legal Advice Hotline: up to 30 minutes with a lawyer on a civil problem (Ontario, Canada)

https://www.probonoontario.org/free-legal-advice-hotline/

**WHAT IT DOES**

Phone the hotline to speak to a lawyer for up to 30 minutes of free advice and help with an everyday civil legal problem in Ontario, such as consumer, housing, employment, going to court or appeals. Calls are taken Monday to Friday, 9 a.m. to 5 p.m.; unblock your caller ID first.

**WHO IT HELPS**

People in Ontario who cannot afford a lawyer and have a civil legal problem; no family, immigration or criminal law.

Free (as the service states). Note: Brief advice only (one consultation per day, no ongoing representation); no family, immigration or criminal matters.

### Éducaloi — plain-language legal information for everyone in Québec (Québec, Canada)

https://educaloi.qc.ca/en/

**WHAT IT DOES**

Clear explanations of Québec law on everyday topics — families and couples, separation and divorce, wills, consumer protection, credit and debt, work, housing, health, rights and freedoms and more — in English and French, with web guides for particular groups. Use it to understand your rights and options before getting legal advice.

**WHO IT HELPS**

Anyone in Québec, in English or French.

Free to use; no fee is mentioned on the page.

### Commission des services juridiques (Legal Services Commission) — Québec legal aid, free or with a contribution (Québec, Canada)

https://www.csj.qc.ca/eligibility/

**WHAT IT DOES**

Explains who can get legal aid in Québec and how to apply: make an appointment at the legal aid office in your region, where your finances and the service you need are assessed. Legal aid is either free or given for a contribution of $100 to $800, which can be paid in instalments.

**WHO IT HELPS**

People in Québec on low or modest incomes; people on social assistance or social solidarity benefits are automatically financially eligible, and minors are eligible free.

Free, or a contribution of $100–$800 depending on income (as the Commission states). Note: Eligibility can only be assessed at an appointment at a legal aid office.

### Defensoria Pública da União (DPU, Federal Public Defender's Office) — free legal help with federal benefits, health and other federal matters (Brazil)

https://www.dpu.def.br/

**WHAT IT DOES**

Free public defenders for federal matters: pensions and sickness benefits, BPC/LOAS disability and old-age benefits, Bolsa Família, medicines and health care, federal housing and student loans (FIES), and federal crimes; it also mediates to avoid court. Present in all regions of Brazil; track your case in the DPU Cidadão app. For family, consumer and most other cases, go to your state Defensoria Pública.

**WHO IT HELPS**

People in Brazil with a gross family income up to R$2,000 a month (or higher with extraordinary expenses such as medicines), and anyone reporting human-rights violations.

Free — 'A Defensoria Pública não cobra pela prestação de serviços. O serviço é sempre gratuito' (as its service charter states). Note: Income-tested and federal matters only. The DPU's service charter says it never charges for its services and court costs are not charged.

### Your Europe – Advice — free personal advice from independent lawyers on your EU rights, usually within a week (European Union)

https://europa.eu/youreurope/advice/index_en.htm

**WHAT IT DOES**

Send a question in any of the 24 official EU languages and an independent legal expert replies, usually within one week, about your rights under EU law. If your question is better handled elsewhere, the Your Europe site guides you to the most appropriate service.

**WHO IT HELPS**

EU and EEA nationals, their family members, non-EU nationals who have EU rights, and information services acting for them. It cannot help with purely national-law issues.

Free ('This free service is provided by legal experts from the European Citizen Action Service'). Note: It cannot give in-depth legal advice, meet you face to face, take a case for you, or deal with issues that are only about national law.

### European e-Justice Portal — legal aid: how to get help with legal costs in each EU country, including cross-border cases (European Union)

https://e-justice.europa.eu/topics/taking-legal-action/legal-aid_en

**WHAT IT DOES**

Explains the right to legal aid if you cannot afford the costs of a court case or a lawyer, in civil and criminal cases. Select a country's flag for national information on who qualifies and how to apply; there are also standard forms for legal aid in a dispute with someone in another EU country.

**WHO IT HELPS**

People in an EU country who cannot afford a court case or legal representation, including people with a cross-border dispute in the EU.

Free to use; no fee is mentioned on the page. Whether legal aid is full or partial depends on each country's rules. Note: Information only — you apply to your national legal aid authority. The main page was last updated on 30/05/2023; the country pages are updated separately (e.g. the Netherlands page on 12/03/2025).

### Oikeusapu (public legal aid) — state legal aid offices for people on lower incomes, from family and debt to eviction and benefit appeals (Finland)

https://www.oikeuspalveluvirasto.fi/oikeusapu/

**WHAT IT DOES**

Public legal aid offices give state-funded legal help with all kinds of legal matters, for example divorce and child custody, debt restructuring and enforcement, employment and tenancy disputes including eviction, criminal cases, and appeals about Kela benefits or social assistance. You can apply at any legal aid office regardless of where you live; an anonymous chat gives general legal guidance.

**WHO IT HELPS**

People in Finland whose income and assets are below set limits. Victims of serious violent or sexual crime can get a free counsel regardless of income.

Free or part-paid depending on your finances ('Oikeusapu voi olla joko täysin maksutonta tai voit joutua maksamaan vain osan kuluista'). Note: Income and asset limits apply, and you may pay part of the costs. Legal aid is usually not given if you have legal expenses insurance covering the matter.

### Legal Aid Department — means-tested lawyer for civil and criminal court cases (Hong Kong)

https://www.lad.gov.hk/eng/las/overview.html

**WHAT IT DOES**

Provides a solicitor and, if needed, a barrister to represent eligible people in civil or criminal cases in the District Court and higher courts, and in committal proceedings. Applicants must pass a means test and a merits test; an online calculator lets you check your financial resources first. It does not give general legal advice — for that it points to the Duty Lawyer Service's Free Legal Advice Scheme.

**WHO IT HELPS**

Anyone involved in these court proceedings in Hong Kong, 'whether or not resident in Hong Kong', with financial resources up to HK$452,320 (Ordinary scheme) or, for certain types of claim, HK$2,261,600 (Supplementary scheme).

Ordinary scheme: no contribution if your financial resources are HK$56,540 or less; from HK$56,540.01 to HK$452,320, a sliding-scale contribution of HK$1,131 to HK$113,080. Costs may be repaid from money or property recovered. Supplementary scheme: a non-refundable application fee (HK$1,000 or HK$5,000), an interim contribution and a share of damages recovered. Note: Court representation only (no general advice); means and merits tested. Scammers have posed as LAD staff asking for 'red packets' — LAD never asks for these.

### Tele-Law (Ministry of Law and Justice) — free legal advice from a panel lawyer by video or phone at village service centres (India)

https://www.tele-law.in/

**WHAT IT DOES**

Connects people with panel lawyers by video call or phone through Common Service Centres (CSCs) in villages. The centre operator or a para-legal volunteer registers you and books the appointment, and you get an SMS with the time. Advice covers family and domestic violence, maintenance, property and land, equal wages, child protection, FIRs and arrest, and caste atrocities. A Citizens' Tele-Law app also exists.

**WHO IT HELPS**

People in India — the FAQ says 'all citizens are eligible for free legal advice through Tele-Law' — with a focus on marginalised and disadvantaged people, through CSCs at gram panchayat (village) level. The website is in 22 languages.

Free — 'The service is free of cost for all citizens' (as the FAQ states). Note: Advice only: one 20-minute appointment with a panel lawyer by video or phone, booked through a local CSC or the app. The portal says it is 'under security review' and some services may be slower.

### Houterasu (法テラス, Japan Legal Support Center) — free legal consultations with a lawyer for people on low incomes (Japan)

https://www.houterasu.or.jp/site/soudan-tatekae/goriyounonagare.html

**WHAT IT DOES**

Free 30-minute consultations with a lawyer or judicial scrivener on civil, family and administrative problems — debt, divorce, child support, dismissal and unpaid wages, inheritance and money disputes — up to three times for the same problem. Book in advance through its support line or local offices; it can also advance lawyers' fees. A multilingual information line serves foreign nationals.

**WHO IT HELPS**

People in Japan with income and savings under set limits (for example, a single person outside major cities: take-home pay up to ¥182,000 a month and savings up to ¥1.8 million). Criminal cases are not covered.

Free consultations ('無料法律相談', up to 3 times per problem); lawyer fees it advances must be repaid. Note: Income and savings limits apply; appointment needed; criminal matters excluded. Main pages are in Japanese.

### Het Juridisch Loket (Legal Services Counter) — free personal legal advice by phone or walk-in for people on low incomes (Netherlands)

https://www.juridischloket.nl/

**WHAT IT DOES**

Free first-line legal advice on housing and neighbours, work and income, family, police and justice, purchases, and debts and debt collection. Read the website for information and sample letters, call free on 0800-8020 on weekdays, or visit a walk-in session; a legal adviser explains your options and refers you on, including to a subsidised lawyer if needed.

**WHO IT HELPS**

Anyone can use the website; personal advice is for people with a low income and little savings (2024 limits shown on the site, e.g. income under €35,400 for a single person). It also runs advice sessions for labour migrants.

Free ('Wij bieden gratis persoonlijk juridisch advies aan iedereen met een laag inkomen en weinig spaargeld'). Note: Income and savings limits apply to personal advice. No lawyers work there; it cannot be emailed.

### Legal Aid Council of Nigeria — free legal aid, with offices in all 36 states and the FCT (Nigeria)

https://legalaidcouncil.gov.ng/get-legal-aid-how-to-apply/

**WHAT IT DOES**

The federal legal aid body gives free legal advice, representation and alternative dispute resolution in criminal and civil matters, including human-rights cases. Apply online through its Pro Bono & Legal Aid Registration Portal (create a client account, fill in the form and track the status), or go to your nearest state office or the Abuja headquarters.

**WHO IT HELPS**

People in Nigeria who cannot afford a private lawyer ('indigent Nigerians'), subject to the Legal Aid Act and the Council's guidelines.

Free — 'The Legal Aid Council provides free legal assistance to eligible persons' (as the page states). Note: Only for people who cannot afford a lawyer; the Council reviews each application. Civil help covers set areas, such as accident and employees' compensation claims and breaches of fundamental rights.

### Nieodpłatna pomoc prawna (free legal aid) — about 1,500 free legal advice points, one in every district (Poland)

https://www.gov.pl/web/nieodplatna-pomoc/npp

**WHAT IT DOES**

Free legal advice from a professional lawyer (adwokat or radca prawny) at about 1,500 points across Poland, in person or remotely by phone or internet. The lawyer explains your rights and can help draft documents such as a claim or a request for a court-appointed lawyer. Book through your district's phone line or email, at the point, or online at zapisy-np.ms.gov.pl.

**WHO IT HELPS**

People who cannot afford to pay a lawyer (you sign a statement saying so), and self-employed people with no employees. People with disabilities can ask for adjustments such as a sign-language interpreter, or get advice away from the point or remotely.

Free (nieodpłatna). You declare in writing, or orally for remote advice, that you cannot afford paid legal help. Note: In Polish. You need to book an appointment; whether advice is given in person or remotely depends on the point and district.

### Legal Aid Bureau (Ministry of Law) — free legal advice and means-tested legal aid for civil and family matters (Singapore)

https://lab.mlaw.gov.sg/

**WHAT IT DOES**

The government's civil legal aid service: oral advice from a duty lawyer, help drafting a will or deed of separation, and representation in civil and family cases — including the Family Courts, Syariah Court and work injury compensation hearings. Register online, then book an appointment through the OneMinLaw Portal before visiting; do not walk in without one.

**WHO IT HELPS**

Singapore citizens and permanent residents living in Singapore who pass the means test (and a merits test for court cases). People under 21 apply through a parent or guardian. Civil means-test limits were widened from 1 October 2026.

Legal advice: no contribution ('LAB does not currently require applicants of legal advice to pay any financial contribution'). Legal assistance or aid: most people pay a means-based contribution, 'usually not more than S$1,650', plus some costs such as expert reports. Note: Citizens and permanent residents only; means-tested; by appointment. Court representation usually involves a contribution of up to about S$1,650.

### Pro Bono SG — List of Legal Clinics in Singapore: clinics run by Pro Bono SG, community law centres and others (Singapore)

https://www.probono.sg/get-legal-help/legal-guidance/the-general-public/legal-clinics-in-singapore/

WHAT IT DOES

A list (accurate as of September 2026) of legal clinics across Singapore with addresses, opening times and who each one serves — Pro Bono SG's community clinics, community law centres, youth, non-resident and migrant worker clinics, and clinics run by other organisations. Pro Bono SG's own clinics give a free 20-minute one-to-one session; register online first, as most clinics are by appointment.

WHO IT HELPS

People in Singapore who cannot afford a lawyer and need guidance on a personal (not business) legal matter. Some clinics are only for youths aged 18–35, non-residents, or migrant workers on a Work Permit or S Pass.

Pro Bono SG's clinics are free ('a free basic legal guidance appointment'). Other clinics on the list are run by third parties — check their terms directly. Note: Some listed clinics are third-party services Pro Bono SG does not run or endorse; expect a 1–2 week wait for its own clinic appointments.

### Legal Aid South Africa — Find Us: local legal aid offices by province (South Africa)

https://legal-aid.co.za/find-us/

WHAT IT DOES

A map of Legal Aid South Africa's offices: choose your province to find your nearest local office. Legal Aid SA gives free legal advice and representation in criminal cases and in civil matters such as family, eviction, land, employment and contract problems, to people who pass its means test. An official helps you fill in the means-test form.

WHO IT HELPS

People in South Africa who cannot afford a lawyer — individuals earning under R9,400 a month after tax, or households under R10,200. Non-citizens living in South Africa qualify for criminal, child and asylum matters, but not other civil cases.

Free if you qualify — 'you will not have to pay for anything… Legal Aid South Africa lawyers may not ask for or be paid any money' (as the page states). Costs awarded to you in a civil case may be deducted. Note: Means-tested (income and assets). Report any Legal Aid SA lawyer who asks for money to its ethics hotline 0800 153 728.

### Justice Centres Uganda — free legal advice, mediation and court representation at 13 centres (Uganda)

https://justicecentres.go.ug/contacts/

WHAT IT DOES

Find your nearest Justice Centre by district. The centres give free legal advice, mediation, representation in civil and criminal cases for poor and vulnerable clients, and coaching for people representing themselves in court. Most centres sit at a High Court or Chief Magistrate's Court; walk in, or call the toll-free line 0800 100 212.

WHO IT HELPS

Poor, vulnerable and marginalised people in Uganda; the 13 centres serve 39 districts, and people elsewhere can call the toll-free line for guidance.

Free — '100% Free of charge… Every service is free' (as the site states). Note: Centres cover 39 districts, not the whole country; if no centre serves your district, call 0800 100 212.

## Legal Help With Housing, Immigration, Benefits & Everyday Problems

### Tenants' Union of NSW — find your local Tenants Advice and Advocacy Service (New South Wales, Australia)

https://www.tenants.org.au/all/taas

WHAT IT DOES

Search by area or tap the map to find your local Tenants Advice and Advocacy Service (TAAS). There are 15 generalist services and 4 specialist Aboriginal services, each run by a local non-government organisation, giving free information, advice and advocacy on renting problems.

WHO IT HELPS

Renters in New South Wales — private renters, social housing tenants, boarders and lodgers, among others.

Free (as the page states). Note: New South Wales only; renters in other states need their own state's tenant advice service.

### Disputes Tribunal — settle small claims up to $60,000 without a lawyer (New Zealand)

https://www.disputestribunal.govt.nz/

**WHAT IT DOES**

A quicker, cheaper and less formal way than court to settle disputes — for example about goods that do not work properly, damage to a car or property, or flatmates not doing what they agreed. You fill out a claim form and pay a fee; you usually represent yourself at a hearing and lawyers cannot act for you. The site also explains what to do if someone claims against you.

**WHO IT HELPS**

People and businesses in New Zealand with a small claim of up to $60,000.

Filing fee $62 (claims under $2,000), $124 ($2,000–$4,999), $248 ($5,000–$30,000) or $496 ($30,001–$60,000); non-refundable, though the referee may order the other party to repay it if your claim succeeds (as the Tribunal states). Note: A non-refundable filing fee of $62 to $496 applies and you normally present your own case; civil legal aid is not available for Disputes Tribunal cases.

### Law Centre NI — free specialist legal advice on benefits, employment and immigration (Northern Ireland)

https://www.lawcentreni.org/get-legal-help/

**WHAT IT DOES**

A free telephone advice line on social security, employment and immigration (asylum, refugee protection and trafficking), with casework and representation at tribunals — including social security appeal tribunals, industrial tribunals and the immigration tribunal — and in higher courts. It works with advice organisations across Northern Ireland and aims to reply within 3–5 working days.

**WHO IT HELPS**

People living or working in Northern Ireland with a social security, employment or immigration problem; it cannot help with other areas of law.

Free (as the service states). Note: Only social security, employment and immigration law; no drop-in, and help depends on capacity.

### GOV.UK — appeal a benefit decision to the Social Security and Child Support Tribunal (England, Scotland and Wales)

https://www.gov.uk/appeal-benefit-decision

**WHAT IT DOES**

Explains how to appeal a decision about PIP, ESA, Universal Credit, Child Maintenance and many other benefits. You usually first ask for a 'mandatory reconsideration', then appeal to an independent tribunal within one month of that decision; after you submit your appeal you can manage it and send evidence online.

**WHO IT HELPS**

People who disagree with a benefit or Child Maintenance decision; Northern Ireland and Social Security Scotland decisions use a different process.

Free — 'It's free to appeal a benefit decision' (as the page states). Note: Strict time limits: you must usually ask for mandatory reconsideration first, then appeal within one month.

### Housing Loss Prevention Advice Service (HLPAS) — free legal advice and court representation if you may lose your home (England and Wales)

https://www.gov.uk/government/publications/housing-loss-prevention-advice-service-hlpas

**WHAT IT DOES**

If you are at risk of losing your home or of possession proceedings, the HLPAS gives free early legal advice on housing, debt and welfare benefits, and on-the-day advice and representation at a possession hearing. This page has the current list of HLPAS providers (updated January 2026); the Find a Legal Aid Adviser search also has an HLPAS filter.

**WHO IT HELPS**

Anyone in England and Wales at risk of losing their home, regardless of income.

Free — 'regardless of their financial circumstances' (as the page states).

### Legal Aid Board — legal advice and representation for people applying for international protection (Ireland)

https://www.legalaidboard.ie/our-legal-aid-service/how-we-can-help-you/international-protection/

**WHAT IT DOES**

Legal advice on your application for international protection (asylum) and, if refused, a solicitor and barrister for an appeal to the Tribunal for Asylum and Returns Appeals. Apply straight away at the Legal Counselling Service in the Citywest Reception Centre, where free legal counselling on the procedure is also given; specialist law centres are in Dublin, Cork and Galway.

**WHO IT HELPS**

People applying for international protection in Ireland; they should apply as soon as they register their intention to apply, because time limits are strict.

Legal counselling is free; legal aid for an asylum or subsidiary protection claim needs a €10 contribution (as the Board states). Note: Very short time limits apply — ask for legal help as soon as you register your intention to apply.

### Residential Tenancies Board — free mediation and low-cost adjudication for tenancy disputes (Ireland)

https://rtb.ie/disputes/

**WHAT IT DOES**

Tenants and landlords can bring disputes about notices of termination, unlawful eviction, deposits, rent, repairs and the standard of the property to the RTB. Options are free phone mediation, adjudication by an independent adjudicator, and an appeal to a tribunal; outcomes are legally binding.

**WHO IT HELPS**

Tenants, landlords and third parties such as neighbours affected by a tenancy in Ireland.

Mediation is free; adjudication costs €30; an appeal to a tribunal costs €30 after mediation or €85 after adjudication (as the RTB states). Note: Fees apply for adjudication (€30) and tribunal appeals (€30 or €85), and appeals must be made within 10 working days.

### Courts Service — small claims procedure for disputes up to €2,000 without a solicitor (Ireland)

https://www.courts.ie/hubs/small-claims

**WHAT IT DOES**

Step-by-step guides to making a small claim in the District Court online or through a court office — for faulty goods, services not done as agreed, minor property damage and some rent deposits — and to responding to a claim against you, preparing for court, enforcement and appeals.

**WHO IT HELPS**

Consumers and businesses in Ireland with a claim of €2,000 or less, made within six years.

€25 fee to make a claim; the fee cannot be claimed back as part of your claim (as the Courts Service states). Note: A €25 fee applies, and rental deposits where the landlord does not live in the property cannot be claimed this way.

### National Immigration Legal Services Directory — find a non-profit immigration legal service (United States)

https://www.immigrationadvocates.org/legaldirectory/

**WHAT IT DOES**

Search by state, county or immigration detention facility for non-profit organisations that give free or low-cost immigration legal help. The directory can be read in 12 languages.

**WHO IT HELPS**

Immigrants and their families anywhere in the US, including people in immigration detention.

Free to use. Only non-profits offering free or low-cost services are listed — some charge low fees, so ask. Note: Some organisations charge low fees, and how many new cases each can take varies.

### EOIR List of Pro Bono Legal Service Providers — free lawyers for people in immigration court (United States)

https://www.justice.gov/eoir/list-pro-bono-legal-service-providers

**WHAT IT DOES**

The immigration courts' official list, by court location, of non-profit organisations, referral services and attorneys who have committed to give free legal help to people in immigration proceedings. It is updated every quarter (January, April, July, October).

**WHO IT HELPS**

People facing removal or other proceedings in a US immigration court, and their families.

Free — providers must offer uncompensated legal services (other than filing or copying costs). Note: EOIR does not endorse the providers on the list, and providers may have limits on the pro bono cases they take.

### CLINIC — find a Catholic Legal Immigration Network affiliate for affordable immigration legal help (United States)

https://www.cliniclegal.org/find-legal-help

**WHAT IT DOES**

Use the map and filters to find one of about 380 affiliated non-profit immigration legal programs across 47 states and DC. CLINIC trains the legal representatives at these programs, which help with immigration applications and cases.

**WHO IT HELPS**

Immigrants and their families in the US who need help with an immigration matter.

The page describes 'affordable' services and does not state fees — ask the affiliate about any cost. Note: Affiliates may charge fees and set their own services and capacity.

### VA — free legal clinics for veterans held at VA medical centres, with a state-by-state list (United States)

https://www.va.gov/ogc/legalservices.asp

**WHAT IT DOES**

Links to a state-by-state list (updated March 2026) of free legal clinics run by legal aid and pro bono providers inside VA facilities, showing the types of cases, walk-in or appointment, hours and a VA contact. It also points to Stateside Legal, ABA Federal Free Legal Answers and the Veterans Justice Outreach Specialist at your nearest VA Medical Center.

**WHO IT HELPS**

US veterans and service members who need civil legal help; each clinic has its own case types and eligibility, such as proof of income.

Clinics on the list are described as free (as the page states). Note: Clinics are run by outside providers, not VA; hours, case types and income rules vary by site.

### Low Income Taxpayer Clinics (LITC) — free or low-cost help with a dispute with the IRS (United States)

https://www.taxpayeradvocate.irs.gov/litc/

**WHAT IT DOES**

Independent clinics represent people in audits, appeals and tax collection disputes with the IRS and in court, help answer IRS notices and correct account problems, and explain taxpayer rights in other languages. Download the clinic list (Publication 4134) to find one near you.

**WHO IT HELPS**

US taxpayers with income generally below 250% of the federal poverty guidelines (e.g. $39,900 for one person in the 48 contiguous states in 2026) and usually under $50,000 in dispute, or who speak English as a second language.

Free or a small fee (as the page states). Note: Income limits apply and each clinic decides whether to take your case; some may charge a small fee.

### Legal Aid Ontario — find a community legal clinic for housing, income support and other everyday legal problems (Ontario, Canada)

https://www.legalaid.on.ca/legal-clinics/

**WHAT IT DOES**

Enter your address or postal code to find your local community legal clinic. Clinics give legal information, advice and representation on problems that affect people on low incomes: landlord problems and eviction, Ontario Works, ODSP and EI, workers' rights, human rights and immigration. They can also refer you to specialty clinics.

**WHO IT HELPS**

People living in Ontario with a low income; each clinic sets its own eligibility guidelines.

Free for people who qualify (as Legal Aid Ontario states). Note: Income-tested, and each clinic decides what it can take on.

### Social Security Tribunal — appeal EI, CPP disability, OAS and Canada Disability Benefit decisions, with help from navigators (Canada)

https://www.sst-tss.gc.ca/en/your-appeal/get-help-your-appeal

**WHAT IT DOES**

The independent tribunal for appeals about Employment Insurance, Canada Pension Plan (including disability), Old Age Security and the Guaranteed Income Supplement, and the Canada Disability Benefit. This page explains help available: its contact centre, navigators for people without a representative, interpretation, past decisions, and a list of organisations offering free help.

**WHO IT HELPS**

People in Canada who disagree with a Service Canada reconsideration decision about CPP, OAS/GIS or the Canada Disability Benefit, or with an Employment Insurance Board of Appeal decision about EI.

Free to use; no fee is mentioned on the page.

### Consumidor.gov.br (National Consumer Secretariat) — public online service to settle complaints with companies (Brazil)

https://www.consumidor.gov.br/

**WHAT IT DOES**

A public online service where you complain directly to a participating company and the company has up to 10 days to reply; you then have 20 days to rate whether your problem was resolved. Check first that the company is listed. Monitored by the National Consumer Secretariat, Procons, public defenders and public prosecutors. In Portuguese; log in with gov.br.

**WHO IT HELPS**

Consumers in Brazil with a problem with a company that has joined the service.

Free to use; no fee is mentioned on the page (a public service 'provido e mantido pelo Estado'). Note: Only for companies that have signed up; in Portuguese. Staff never contact consumers asking for personal data — beware of scams using its name.

### ECC-Net — find your European Consumer Centre for free help with a dispute with a seller in another European country (European Union)

https://www.eccnet.eu/contact-your-local-ecc

**WHAT IT DOES**

Choose your country to contact your national European Consumer Centre. Its legal experts explain your consumer rights and can step in with a trader based in another EU country, Iceland or Norway (and still take up complaints against UK traders) after you have tried to sort it out yourself.

**WHO IT HELPS**

Private consumers living in the EU, Norway or Iceland with a problem with a business in another of these countries. Not for disputes with a business in your own country.

Free ('free information and advice on consumer rights, as well as assistance with complaints'; 'ECC-Net services are free'). Note: Cross-border cases only, and replies can take a while. ECC-Net warns that scammers pose as its staff offering to recover money — it never asks for payment or bank details.

### SOLVIT — free help when a public authority in another EU country breaches your EU rights (work, benefits, residence) (European Union)

https://ec.europa.eu/solvit/index_en.htm

**WHAT IT DOES**

If a public authority in another EU country is not applying EU law — for example on unemployment or family benefits, pension rights, working abroad, residence rights or recognition of qualifications — submit your problem online. The SOLVIT centre in that country works with the authority and aims to find a solution within 10 weeks.

**WHO IT HELPS**

EU citizens and businesses (also in Iceland, Liechtenstein and Norway) facing a problem with a public authority in another country, who have not taken the case to court.

Free ('SOLVIT is free of charge'). Note: Not for consumer disputes, problems between businesses, compensation claims or cases already in court; it does not pause legal deadlines. The UK left SOLVIT on 31 December 2020.

### EU Immigration Portal — official information on coming to the EU to work, study or join family, country by country (European Union)

https://home-affairs.ec.europa.eu/policies/migration-and-asylum/eu-immigration-portal_en

**WHAT IT DOES**

Practical, official information for non-EU nationals on coming to an EU country for work, study or family reunification for stays longer than 90 days, rights once you are in the EU, and moving between EU countries. Choose the country you want to go to; there is also information on human trafficking and smuggling.

**WHO IT HELPS**

Non-EU nationals planning to move to, or already living in, an EU country — and people helping them check the official rules.

Free to use; no fee is mentioned on the page. Note: General information only — each EU country sets many of its own immigration rules; check with the national authority before you apply or pay anyone.

### NALSA Lok Adalats — settle court cases and disputes out of court by agreement, with no court fee (India)

https://nalsa.gov.in/lok-adalats/

**WHAT IT DOES**

Lok Adalats are people's courts run by legal services authorities where pending court cases or disputes not yet filed are settled by agreement, with conciliators helping both sides. The award counts as a civil court decree and is final. National Lok Adalats are held on set days across the country; contact your District Legal Services Authority to bring a matter.

**WHO IT HELPS**

Anyone in India with a case pending in court or a dispute likely to go to court who wants to settle it by agreement — except divorce and criminal offences that cannot be compounded.

Free — 'There is no court fee payable when a matter is filed in a Lok Adalat'; court fees already paid are refunded if a referred case is settled (as the page states). Note: Settlement is voluntary and there is no appeal against a Lok Adalat award. Divorce and non-compoundable criminal offences cannot be settled.

## Free Debt Advice & Financial Counselling

### National Debt Helpline — Find a Financial Counsellor: map of free local financial counselling services (Australia)

https://ndh.org.au/financial-counselling/find-a-financial-counsellor/

**WHAT IT DOES**

An interactive map of free financial counselling services across Australia, so you can make an appointment with a counsellor in your local area. The same page lists specialist counsellors for farmers and rural businesses, small businesses, First Nations people, people affected by gambling or family violence, National Redress Scheme applicants and veterans.

**WHO IT HELPS**

Anyone in Australia struggling with bills or debt. The specialist services are for the groups named on the page.

Free (the page says financial counsellors offer 'free, confidential and independent support and advice').

### Australian Financial Complaints Authority (AFCA) — free complaints service for problems with banks, lenders, insurers and super (Australia)

https://www.afca.org.au/make-a-complaint

**WHAT IT DOES**

An independent dispute resolution scheme for complaints about financial firms: banking, credit cards, personal, home and business loans, short-term loans, insurance, superannuation, investments and financial advice. Raise the problem with the firm first; if it is not fixed, complain to AFCA online, by email or by phone. Someone else can complain on your behalf.

**WHO IT HELPS**

Consumers and small businesses in Australia with a complaint about a financial firm.

Free (the page says 'Our service is free to access'). Note: AFCA recommends raising the complaint with the financial firm first, and time limits apply.

### FinCap MoneyTalks — Find a local financial mentor: directory of 200+ free budgeting services (New Zealand)

https://fincap.org.nz/moneytalks/find-a-local-financial-mentor

**WHAT IT DOES**

A searchable directory of free financial mentoring (budgeting) services across Aotearoa, with addresses, phone numbers and emails. Search by city or suburb and filter for disability access, home visits, kaupapa Māori services, phone sessions or services outside normal hours. Financial mentors give free, face-to-face, non-judgemental help with money and debt.

**WHO IT HELPS**

Anyone in New Zealand, and their whānau, who wants help with money, bills or debt.

Free (the page says financial mentors offer 'free, face-to-face and non-judgemental advice'). Note: FinCap reports that many financial mentoring services face funding uncertainty, so phone a service first to check it can see you.

### Consumer Protection (MBIE) — how to complain about a bank or lender, and the four free financial dispute resolution schemes (New Zealand)

https://www.consumerprotection.govt.nz/help-product-service/managing-money/how-to-complain-about-your-financial-service-provider

**WHAT IT DOES**

Government guide to complaining about a bank, lender, finance company, insurer or adviser, with a letter template. All banks, lenders and retail financial service providers must belong to one of four free, independent dispute schemes (Banking Ombudsman, Insurance & Financial Services Ombudsman, Financial Services Complaints Ltd, Financial Dispute Resolution Service); it shows how to find yours.

**WHO IT HELPS**

Consumers in New Zealand with a problem with a financial service provider, including inappropriate lending decisions, hardship applications, debt collection or repossession.

Free (the page says the dispute resolution schemes are 'a free and independent service'). Note: Start by complaining to the provider; a scheme investigates when you and the provider cannot agree.

### GOV.UK — Check how you can deal with your debts: anonymous online debt options tool (UK)

https://www.gov.uk/pay-off-debts

**WHAT IT DOES**

A short official questionnaire showing what help you can get to manage your debts. It asks where you live (England or Wales, Scotland, or Northern Ireland), how much you owe, what you own and what debt help you have had before. You do not have to give any personal information or financial details, and it points you to free, confidential and independent debt advice.

**WHO IT HELPS**

Anyone in the UK with debts who wants to see their options before speaking to a debt adviser.

Free to use; no fee is mentioned on the page.

### Breathing Space (Debt Respite Scheme) — up to 60 days' protection from creditors while you get debt advice (England and Wales)

https://www.gov.uk/options-for-dealing-with-your-debts/breathing-space

**WHAT IT DOES**

Government scheme giving temporary protection for up to 60 days: creditors cannot take enforcement action, contact you about included debts or add interest and charges, though you still make repayments. For people getting mental health crisis treatment it lasts for the treatment plus 30 days. You apply through a debt adviser, who submits the application; the page points to free advisers on MoneyHelper.

**WHO IT HELPS**

People living in England or Wales without a DRO, IVA, interim order or undischarged bankruptcy who have not used it in the last 12 months (unless for a mental health crisis).

Free to apply (the page says 'It's free to apply for Breathing Space, but some debt advisers may charge you a fee'). Note: England and Wales only, and you must apply through a debt adviser. Choose a free one — the page warns some advisers charge a fee.

### StepChange Debt Charity — free online debt advice tool and fee-free debt management plans (UK)

https://www.stepchange.org/how-we-help/debt-advice.aspx

**WHAT IT DOES**

An online tool that asks about your debts, income and spending and recommends ways to deal with them; you can pause and return later, and it has no impact on your credit score. StepChange can then set up a solution, such as a fee-free debt management plan, and support you, with advisers on hand if you need extra help. This is the charity's online service, separate from its phone line.

**WHO IT HELPS**

People in the UK struggling with debt. Some solutions, such as IVAs, are only for England, Wales and Northern Ireland.

Advice is free and debt management plans are fee-free. For an IVA the charity says 'All providers charge fees for IVAs. Our IVA fees come out of the agreed monthly payment'. Note: Advice and debt management plans are free, but IVAs set up through StepChange carry fees taken from your monthly payments.

### Christians Against Poverty (CAP) — find your local CAP Debt Help centre for free home-visit debt help (UK)

https://capuk.org/get-help/debt-help

**WHAT IT DOES**

Free debt help through local church-based centres: a debt coach visits you at home, then CAP's debt advisers build a budget, deal with creditors and support you through options such as a debt management plan, Debt Relief Order, bankruptcy, Minimal Asset Process or Debt Arrangement Scheme (Scotland). Enter your postcode to see if there is a centre near you, then phone free to book.

**WHO IT HELPS**

Anyone in the UK with problem debt who lives in an area with a CAP debt centre; CAP 'will help anyone regardless of their religious beliefs'.

Free (the page says 'All our services are completely free!'). Note: The service works through home visits, so it is only available where there is a local CAP debt centre — check your postcode first.

### Financial Ombudsman Service — free help to settle a complaint with a bank, lender or insurer (UK)

https://www.financial-ombudsman.org.uk/

**WHAT IT DOES**

Investigates complaints about financial businesses — bank accounts, credit cards, loans, insurance, pensions, savings and investments — and about claims management companies. Complain to the business first; if that does not settle it, bring the complaint to the ombudsman, for example with the online form. If it decides a business has not treated you fairly, it can put things right.

**WHO IT HELPS**

Individual or joint customers, small businesses and micro-enterprises in the UK with a complaint about a financial business.

Free (the page says it is 'a free service'). Note: You need to complain to the financial business first, and it cannot look at cases the courts have already decided or that are outside its time limits.

### MABS — find your local Money Advice and Budgeting Service office for free debt advice (Ireland)

https://mabs.ie/en/about/find-a-mabs-office/

**WHAT IT DOES**

Directory of MABS offices across Ireland, with addresses, phone numbers and emails, for free face-to-face money and debt advice. MABS advisers review your budget, negotiate with creditors on personal loans, mortgage arrears, credit cards, buy now pay later and moneylender debts, help you maximise your income, and can act as Approved Intermediaries for a Debt Relief Notice.

**WHO IT HELPS**

Anyone in Ireland, with a focus on people on low incomes who have, or are at risk of, problem debt.

Free (MABS describes itself as 'a free, independent, confidential, and non-judgmental service').

### Abhaile — free expert advice and legal help for people in mortgage arrears at risk of losing their home (Ireland)

https://www.mabs.ie/en/abhaile/

**WHAT IT DOES**

Free service, reached through MABS, for people behind on the mortgage for the home they live in. If you qualify you get a voucher for a free meeting with a Dedicated Mortgage Arrears adviser, a Personal Insolvency Practitioner or an accountant and, if you need legal advice, a free meeting with a consultation solicitor; at repossession hearings a court mentor and a duty solicitor may help. Start by contacting MABS.

**WHO IT HELPS**

Homeowners in Ireland behind on the mortgage for the home they live in, who cannot pay their debts and are at risk of losing it. Not for arrears on buy-to-let property only.

Free (the page says 'Abhaile offers free, independent expert support'). Note: Only for mortgage arrears on your own home; four eligibility conditions apply — see the 'Do I qualify' page or ask MABS.

### Financial Services and Pensions Ombudsman (FSPO) — free complaints about banks, lenders, insurers and pensions (Ireland)

https://www.fspo.ie/

**WHAT IT DOES**

Independent, impartial and free service that resolves complaints against financial service providers and pension providers, through mediation or investigation, with legally binding decisions. Complain to the provider first; if you are not satisfied with its response, submit your complaint to the FSPO. It states it will never seek payment from you to progress a complaint.

**WHO IT HELPS**

Consumers in Ireland, including small businesses and other organisations, with a complaint about a financial service or pension provider.

Free (the page says 'We will never seek payment from you to progress a complaint'). Note: You must complain to the provider first before the FSPO can take the complaint.

### CCPC — Debt action plan: step-by-step guide to dealing with debt, and where to get free help (Ireland)

https://www.ccpc.ie/manage-your-money/managing-debt/debt-action-plan

**WHAT IT DOES**

The state consumer agency's four-step plan: list your priority and other debts, work out a budget, contact your lenders early about options, then manage your new repayments. It points to free help from MABS and the Insolvency Service of Ireland, and warns that debt management firms must be regulated by the Central Bank — check they are authorised and ask about all fees up front.

**WHO IT HELPS**

People in Ireland struggling with debt, including credit card, car finance, mortgage and gambling-related debt.

Free to use; no fee is mentioned on the page.

### U.S. Trustee Program — approved non-profit credit counselling agencies for the counselling required before bankruptcy (United States)

https://www.justice.gov/ust/list-credit-counseling-agencies-approved-pursuant-11-usc-111

**WHAT IT DOES**

Department of Justice list of non-profit budget and credit counselling agencies approved to give the counselling people must complete before they can file for bankruptcy. Choose your state and judicial district to see agencies offering counselling in person, by phone or online, or choose a language. The program does not recommend any agency or guarantee the quality of its counselling.

**WHO IT HELPS**

People in the US who must complete credit counselling before filing for bankruptcy. Bankruptcy cases in Alabama and North Carolina are not under the program; they go to the district's Bankruptcy Administrator.

Agencies may charge. The program's FAQ says a fee of $50 or less 'is presumed reasonable', fees over $50 must be approved in advance, and an agency may charge a separate fee for the certificate. Counselling is 'available for free or at a reduced rate, based on a client's ability to pay', and households under 150% of the poverty level are presumed entitled to a fee waiver or reduction. Note: Approval covers only the pre-bankruptcy counselling: the program has not reviewed agencies' other services, such as debt management plans, and does not recommend any agency. Ask about fees first.

### Credit Counselling Canada — find an accredited non-profit credit counsellor near you (Canada)

https://creditcounsellingcanada.ca/locate-a-counsellor/

**WHAT IT DOES**

Lists the offices of Credit Counselling Canada's accredited non-profit member agencies, by province and territory. Counsellors help with budgeting, debt options and debt repayment programmes that combine debts into one monthly payment. If there is no member near you, the page gives a number to reach a counsellor remotely.

**WHO IT HELPS**

Anyone in Canada who needs help managing money and credit or reducing debt.

No cost or low cost: the FAQ says services are 'provided at no cost or low cost' and must be fully disclosed first; members must serve people at no cost when they are unable to pay. Note: Some services, such as debt repayment programmes, can carry fees, which must be explained before you start — ask about costs.

### Financial Consumer Agency of Canada — getting help from a credit counsellor, and avoiding misleading debt help (Canada)

https://www.canada.ca/en/financial-consumer-agency/services/debt/debt-help.html

**WHAT IT DOES**

Government guide to credit counselling: what agencies offer, possible debt management plan fees, and how to check an agency is in good standing with a provincial or national association (it names Credit Counselling Canada and the Canadian Association for Financial Empowerment). It warns about companies promising to settle debts for a fraction of what you owe, fix your credit fast or be part of a government programme.

**WHO IT HELPS**

People in Canada having trouble repaying debt. In Quebec, the page points to ACEF associations and the Office de la protection du consommateur.

Free to read. The page says 'No reputable credit counselling agency will charge you for the first meeting'; debt management plan fees vary.

### Ombudsman for Banking Services and Investments (OBSI) — free, independent help with bank and investment complaints (Canada)

https://www.obsi.ca/en/about-us/about-obsi/

**WHAT IT DOES**

Resolves disputes between consumers and participating banking services and investment firms when they cannot solve them themselves. You must first complain to the firm; if you are still unhappy, you can bring your case to OBSI, which works informally and confidentially as an alternative to the legal system.

**WHO IT HELPS**

Consumers in Canada with a complaint about a participating bank or investment firm (about 1,500 firms take part).

Free (the page says 'our services are free to consumers'). Note: You must complain to the firm first, and OBSI only handles complaints about firms that take part in its service.

### Schuldenberatung (state-recognised debt advice) — list of free debt advice offices in every Austrian state (Austria)

https://schuldenberatung.at/beratungsstellen/

**WHAT IT DOES**

Lists the state-recognised debt advice services in Burgenland, Carinthia, Lower and Upper Austria, Salzburg, Styria, Tyrol, Vorarlberg and Vienna, with every local office. They help you sort out your debts and can represent you in court in personal bankruptcy (Privatkonkurs) proceedings.

**WHO IT HELPS**

People in Austria with debt problems. You work with the adviser on a self-help basis and must disclose all debts, income and spending.

Free ('Staatlich anerkannte Schuldenberatungsstellen beraten kostenlos'). Note: In German. They give advice only — they do not lend money, give financial support or act as guarantors.

### FIN-NET — find the out-of-court financial complaints scheme in each European country, including for cross-border problems (European Union)

https://finance.ec.europa.eu/consumer-finance-and-payments/retail-financial-services/financial-dispute-resolution-network-fin-net/members-fin-net-country_en

**WHAT IT DOES**

A list, country by country, of the national bodies that settle consumers' complaints about banks, insurers, investments and other financial services out of court, with the services each covers, their languages and contact details. Also explains how to complain about a financial firm in another EEA country.

**WHO IT HELPS**

Consumers in the EU, Iceland, Liechtenstein and Norway (with affiliates in some non-EEA places such as Switzerland and the UK) with a complaint about a financial service provider.

Free to use the list; no fee is mentioned on the page. Ask the national scheme about any charges. Note: FIN-NET itself does not handle complaints and never contacts people; the Commission warns that anyone claiming to be FIN-NET and offering to recover money is a scammer.

### Banque de France — file a free over-indebtedness (surendettement) application online, by post or at a branch (France)

https://www.banque-france.fr/fr/a-votre-service/particuliers/dossier-surendettement

**WHAT IT DOES**

If you cannot pay your personal debts, you can file an over-indebtedness application with the Banque de France: online with FranceConnect, by ordinary post, or at your nearest branch counter. The Bank suggests getting help from a social worker, a Point conseil budget or your local CCAS to fill it in, and has a phone line (34 14).

**WHO IT HELPS**

Private individuals living in metropolitan France or overseas departments who cannot pay their personal debts. People under legal protection (tutelle, curatelle) cannot file online.

Free ('La procédure de surendettement est gratuite'). Note: In French. In overseas territories you file through IEDOM. The 34 14 line costs the price of a local call.

### meine-schulden.de — search over 1,400 debt and insolvency advice centres across Germany, with a free-of-charge filter (Germany)

https://www.meine-schulden.de/hilfe-finden/stellensuche

**WHAT IT DOES**

Enter your postcode or town to find debt advice and insolvency advice centres (Schuldner- und Insolvenzberatungsstellen) near you — run by councils, charities and consumer advice centres, plus some law firms; commercial debt-settlement firms are not listed. Filters show centres that are free (kostenfrei), recognised for consumer insolvency (§305 InsO) or can issue P-account certificates.

**WHO IT HELPS**

People in Germany who are struggling with debt. Many centres only advise people living in their area because of how they are funded.

Most centres are free; the site says that in some federal states people on higher incomes pay a small contribution ('einen kleinen Eigenanteil'). Law firms usually charge, though legal aid may cover it. Use the 'kostenfrei' filter. Note: In German (some English). Most centres only advise residents of their own area. Some listed law firms charge — use the 'kostenfrei' filter.

### RBI Ombudsman (Reserve Bank – Integrated Ombudsman Scheme 2026) — free complaints about banks, NBFCs and prepaid payment providers (India)

https://www.rbi.org.in/Scripts/Complaints.aspx

**WHAT IT DOES**

A free way to complain about poor service by banks, certain non-bank lenders (NBFCs), prepaid payment instrument issuers and credit information companies. Complain to the provider first; if there is no reply within 30 days or you are unhappy with it, file online on the RBI's CMS portal or by email or post. The Ombudsman can order action and compensation; toll-free help on 14448.

**WHO IT HELPS**

Customers of banks and other RBI-regulated entities in India who have first complained to the provider. Time limits apply (generally within 90 days of the provider's deadline or last reply).

Free — 'There is no charge or fee for filing or resolving complaints under RB-IOS, 2026' (as the RBI FAQ states). Note: You must complain to the bank or lender first. The RBI says complainants need not approach any third-party agency or pay any fee to file a complaint.

### NAV økonomi- og gjeldsveiledning — free debt and money advice by phone or at your local NAV office (Norway)

https://www.nav.no/okonomi-gjeld

**WHAT IT DOES**

NAV gives free advice if you have money problems. Call 55 55 33 39 for guidance on your finances and questions about debt collection, forced sale of your home, wage deductions and debt settlement, or to book a meeting with a debt adviser at your NAV office. Advisers can help you cut costs, make agreements with creditors, contact the enforcement officer and apply for a debt settlement (gjeldsordning).

**WHO IT HELPS**

Anyone in Norway who is struggling to pay rent, electricity, loans or other bills. NAV advises seeking help as early as possible.

Free ('Tjenesten er gratis'). Note: Pages mainly in Norwegian (English available for some NAV pages). Bring documents on income, spending and debts to a meeting.

### Konsumentverket — find your municipality's free budget and debt adviser (budget- och skuldrådgivning) (Sweden)

https://www.konsumentverket.se/ekonomi/kommunal-budget-och-skuldradgivning/

**WHAT IT DOES**

Enter your postcode, town or street address to find the budget and debt adviser in your municipality. Advisers help you plan your finances and make a budget, prioritise debts, negotiate with creditors, and apply for debt restructuring (skuldsanering), with support before, during and after.

**WHO IT HELPS**

Anyone living in Sweden who is struggling with money or debts. All municipalities have a budget and debt advice service.

Free ('Rådgivningen är kostnadsfri och budget- och skuldrådgivaren arbetar under sekretess'). Note: In Swedish (easy-read, sign language and other-language versions are linked). There may be a wait for an appointment.

### Schuldenberatung Schweiz / Dettes Conseils Suisse — non-profit debt advice centres in every region, plus a free hotline (Switzerland)

https://schulden.ch/fachstellen/

WHAT IT DOES

Lists the non-profit debt advice centres (Fachstellen) of the national federation, canton by canton, for German-speaking Switzerland and Ticino, with a link to the French-speaking list on dettes.ch. They give specialist advice and support on debts, debt enforcement (Betreibung), wage garnishment and personal bankruptcy. A free advice hotline (0800 708 708) runs Monday to Thursday, 10:00–13:00.

WHO IT HELPS

People in Switzerland at risk of debt or already over-indebted. Contact the centre for the canton where you live.

The hotline is free ('0800 708 708 (gratis)'). The local centres are non-profit; the federation's guidelines say any costs charged to people in debt should be kept as low as possible — ask the centre in your canton. Note: Some local centres may charge a small fee; fees and waiting times are not stated on the page, so ask the centre in your canton.

## Government Benefits & Payments — Checking What You Can Get

### Services Australia Payment and Service Finder — check which Centrelink payments you may get and estimate amounts (Australia)

https://www.servicesaustralia.gov.au/payment-and-service-finder

WHAT IT DOES

An official online tool to see what payments and services you may be eligible for. Answer the questions and choose a payment to estimate how much you may get, including Centrelink pensions and allowances, Family Tax Benefit and child care fee assistance.

WHO IT HELPS

People in Australia thinking about claiming a Centrelink payment, Family Tax Benefit or child care fee assistance. Results are estimates only.

Free to use; no fee is mentioned on the page.

### Check what you might get (Work and Income) — 5-minute guide to the payments you may be able to get (New Zealand)

https://check.msd.govt.nz/

WHAT IT DOES

Answer questions about your age and situation (about 5 minutes) and the guide shows the Work and Income payments you might be able to get. It is a guide only: to apply, use MyMSD or phone Work and Income. Available in English, te reo Māori, Cook Islands Māori, Samoan and Tongan.

WHO IT HELPS

People living in New Zealand who are citizens or residents; partners can complete it separately. People who are not citizens or residents, or live overseas, may not be able to get payments.

Free to use; no fee is mentioned on the page. MSD says it won't keep your answers or use them to identify you.

### Turn2us Benefits Calculator — free, confidential check of which benefits you could claim and roughly how much (UK)

https://benefits-calculator.turn2us.org.uk/

**WHAT IT DOES**

Answer questions about your situation to find out which welfare benefits you may be entitled to and how much they could be; GOV.UK suggests having details of income, savings, benefits, rent or mortgage and council tax to hand. It was designed with people who have lived experience of the benefits system, and you can return to a saved calculation with its reference and your postcode.

**WHO IT HELPS**

People in the UK. GOV.UK notes these calculators cannot be used by under-18s and may be inaccurate for students, prisoners, people on strike, people in care homes or people who are not British or Irish citizens.

Free (as the calculator page states: 'our free and confidential Benefits Calculator'). Note: Estimates only, and less accurate for some groups (see GOV.UK's list); get advice before changing a claim.

### Check benefits and financial support you can get (GOV.UK) — the government's checker for help with living costs (UK)

https://www.gov.uk/check-benefits-financial-support

**WHAT IT DOES**

Answer questions about your situation to find out what benefits and other financial support you might be able to get to help with living costs. GOV.UK says the tool does not yet include every kind of help and will be updated; its 'Benefits calculators' page links to independent calculators that estimate amounts.

**WHO IT HELPS**

Anyone in the UK who wants to check what help with living costs they might get, including families, carers, disabled people, jobseekers and people on a low income.

Free to use; no fee is mentioned on the page. Note: Does not include all the ways you can get help with living costs (as GOV.UK states); it does not calculate amounts.

### Make the Call (Department for Communities) — free benefit entitlement check by phone or call-back (Northern Ireland)

https://www.nidirect.gov.uk/campaigns/unclaimed-benefits

**WHAT IT DOES**

Call the Make the Call team or ask online for a call-back. They carry out a needs assessment based on your circumstances and look at what benefits, supports and services may be available to you — for example if you are over State Pension age, working, ill or disabled, or caring for someone.

**WHO IT HELPS**

People living in Northern Ireland only, including pensioners, people in work, people who are ill, injured or disabled, and carers.

Free to use; no fee is mentioned on the page. The phone number is 0800 232 1271; the page notes '(network charges may apply)'. Note: Northern Ireland only; people in Great Britain are directed to GOV.UK.

### Benefit of Work Estimator (Department of Social Protection) — see how working would affect your social welfare payment (Ireland)

https://www.gov.ie/en/department-of-social-protection/services/benefit-of-work-estimator/

**WHAT IT DOES**

Two anonymous online tools on MyWelfare.ie estimate how starting work or increasing your hours would change your income, including pay and any social welfare you may keep: one for Jobseeker's and One-Parent Family payments, the other for Disability Allowance, Blind Pension and Partial Capacity Benefit.

**WHO IT HELPS**

Anyone can use it, with no MyGovID needed; it is aimed at people in Ireland getting those payments who are thinking about work.

Free to use; no fee is mentioned on the page. Note: Estimates only — your actual payment may differ (as the page states).

### USAGov benefit finder — find government benefits and financial help by category (United States)

https://www.usa.gov/benefit-finder

**WHAT IT DOES**

Select one or more categories — such as food, housing and utilities, jobs and unemployment, disabilities, welfare and cash assistance, children and families, or retirement — to see government benefits you may qualify for and how to apply. The former Benefits.gov site now redirects here.

**WHO IT HELPS**

People in the United States looking for government benefits and financial help.

Free to use; no fee is mentioned on the page.

### BenefitsCheckUp (National Council on Aging) — find programs that help pay for food, health care and bills (United States)

https://benefitscheckup.org/

**WHAT IT DOES**

Answer a few quick questions to see which support programs you may qualify for to help pay for groceries, health care, prescriptions and other everyday costs, then learn how to apply. Free help is also offered by online chat, a helpline and a map of local NCOA partners.

**WHO IT HELPS**

Older adults and people with disabilities in the United States, and people helping them.

Free (as the site states: 'Our free tool'; 'The process is free and confidential').

### Benefits Finder (Government of Canada) — find federal benefits, with links to your province's or territory's benefits (Canada)

https://www.canada.ca/en/services/benefits/finder.html

**WHAT IT DOES**

Choose the support you need (such as job loss, disability, raising children, housing, school or retirement) and who you are (such as seniors, newcomers, Indigenous Peoples, students, caregivers or victims of crime) to see matching federal programs and benefits. It links to your province or territory's benefits website.

**WHO IT HELPS**

People in Canada, and Canadians living abroad, looking for government benefits and services.

Free to use; no fee is mentioned on the page. Note: Shows federal benefits only; provincial and territorial benefits are linked, not searched.

### Benefits Wayfinder (Prosper Canada) — find federal, provincial and territorial benefits you could get (Canada)

https://benefitswayfinder.org/

**WHAT IT DOES**

Pick your province or territory and answer an anonymous questionnaire to find federal and provincial or territorial benefits you could get, then keep track of them. It has notes for people without legal status or with temporary residence and for Indigenous peoples, and points to organisations that can help you apply.

**WHO IT HELPS**

People on low and modest incomes in Canada, using it on their own or with an agency worker. Available in English and French.

The page does not state a fee; the questionnaire needs no account, and answers are anonymous ('We do not store your personal information'). Note: Not a government site: it points you to official programs, which decide eligibility when you apply.

### Your Europe — social security and benefits when you live or work in another EU country (European Union)

https://europa.eu/youreurope/citizens/work/social-security-and-benefits/index_en.htm

**WHAT IT DOES**

Official plain-language guides on which country's social security covers you, unemployment benefits abroad, transferring unemployment benefits while you look for work, what to do if you cannot find work abroad, family benefits, survivors' pensions and the standard EU social security forms.

**WHO IT HELPS**

EU citizens and their families who live, work or look for work in another EU country.

Free to use; no fee is mentioned on the page.

### Mes droits sociaux — official simulator of the social benefits you might get, plus all your benefit accounts in one place (France)

https://www.mesdroitssociaux.gouv.fr/accueil/

**WHAT IT DOES**

Use the simulator to see in a few clicks which social benefits you might be able to claim (family, housing, health, employment, minimum income, retirement). With a FranceConnect login you can see your current rights, your declared income of the last 12 months, your employment record and who to contact for each benefit.

**WHO IT HELPS**

Anyone living in France. Viewing your own records needs a FranceConnect login.

Free (the ministry describes it as 'gratuit et destiné à toutes les personnes'). Note: In French. Simulation results are estimates; you still apply to each benefit agency.

### UWV (Employee Insurance Agency) — unemployment, sickness and disability (WIA, Wajong) benefits and help back into work (Netherlands)

https://www.uwv.nl/en

**WHAT IT DOES**

UWV helps people who are out of work or unable to work by providing benefits and by getting people back into work. The site explains what to do if you become unemployed, ill or are dismissed, covers the WW, WIA and Wajong benefits and support with work and education, and shows payment dates. Log in to My UWV to apply.

**WHO IT HELPS**

People in the Netherlands who are out of work or unable to work — for example after dismissal or through illness — and who need a benefit or help back into work.

Free to use; no fee is mentioned on the page. It is a public service. Note: Most detailed pages are in Dutch; you log in to My UWV to apply. Entitlement depends on your work history and situation.

### ComCare (Ministry of Social and Family Development) — financial assistance for lower-income individuals and families (Singapore)

https://www.msf.gov.sg/what-we-do/comcare

**WHAT IT DOES**

Government cash help with daily living costs: short-to-medium-term assistance if you cannot work for a time, are looking for work or earn a low income (with help for bills, medical costs and job search); long-term assistance if you are permanently unable to work; and interim assistance for urgent needs. Apply online through SupportGoWhere or at your nearest Social Service Office.

**WHO IT HELPS**

Singapore citizens or permanent residents (at least one household member must be a citizen), generally with a household income of $800 or less per person a month — people above this can still ask a Social Service Office to assess them.

Free to apply; no fee is mentioned on the page. Note: Citizens and permanent residents only, with an income guideline of $800 per person a month; the enhanced Interim Assistance is open only until 31 December 2026.

### South African Government — Social grants: who qualifies and how to apply for each SASSA grant (South Africa)

https://www.gov.za/services/services-residents/grants

**WHAT IT DOES**

The government's plain-language guides to every social grant paid by the South African Social Security Agency (SASSA): older persons, disability, child support, care dependency, foster child, grant-in-aid, war veterans and social relief of distress. Each page explains who qualifies, the income and asset limits, what documents to bring and how to apply at your nearest SASSA office.

**WHO IT HELPS**

People living in South Africa who may qualify for a social grant — most grants are for citizens and permanent residents, and some, such as the disability grant, also for refugees — and people helping them apply.

Free — applying for a grant: 'The service is free' (as the grant pages state). Note: Information pages only: you apply in person at a SASSA office, and application forms are not online. SASSA's toll-free line is 0800 60 10 11.

### SEPE (State Public Employment Service) — unemployment benefits, appointments and Youth Guarantee (Spain)

https://www.sepe.es/HomeSepe/

**WHAT IT DOES**

Spain's state employment service handles unemployment benefits and subsidies. Read the requirements, book an appointment at a benefits office (cita previa), manage your claim in the online Área Personal, and find job and training links. Under-30s can register for the Youth Guarantee (Garantía Juvenil) for help into work.

**WHO IT HELPS**

People in Spain who are unemployed or looking for work; Garantía Juvenil is for young people aged 16 to 29.

Free to use; no fee is mentioned on the page. It is a public service. Note: Mainly in Spanish and Spain's co-official languages, with some French and English. SEPE's official phone lines are 060 and 91 926 79 70; it warns that numbers starting 800 or 807 are not SEPE's.

## Emergency Money, Grants, Food & No-Interest Loans

### Crisis Payment (Services Australia) — one-off payment after release from prison, arriving as a humanitarian entrant or losing your home (Australia)

https://www.servicesaustralia.gov.au/crisis-payment

**WHAT IT DOES**

A one-off payment for people in an extreme circumstance: leaving prison or psychiatric confinement, arriving in Australia as a humanitarian entrant, being forced out of home, or family and domestic violence. Each type has its own rules; after prison release it equals a week's pay at the maximum basic rate of your income support payment.

**WHO IT HELPS**

Each type has its own rules. After 14+ days in prison or psychiatric confinement: be getting or eligible for income support, be in severe financial hardship, and contact them up to 21 days before or 7 days after release.

Free to claim; no fee is mentioned on the page. Note: Strict time limits and a severe financial hardship test apply; the family and domestic violence version has its own page.

### No Interest Loans (NILs, Good Shepherd) — loans of up to $5,000 for essentials, cars and disaster recovery with no interest or fees (Australia)

https://nils.com.au/

**WHAT IT DOES**

Borrow for essentials such as a fridge, car repairs, medical or dental costs, school or work devices, or a rental bond, and repay fortnightly with no interest, fees or charges. The money goes straight to the supplier, not to you. Check eligibility online (about 5 minutes); a local provider then helps you apply after a short financial discussion.

**WHO IT HELPS**

Australians aged 18+ with a Health Care or Pension Card, or income under $70,000 (single) or $100,000 (with partner or dependants), or who have experienced family or domestic violence in the last 10 years.

No interest, no fees and no charges (as the service states); you repay only what you borrow. Note: Scammers impersonate NILs with fake websites, social media profiles and ads; Good Shepherd says it never contacts you on social media or asks for your myGov or bank login (scam alert on the site).

### Foodbank Find Food — search for local food relief, food vouchers and meals near you (Australia)

https://findfood.foodbank.org.au/

**WHAT IT DOES**

Tell the tool where you are to find nearby charities offering food and groceries to prepare, food vouchers, or meals prepared on site, on a list or map. Foodbank itself does not give food to individuals — it supplies frontline charities, which this finder helps you reach.

**WHO IT HELPS**

Anyone in Australia who needs help with food. Food relief centres are run by volunteers and opening hours change, so call ahead.

The finder is free to use; the page does not say whether each charity charges — ask when you contact them. Note: Hours change often because centres are staffed by volunteers — Foodbank recommends calling ahead.

### St Vincent de Paul Society (Vinnies) — find emergency relief, food and financial help in your state or territory (Australia)

https://www.vinnies.org.au/find-help

**WHAT IT DOES**

Enter your postcode or choose your state or territory to find Vinnies services, which include emergency relief, food relief (including soup vans), emergency housing and homelessness help, and financial assistance and counselling. You can also call the assistance line on 13 18 12.

**WHO IT HELPS**

People in Australia facing hardship. Services are delivered locally, so not every service is offered in every state or territory.

The page does not state a fee — ask when you contact them. Note: Not all services are offered in every state or territory (as the page says).

### Work and Income — help with urgent or unexpected costs such as food, power bills, dental care or whiteware (New Zealand)

https://www.workandincome.govt.nz/eligibility/urgent-costs/index.html

**WHAT IT DOES**

Explains one-off help for urgent or unexpected costs, even if you are working: food, power, gas or water bills, housing costs, dental treatment, glasses, whiteware, car or home repairs, funeral costs and help after fire or theft. Depending on your situation this may be a Special Needs Grant, an Advance Payment of Benefit or a Recoverable Assistance Payment.

**WHO IT HELPS**

People in New Zealand who can't meet an urgent or unexpected cost, whether or not they get a benefit. What you can get depends on your situation and the cost.

Free to apply; no fee is mentioned on the page. Note: An Advance Payment of Benefit or a Recoverable Assistance Payment has to be paid back (as Work and Income states); what you can get depends on your situation and the cost.

### Good Loans (Good Shepherd NZ) — no-interest, fee-free loans for cars, essential items and services (New Zealand)

https://goodshepherd.org.nz/get-support/our-services/loans/

**WHAT IT DOES**

No-interest, fee-free loans paid straight to the supplier, for buying or repairing a car (up to $7,000), essential items such as a fridge or computer, or essential services such as dental treatment or study fees. Enquire online or by phone; a Good Loans coach talks through your situation by phone and helps you apply.

**WHO IT HELPS**

New Zealanders on limited incomes — as a guide, under $65,000 a year for a single person or $115,000 for a family of four. Not for overdue bills, rent arrears, everyday living costs or urgent needs, or for people on Single Jobseeker Support.

No interest and no fees (as the service states); loans are repaid weekly, fortnightly or monthly. Note: New enquiries for debt-consolidation loans are temporarily paused; applications take time, so it is not for urgent needs.

### Turn2us Grants Search — find charitable grants you never have to pay back (UK)

https://grants-search.turn2us.org.uk/

**WHAT IT DOES**

Answer a few anonymous questions and the tool matches you to grants from registered charities across the UK that you may be able to apply for — for example based on a job you have done or a health condition. Grants can be money, products or services, and answers take from 5 days to 3 months depending on the fund.

**WHO IT HELPS**

Anyone in the UK; Turn2us says many charities help people who cannot claim welfare benefits because of their status in the UK. A grant is not guaranteed.

Free (as the service states: 'the Turn2us free and confidential Grants Search'). Note: Each fund has its own rules and timescale; Turn2us shows what you could apply for but cannot guarantee a grant.

### Trussell — how to get emergency food with a food voucher, and find your nearest food bank (UK)

https://www.trussell.org.uk/emergency-food

**WHAT IT DOES**

Explains how to get an emergency food parcel with at least three days of meals: get a food voucher (referral) from a local organisation such as an advice charity, GP or housing association, then exchange it at a food bank. The 'Find a food bank' search shows your nearest food bank, which can tell you where to get a voucher.

**WHO IT HELPS**

People across the UK who cannot afford food. Trussell's community has more than 1,400 food banks.

The page does not state a fee — ask the food bank. You need a referral voucher first. Note: A food voucher from a referral organisation is needed before you visit (as the page explains).

### Independent Food Aid Network (IFAN) — find independent food banks and local 'Worrying About Money?' help guides by postcode (UK)

https://www.foodaidnetwork.org.uk/our-members

**WHAT IT DOES**

Enter your postcode to find independent food aid organisations that belong to IFAN (in 774 locations), or to find a local 'Worrying About Money?' step-by-step guide to advice and cash support in your area. The page also explains other routes to food aid, such as Trussell food banks and your local council.

**WHO IT HELPS**

Anyone in the UK looking for food aid outside the Trussell network, or for local advice on making the most of their income.

The page does not state a fee — ask the food aid provider when you contact them. Note: Shows IFAN members only; the page notes there are hundreds of other independent food banks. IFAN's email contact is not an emergency service.

### Get help with the cost of living from your local council (GOV.UK) — the Crisis and Resilience Fund (England)

https://www.gov.uk/cost-living-help-local-council

**WHAT IT DOES**

Your local council may help with essentials such as energy and water bills, food, essential items and housing costs. In England this is the Crisis and Resilience Fund; each council runs its own scheme, so check with yours (the page links to a 'find your local council' tool). It also points to the Scottish Welfare Fund and Wales's Discretionary Assistance Fund.

**WHO IT HELPS**

Anyone in England who is vulnerable or cannot pay for essentials; you do not have to be on benefits, and a payment will not affect benefits you get.

Free to apply; no fee is mentioned on the page. Note: Councils set their own rules — eligibility, how to apply and limits differ (some allow one application per household a year).

### Scottish Welfare Fund (mygov.scot) — Crisis Grants and Community Care Grants you don't pay back (Scotland)

https://www.mygov.scot/scottish-welfare-fund

**WHAT IT DOES**

Two grants you do not need to pay back: a Crisis Grant for an unexpected emergency such as a fire, flood or losing your job, and a Community Care Grant to help you or someone you care for live independently. You apply through your local council; the page explains how to apply for each.

**WHO IT HELPS**

People in Scotland aged 16 or over who are on a low income or getting certain benefits.

Free to apply; grants do not have to be paid back. Note: You can only apply through your local council, not the Scottish Government.

### Discretionary Assistance Fund (DAF) — emergency grants for food, fuel and essentials, and help to live independently (Wales)

https://www.gov.wales/discretionary-assistance-fund-daf

**WHAT IT DOES**

Two grants you do not pay back: the Emergency Assistance Payment for essentials such as food, gas, electricity, heating oil or emergency travel in extreme financial hardship, and the Individual Assistance Payment for white goods and furniture so you or someone you care for can live independently. The guide covers eligibility, applying and tracking your application.

**WHO IT HELPS**

People living in Wales aged over 16 with no other money. The Individual Assistance Payment also needs a qualifying benefit such as Universal Credit or Pension Credit.

Free to apply; grants do not have to be paid back. Note: Not for ongoing bills you can't afford; heating oil, white goods and furniture are only through an approved partner organisation.

### Discretionary Support (nidirect) — interest-free loans or grants in a crisis for living costs and household items (Northern Ireland)

https://www.nidirect.gov.uk/articles/discretionary-support

**WHAT IT DOES**

If you are in an extreme or exceptional situation or a crisis, you can apply to the Finance Support Service for an interest-free loan or a grant towards short-term living expenses such as food, basic household items like a cooker, some travel costs or rent in advance. Loans are repaid from benefits or by direct debit.

**WHO IT HELPS**

People living in Northern Ireland aged 18+ (16+ without parental support) whose crisis arose in Northern Ireland; your and your partner's total annual income after deductions must be no more than £29,741.40.

Free to apply; loans are interest-free and must be repaid; grants do not. Note: Limits apply: up to three loans and set grants in any 12 months; no loan if your household owes £1,500 or more in government debt.

### Warm Home Discount Scheme (GOV.UK) — £150 off your electricity bill if you get certain benefits (England, Scotland and Wales)

https://www.gov.uk/the-warm-home-discount-scheme

**WHAT IT DOES**

A one-off £150 discount off your electricity bill, applied by your supplier (the money is not paid to you); prepay meters qualify, and it can sometimes go on your gas bill. In England and Wales eligible people usually get it automatically — for 2026 to 2027, letters go out between late October 2026 and early January 2027.

**WHO IT HELPS**

England and Wales: your supplier is in the scheme and you or your partner got Universal Credit, Housing Benefit, income-related ESA or Pension Credit on 23 August 2026, with your name on the bill. Scotland has different rules.

Free; the discount is taken off your bill. Note: Not available in Northern Ireland; in Scotland you may need to apply to your energy supplier.

### Ofcom social tariffs list — cheaper broadband and phone deals for people on Universal Credit and other benefits (UK)

https://www.ofcom.org.uk/phones-and-broadband/saving-money/social-tariffs

**WHAT IT DOES**

Ofcom's table lists the cheaper broadband and phone packages (social tariffs) providers offer, with the monthly price, average speed and where each is available. Social tariffs are for people claiming Universal Credit, Pension Credit and some other benefits; all major providers also accept ESA, Jobseeker's Allowance and Income Support, and some accept PIP or Attendance Allowance.

**WHO IT HELPS**

People in the UK getting Universal Credit or another qualifying benefit. The person getting the benefit must be the main person on the contract, and each provider sets its own eligibility.

Free to read. Social tariffs are paid packages, cheaper than standard deals; prices are in Ofcom's table. Note: You still pay for the service; Ofcom says providers might not cover all premises in the regions listed, so check coverage and eligibility with the provider.

### Healthy Start (NHS) — money for milk, fruit, vegetables and formula in pregnancy and for under-4s (England, Wales and Northern Ireland)

https://www.healthystart.nhs.uk/

**WHAT IT DOES**

If eligible you get a card topped up every 4 weeks: £4.65 a week in pregnancy (from week 10), £9.30 a week for each child under 1 and £4.65 a week for children aged 1 to 4. Use it in shops for plain cow's milk, fruit, vegetables, pulses and infant formula, and to collect free vitamins. Apply online, by phone or by email.

**WHO IT HELPS**

People over 10 weeks pregnant or with a child under 4 who get Universal Credit (take-home pay £408 a month or less) or Pension Credit with the child addition. Pregnant under-18s can apply without benefits; some families who cannot claim public funds can too.

Free; the money on the card does not have to be paid back. Note: Not available in Scotland — people in Scotland can get Best Start Foods instead.

### Best Start Foods and Best Start Grant (Social Security Scotland) — payments for healthy food and baby costs (Scotland)

https://www.mygov.scot/best-start-grant-best-start-foods

**WHAT IT DOES**

Best Start Foods puts money on a prepaid card every 4 weeks for healthy food such as milk or fruit: £22.40 in pregnancy, £44.80 for each child under 1 and £22.40 for each child aged 1 to 3. Best Start Grant gives one-off payments for pregnancy and a new baby, early learning and starting school. One form covers these and Scottish Child Payment.

**WHO IT HELPS**

People in Scotland who are pregnant or the main carer of a young child and get a benefit such as Universal Credit, Housing Benefit or Pension Credit; under-20s may qualify without. Some families with no recourse to public funds can get Best Start Foods.

Free; payments do not have to be paid back. Note: Scotland only; in England, Wales and Northern Ireland use Healthy Start and the Sure Start Maternity Grant.

### Additional Needs Payment (Citizens Information) — help with an essential cost you can't pay from your income, even if working (Ireland)

https://www.citizensinformation.ie/en/social-welfare/supplementary-welfare-schemes/additional-needs-payment/

**WHAT IT DOES**

Explains the Additional Needs Payment for an essential expense you can't meet from your income or savings — for example higher fuel or electricity bills, essential repairs or appliances, a rent deposit, funeral costs, or food, clothing and shelter after a fire. There is no set rate; a Community Welfare Officer assesses your application, made online via MyWelfare or on paper.

**WHO IT HELPS**

People living in Ireland with an essential expense they can't pay, whether on a social welfare payment or working on a low income.

Free to apply; no fee is mentioned on the page. Note: The amount is decided case by case after a means assessment; online applications need a verified MyGovID.

### Society of St Vincent de Paul (SVP) — request a volunteer visit for practical help with money problems (Ireland)

https://www.svp.ie/get-help/how-we-can-help-you/

**WHAT IT DOES**

Fill in the online request form (or find your local office) and your local SVP group arranges a phone call and/or a visit from two volunteers. Support can include practical help with financial problems, help with education, information about other services and help explaining your case to other organisations.

**WHO IT HELPS**

People in Ireland who need support. SVP says it is not an emergency service and arranging a visit can take time.

Free (the request form says 'It's free'). Note: Not an emergency service; help comes from volunteers and can take time to arrange (as the page states).

### SNAP State Directory (USDA) — find your state's food assistance (food stamps) office and application (United States)

https://www.fna.usda.gov/snap/state-directory

**WHAT IT DOES**

Click your state (or New York City) on the map for contact and application information for the Supplemental Nutrition Assistance Program (SNAP). Each state has its own application form; if it is not online, contact your local SNAP office for one.

**WHO IT HELPS**

People in the United States who need help buying food; you apply through the SNAP office in your state.

Free to use; no fee is mentioned on the page. Note: You must meet income and resource limits. USDA says a 2025 law changed SNAP work requirements and non-citizen eligibility and it is updating its guidance — check with your state's SNAP office.

### WIC (USDA) — healthy food, nutrition advice and breastfeeding support for pregnant women, new mothers and children under 5 (United States)

https://www.fna.usda.gov/wic/apply

**WHAT IT DOES**

Explains how to apply for WIC: check whether you are likely to be eligible with the online tool, then contact a WIC agency in your area by phone or online to book an in-person or virtual appointment. Choose your state, territory or tribe to find local WIC contacts.

**WHO IT HELPS**

Women who are pregnant, recently pregnant or breastfeeding, and babies and children under 5. You may be asked for ID, proof of address and proof of income or of SNAP, Medicaid or TANF enrolment.

Free to use; no fee is mentioned on the page. Note: There is an income limit (you may already qualify if you get Medicaid, SNAP or TANF), and you must enrol through a WIC office in your area.

### USAGov — get help with energy bills through LIHEAP and the Weatherization Assistance Program (United States)

https://www.usa.gov/help-with-energy-bills

**WHAT IT DOES**

Explains the Low Income Home Energy Assistance Program (LIHEAP), which can help pay heating or cooling bills or give emergency help in an energy crisis, and the Weatherization Assistance Program for energy-saving home repairs. Links to a LIHEAP office finder, your state's weatherization office and who to contact if your utilities are disconnected.

**WHO IT HELPS**

Households in the United States on a low income; each state and territory sets its own LIHEAP rules.

Free to use. HHS says LIHEAP 'does not charge a fee for receiving a benefit'. Note: Apply only through your state or local LIHEAP office. HHS says LIHEAP does not give direct grants to individuals or charge a fee, and to report any message offering a LIHEAP grant or asking for a fee.

### Lifeline (FCC / USAC) — monthly discount on phone or internet service for people with low incomes (United States)

https://www.lifelinesupport.org/

**WHAT IT DOES**

Lifeline gives a monthly discount of up to $9.25 on phone, internet or bundled service, or up to $34.25 on qualifying Tribal lands. Apply online, then contact a participating phone or internet company to get the discount; eligibility is checked again every year.

**WHO IT HELPS**

US households with income at or below 135% of the 2026 Federal Poverty Guidelines, or where someone gets Medicaid, SNAP, SSI, federal housing assistance or Veterans Pension; survivors of domestic violence or human trafficking can also qualify.

Free to apply (no fee is mentioned); Lifeline lowers the cost of a service you still pay for. Note: A discount only, through participating companies; people in Oregon and Texas apply through their state's website.

### Feeding America — find your local food bank and its partner food pantries and meal programs (United States)

https://www.feedingamerica.org/find-your-local-foodbank

**WHAT IT DOES**

Enter your ZIP code or state to find your nearest Feeding America food bank, then click it for hours, locations and services at its partner food pantries and meal programs. Food pantries give food directly to people.

**WHO IT HELPS**

Anyone in the United States who needs extra help affording food; some pantries have extra requirements, such as living in a certain area.

Free ('A food pantry is where people can get free food').

### Food Banks Canada — find a food bank near you (Canada)

https://foodbankscanada.ca/find-a-food-bank/

**WHAT IT DOES**

Click on the map or type a location to find a food bank in your community and its details. If none shows in your area, check the nearest location or call 211 to ask about smaller food banks close by.

**WHO IT HELPS**

Anyone in Canada looking for a food bank.

The page does not state a fee — ask the food bank when you contact them. Note: Smaller food banks may not appear on the map (the page suggests calling 211).

### European Food Banks Federation (FEBA) — contact details for the national food bank network in 28 European countries (Europe)

https://www.eurofoodbank.org/members/

**WHAT IT DOES**

Lists one national food bank organisation per member country — for example Tafel Deutschland, Voedselbanken Nederland, Fédération Française des Banques Alimentaires, FESBAL (Spain), Banco Alimentare (Italy) — with phone, email and website. Contact the national network to find where food is handed out near you.

**WHO IT HELPS**

People who need food help in Europe, and those supporting them. Most member food banks pass food to local charities, which then give it to people in need.

The page does not state a fee — ask the local food bank or charity. Note: Many food banks supply charities rather than individuals; you may need to go through a local charity or show you are eligible. Rules differ by country.

### Tafel-Suche (Tafel Deutschland) — find one of 980+ Tafel food banks near you (Germany)

https://www.tafel.de/ueber-uns/die-tafeln/tafel-suche

**WHAT IT DOES**

Enter your town or postcode, or choose a federal state, to get a list of nearby Tafel food banks and their contact details. Tafeln hand out donated food such as fruit, vegetables and bread; contact your local Tafel directly to ask how to register and when food is given out.

**WHO IT HELPS**

People in Germany on a low income who find it hard to cover living costs — for example people on unemployment benefits, a small pension or asylum-seeker benefits. Each Tafel checks eligibility and decides what proof it needs.

The page does not state a fee — each Tafel sets its own rules; ask when you contact them. Note: Each Tafel works independently and sets its own opening days and proof of eligibility. Food depends on donations and is not a full supply.

## Worldwide — International Directories & Organisations

### UNHCR Help — country-by-country information and local help for refugees, people seeking asylum and stateless people (Worldwide)

https://help.unhcr.org/

**WHAT IT DOES**

The UN Refugee Agency's information site. Choose your country to find pages on asylum, rights and duties, registration, family reunification, work and income, and where to get help — for example lists of organisations that give free legal assistance. It also explains how to report fraud.

**WHO IT HELPS**

Refugees, people seeking asylum, stateless people and internally displaced people, in the countries that have a UNHCR Help page.

Free. UNHCR Help pages state: 'All UNHCR services and activities are free of charge!'. Note: Not every country has a page, and what is on offer differs by country. UNHCR says all its services are free and any request for money or favours for them should be reported.

### WAPES — member list linking to the official public employment service or labour ministry in about 75 countries (Worldwide)

https://wapes.org/members-2/

**WHAT IT DOES**

The World Association of Public Employment Services lists its members country by country, with a link to each national public employment service or labour ministry (for example Germany's Bundesagentur für Arbeit, Austria's AMS, Sweden's Arbetsförmedlingen). Use it to find the official, government-run job service in your country rather than a private agency.

**WHO IT HELPS**

Anyone looking for work who wants to find their country's official public employment service. Not every country is a member.

Free to use; no fee is mentioned on the page. National public employment services are government services. Note: A list of links only — check what each national service offers. Some countries are missing, and some links on the list may be out of date.

### INFO Network — find the financial services ombudsman in your country for complaints about banks, insurers and pensions (Worldwide)

https://www.networkfso.org/scheme-links.php

**WHAT IT DOES**

The International Network of Financial Services Ombudsman Schemes links to its member ombudsman and dispute-resolution schemes by country and region (Africa, Asia-Pacific, Americas, Eurasia). These independent schemes deal with complaints against banks, insurers and other financial firms once you have complained to the firm first. A consumer page explains how to complain.

**WHO IT HELPS**

People with an unresolved complaint about a bank, insurer, pension or other financial service, in a country with a member scheme.

INFO Network says you 'should be able to contact the financial services ombudsman's office directly yourself, easily and free of charge' and 'don't need to use a claims company'. Note: Only about 35 countries and territories have a member scheme listed, and you usually must complain to the firm first. If yours is missing, the network suggests your consumer affairs office or financial regulator.

### GANHRI — directory of national human rights institutions (human rights commissions and ombudspersons) in about 119 countries (Worldwide)

https://ganhri.org/membership/

**WHAT IT DOES**

The Global Alliance of National Human Rights Institutions lists its member institutions by region, with a link to each one's website. These bodies are set up by the state but work independently of government to promote and protect human rights; many handle complaints. Use the list to find your country's official institution.

**WHO IT HELPS**

Anyone whose human rights may have been breached — including at work — and who wants their country's official human rights institution. What each institution can do differs by country.

Free to use; no fee is mentioned on the page. Note: A list of institutions — powers differ: some take individual complaints, others mainly monitor and advise. Check the institution's own site.

### International Ombudsman Institute — member directory of about 200 public-sector ombudsman offices (Worldwide)

https://www.theioi.org/ioi-members

**WHAT IT DOES**

Lists independent ombudsman institutions by region (Africa, Asia, Australasia and Pacific, Caribbean and Latin America, Europe, North America), each with its own entry. Ombudsman institutions protect people against violation of rights, abuse of powers, unfair decisions and maladministration by public bodies. Find yours, then check how to complain.

**WHO IT HELPS**

People with a complaint about a government department or public service who have not been able to sort it out with that body.

Free to use; no fee is mentioned on the page. Note: Most ombudsmen only handle complaints about public bodies, usually after you have complained to the body itself. The list loads with JavaScript.

### econsumer.gov — report an international online scam to consumer protection agencies in more than 65 countries (Worldwide)

https://econsumer.gov/

**WHAT IT DOES**

An official site where you can report a scam or problem with a business in another country (online shopping, money-making scams, imposters, prizes and lotteries). Reports are shared with consumer protection agencies so they can spot trends and act together. It also lists other steps, such as contacting your payment provider or a national complaint agency.

**WHO IT HELPS**

Anyone, anywhere, who has had a problem with a foreign business or a cross-border scam. Available in several languages including English, French, German, Spanish and Portuguese.

Free to use; no fee is mentioned on the page. Note: It collects reports to help agencies act; the site does not say it will get your money back or resolve each report.

### The Salvation Army — find The Salvation Army in your country (134 countries) for local practical help (Worldwide)

https://www.salvationarmy.org/global-presence

**WHAT IT DOES**

The Salvation Army's international headquarters lists every country where it works, with a 'Find The Salvation Army in your country' search. Local Salvation Army services differ by country; its international site describes work including disaster response, economic empowerment (skills that lead to employment), refugees and people seeking asylum, and people affected by trafficking.

**WHO IT HELPS**

Anyone looking for The Salvation Army in their country. It is a Christian church and charity; services differ from place to place.

Free to use; no fee is mentioned on the page. Ask the local Salvation Army about any costs for specific services. Note: It is a Christian church as well as a charity. Services differ by country — contact the local Salvation Army to ask what it offers.

### Society of St Vincent de Paul — country list with links to about 30 national societies (present in over 150 countries) (Worldwide)

https://www.ssvpglobal.org/where-we-are/

**WHAT IT DOES**

A map and country list of the Society of St Vincent de Paul, with links to the national website for about 30 countries. Local volunteer groups visit people at home and give direct help with food, clothing and household goods; in some countries they also run hostels, employment-integration projects and legal advice for migrants. Contact the national society to find help near you.

**WHO IT HELPS**

People on low incomes, families in need, homeless people, migrants and others, in countries where the Society works. Help is local and differs by country.

The page does not state a fee — ask when you contact them. Note: A Catholic volunteer charity; what is offered and how to ask for help differs by country. The page does not state costs.

### Caritas Internationalis — find your Caritas: national Catholic social-help organisations, with contact details (Worldwide)

https://www.caritas.org/where-we-work/

**WHAT IT DOES**

A 'Find your Caritas' list of national Caritas member organisations. Each country page gives the national organisation's address, phone, email and website. National Caritas organisations offer practical help to people who are poor or excluded; contact yours to find local services.

**WHO IT HELPS**

People in need in the countries where a national Caritas organisation works. Services and how to reach them differ by country.

Free to use; no fee is mentioned on the page. Note: A contact directory — each national Caritas is autonomous and sets its own services. Check locally what is offered and whether any charges apply.

### Dress for Success — find a local affiliate in one of 16 countries for interview clothing and job-search support for women (Worldwide)

https://dressforsuccess.org/

**WHAT IT DOES**

Use 'Find your local network member' to choose a country (including Australia, Canada, Italy, the Netherlands, New Zealand, Portugal, the UK and the US) and reach the nearest Dress for Success. Local affiliates provide interview clothing, styling and support while you look for work and in your first weeks of a job.

**WHO IT HELPS**

Women looking for work. You usually need an interview booked and a referral from a partner agency before visiting a local boutique.

The page does not state a fee — ask your local affiliate. Note: Only in 16 countries (most offices are in the US). Referral usually needed. Each affiliate is an independent non-profit with its own rules, hours and services.

### Clubhouse International — find a Clubhouse in one of 30 countries: community and work support for adults living with mental illness (Worldwide)

https://clubhouse-intl.org/Clubhouse-Directory

**WHAT IT DOES**

Search by city, state or country to find one of 380+ Clubhouses in 30 countries. A Clubhouse is a community-based mental health service where people are members, not patients; it offers routes back to work through Transitional, Supported and Independent Employment, plus help with education and housing.

**WHO IT HELPS**

Adults (most Clubhouses accept people aged 18 or over) living with mental illness who want community and support towards work, study or housing. Each Clubhouse has its own application process; self-referral is welcomed.

Free ('Membership at a Clubhouse is free to anyone living with a mental illness' — Clubhouse International FAQ). Note: Only in 30 countries, and most Clubhouses listed are in the US. Each Clubhouse sets its own application process; the directory shows whether a Clubhouse is accredited.

## Staying Safe — Checking Advisers Are Licensed & Avoiding Job, Debt & Loan Scams

### ASIC Professional Registers search — check a lender, broker or credit repair business holds a licence (Australia)

https://www.asic.gov.au/online-services/search-asic-registers/professional-registers-search

**WHAT IT DOES**

The Australian Securities and Investments Commission's search of people and businesses registered or licensed to provide financial services, including credit licensees and credit representatives. Search by name, licence or registration number, ACN or ABN to check a business is licensed and what services it is licensed to provide. ASIC also keeps registers of banned and disqualified people and organisations.

**WHO IT HELPS**

Anyone in Australia checking a lender, broker, credit repair or debt business, or another financial service, before dealing with it.

Free to search (the page says 'Most information is available for free'; some paid extracts are available). Note: ASIC warns that being listed on a government register does not guarantee a business is trustworthy.

### Moneysmart — credit repair: check before you pay, and how to fix credit report errors for free (Australia)

https://moneysmart.gov.au/managing-debt/credit-repair

**WHAT IT DOES**

Government guide warning that credit repair companies may charge high fees for things you can do yourself for free, and that paying one may not improve your credit score. It explains how to get errors fixed through the credit reporting agency or credit provider, how to take a dispute to AFCA, how to check a company's licence on ASIC's register, and suggests a free financial counsellor.

**WHO IT HELPS**

People in Australia with errors or defaults on their credit report, or who are offered credit repair or debt help for a fee.

Free to use; no fee is mentioned on the page.

### OMARA Register of Migration Agents — check an agent is registered, including agents at non-commercial organisations (Australia)

https://portal.mara.gov.au/search-the-register-of-migration-agents/

**WHAT IT DOES**

The official search of registered migration agents in Australia. Search by the agent's name, registration number (MARN), business name or location before you pay anyone for visa help. A tick-box lists registered agents who work for non-commercial organisations.

**WHO IT HELPS**

Anyone in Australia or overseas using, or thinking of paying, someone to help with an Australian visa or immigration matter.

Free to search; no fee is mentioned on the page. Agents' own fees are not shown — ask before you agree to anything. Note: The register shows registration only, not fees or quality. Use the non-commercial filter to find agents working for non-commercial organisations.

### Scamwatch — jobs and employment scams: warning signs and what to do if you paid (Australia)

https://www.scamwatch.gov.au/types-of-scams/jobs-and-employment-scams

**WHAT IT DOES**

Explains common job scams — fake recruiters, task-based scams where you must 'top up' an account, money-mule jobs and pyramid schemes — and warning signs such as being asked to pay a 'recruitment fee' or being contacted out of the blue on WhatsApp, Signal or Telegram. If you have paid, it says to contact your bank, call IDCARE for free help and report the scam to Scamwatch.

**WHO IT HELPS**

Job seekers in Australia, including people offered work online or through messaging apps.

Free to use; no fee is mentioned on the page.

### Financial Service Providers Register — check a lender is registered and which dispute scheme it belongs to (New Zealand)

https://fsp-register.companiesoffice.govt.nz/help-centre/getting-started-on-the-register/searching/

**WHAT IT DOES**

The official public register of people and businesses offering financial services in New Zealand. Search by name, trading name or FSP number to see a lender's or adviser's registration status, the services it is registered or licensed to provide, and the dispute resolution scheme it belongs to. The government's Consumer Protection site says unregistered lenders cannot legally give credit.

**WHO IT HELPS**

Anyone in New Zealand checking a lender, finance company, broker or adviser before borrowing or signing up.

Free to use; no fee is mentioned on the page.

### Immigration New Zealand — who can give you immigration advice, and checking the licensed adviser register (New Zealand)

https://www.immigration.govt.nz/contact/find-immigration-advice

**WHAT IT DOES**

Official guidance on getting help with a visa. Advice must come from a licensed immigration adviser or an exempt person, such as a lawyer with a current practising certificate or a volunteer at Community Law or Citizens Advice Bureau. It says to check the Immigration Advisers Authority register for a current licence before using an adviser, and to contact the Authority to complain.

**WHO IT HELPS**

People applying for, or thinking of applying for, a New Zealand visa, whether in New Zealand or overseas.

Free to read. The page says the Immigration Advisers Authority explains 'how much it should cost' to use an adviser.

### New Zealand Law Society — Public Register of Lawyers: check a lawyer's practising status (New Zealand)

https://www.lawsociety.org.nz/registry-lookup/

**WHAT IT DOES**

The Law Society describes the Public Register of Lawyers as 'the official database of lawyers in New Zealand', covering all lawyers, including those who do not serve the public. Search by a lawyer's name, with location and practice-area filters, to check their practising status and details before relying on them.

**WHO IT HELPS**

Anyone in New Zealand who wants to check that a lawyer is real and allowed to practise.

Free to use; no fee is mentioned on the page.

### FCA Firm Checker — check a lender, debt adviser or other financial firm is authorised (UK)

https://www.fca.org.uk/consumers/fca-firm-checker

**WHAT IT DOES**

The Financial Conduct Authority's consumer tool shows whether a financial firm is authorised by the FCA and has permission for the service you want. Nearly all UK financial firms must be authorised or registered, and the FCA says using an authorised firm with the right permissions 'will greatly reduce your risk of harm'. Fuller details, including individuals, are on the Financial Services Register.

**WHO IT HELPS**

Anyone in the UK checking a lender, debt management or debt advice firm, broker or other financial business before dealing with it.

Free to use; no fee is mentioned on the page. Note: It cannot confirm whether Financial Ombudsman or compensation scheme protection applies, and it does not cover products the FCA does not regulate.

### FCA Warning List — search firms the regulator warns are unauthorised or clones of genuine firms (UK)

https://www.fca.org.uk/consumers/warning-list-unauthorised-firms

**WHAT IT DOES**

A searchable list of firms the Financial Conduct Authority is concerned are working without its permission, including 'clone' firms that copy a genuine authorised firm's details. If you are contacted unexpectedly, the FCA advises getting in touch only through the contact details shown on its Firm Checker. A firm missing from the list may still be unauthorised or a scam.

**WHO IT HELPS**

Anyone in the UK offered a loan, debt help, an investment or another financial service, especially out of the blue.

Free to use; no fee is mentioned on the page. Note: Not being on the list does not mean a firm is safe — the FCA warns it 'may still be unauthorised or be a scam'.

### Solicitors Regulation Authority — Solicitors Register: check someone is a solicitor and their firm is regulated (England and Wales)

https://www.sra.org.uk/consumers/register/

**WHAT IT DOES**

The SRA calls this 'the definitive impartial source of information about the law firms and people regulated by the Solicitors Regulation Authority'. Check whether somebody is a solicitor and where they work, and look up firms the SRA has closed down and people it has prohibited from practising. No result means it is not safe to assume the person or firm is regulated.

**WHO IT HELPS**

Anyone about to use, or already using, a solicitor or law firm in England and Wales.

Free to use; no fee is mentioned on the page.

### GOV.UK — Find an immigration adviser: check an adviser is registered with the Immigration Advice Authority (UK)

https://www.gov.uk/find-an-immigration-adviser

**WHAT IT DOES**

Official guidance on getting immigration advice. All immigration advisers must be registered with the Immigration Advice Authority (IAA) or be a member of an approved professional body; use the IAA Adviser Finder to find a registered adviser near you. It explains how to complain, links to a list of people banned from acting as advisers, and warns you cannot get your money back if an adviser is not regulated.

**WHO IT HELPS**

People in the UK who need help with visas, permission to stay or immigration appeals.

Free to read. The page says to 'Check if the adviser is registered and if they charge a fee before you use them'. Note: Some registered advisers charge fees — check the cost before you use one.

### Central Bank of Ireland — how to avoid financial scams, including fake loans that ask for an upfront fee (Ireland)

https://www.centralbank.ie/consumer-hub/explainers/how-can-i-avoid-a-financial-services-scam

**WHAT IT DOES**

Explains common scams — fake loans that ask for a fee before the money is released, investment scams, cloned firms, phishing texts and fake comparison websites — and the SAFE test. It says credit providers regulated by the Central Bank are not allowed to charge administration fees when you apply for a loan, and tells you to check the Central Bank's register of authorised firms before dealing with anyone.

**WHO IT HELPS**

Anyone in Ireland offered a loan, investment or other financial product, especially by an unexpected call, text, email or advert.

Free to use; no fee is mentioned on the page.

### FTC — How To Get Out of Debt: choosing credit counselling and spotting debt relief scams (United States)

https://consumer.ftc.gov/articles/how-get-out-debt

**WHAT IT DOES**

FTC guide to credit counselling, debt settlement and other debt relief. It warns that non-profit status does not mean services are free, affordable or legitimate, that a debt settlement company can't take fees before it settles your debt, and that only scammers guarantee to settle all your debts or tell you to stop talking to creditors without explaining the risks. Report scams at ReportFraud.ftc.gov.

**WHO IT HELPS**

People in the US considering credit counselling, a debt management plan, or a debt settlement or debt relief company.

Free to use; no fee is mentioned on the page.

### FTC — Job Scams: signs of fake jobs and what to do if you paid a scammer (United States)

https://consumer.ftc.gov/articles/job-scams

**WHAT IT DOES**

Explains common job scams, such as being asked to pay to get a job, fake cheques you are told to deposit and send part of back, and parcel reshipping 'jobs'. It says honest employers, including the federal government, will never ask you to pay to get a job, shows how to check a company online, and what to do if you paid. Report job scams at ReportFraud.ftc.gov or to your state attorney general.

**WHO IT HELPS**

Job seekers in the US.

Free to use; no fee is mentioned on the page.

### EOIR Recognition & Accreditation rosters — check a non-lawyer immigration representative is DOJ-accredited (United States)

https://www.justice.gov/eoir/recognition-accreditation-roster-reports

**WHAT IT DOES**

Department of Justice lists (PDF) of recognized organizations and accredited representatives, including a list by state and city that is updated regularly. Accredited representatives are non-lawyers allowed to represent people before immigration authorities and the immigration courts; they may only work through recognized organizations, which must be non-profit and federally tax-exempt.

**WHO IT HELPS**

People in the US looking for immigration help who want to check that a non-lawyer helper is authorised, or to find a non-profit organisation with accredited staff.

Free to use; no fee is mentioned on the page. The rosters do not show what organizations charge — ask first. Note: Lists non-lawyer representatives and their organizations only; to check a lawyer, contact the state bar or lawyer disciplinary agency.

### Office of the Superintendent of Bankruptcy — how to avoid paying unnecessary fees to unlicensed debt advisors (Canada)

https://ised-isde.canada.ca/site/office-superintendent-bankruptcy/en/you-owe-money/how-avoid-paying-unnecessary-fees-your-debt

**WHAT IT DOES**

Federal warning that some debt advisors charge hundreds or thousands of dollars for debt relief they are not authorised to provide or that you do not need. It suggests a Licensed Insolvency Trustee instead: trustees must assess your situation and discuss all options, including non-insolvency ones, and the first consultation is usually free. It links to the government's debt solutions pages.

**WHO IT HELPS**

People in Canada with serious debt who are considering a consumer proposal, bankruptcy or paid debt help.

Free to read. The page says 'Usually the first consultation is free' with a Licensed Insolvency Trustee. Note: The page says only that the first consultation with a Licensed Insolvency Trustee is usually free — ask about all fees before agreeing to a proposal or bankruptcy.

### College of Immigration and Citizenship Consultants — Public Register: check an immigration consultant is licensed (Canada)

https://college-ic.ca/protecting-the-public/find-an-immigration-consultant

**WHAT IT DOES**

How to use the College's Public Register of licensed immigration consultants (RCICs) and student immigration advisors (RISIAs). Only licensees with 'Active' status and 'Yes' under 'Entitled to Practise' can legally give advice; suspended or revoked licensees cannot. Giving Canadian immigration advice for a fee without a licence from the College, a law society or the Chambre des notaires du Québec is an offence.

**WHO IT HELPS**

Anyone in Canada or abroad paying, or planning to pay, someone for help with Canadian immigration, study permits or citizenship.

Free to use; the page says 'Anyone can use this Public Register'. Consultants' fees are not shown — ask before you pay.

### European e-Justice Portal — Find a lawyer: search official bar registers in 24 European countries (European Union)

https://e-justice.europa.eu/topics/find-legal-professional/lawyers_en

**WHAT IT DOES**

Search for a lawyer by name, location, spoken language or practice area. The results come from the registers of the participating bar associations.

**WHO IT HELPS**

Anyone who needs a lawyer in, or wants to check a lawyer from, a participating country (26 bar bodies in 24 countries, e.g. Germany, France, Spain, Italy, the Netherlands, Austria, Poland, Sweden, Norway).

Free to search; no fee is mentioned on the page. The lawyers listed are private lawyers who may charge — ask about fees and legal aid first. Note: Not every country takes part, and 'not all bar registers allow a search based on all search criteria'. The listed lawyers may charge; ask about legal aid first.

### National Credit Regulator — registers of registered credit providers and debt counsellors (South Africa)

https://www.ncr.org.za/register_of_registrants/registered_cp.php

**WHAT IT DOES**

Search the official registers to check that a lender (credit provider) is registered under the National Credit Act before you borrow, and — on the linked debt counsellors register — that a debt counsellor is registered before you sign up. Search by name or registration number; separate tabs show registrations that were cancelled by the tribunal, cancelled voluntarily or have lapsed.

**WHO IT HELPS**

Anyone in South Africa checking a lender, debt counsellor or other credit-industry business.

Free to use; no fee is mentioned on the page. Debt counsellors on the register charge fees, which they must disclose to you in writing. Note: The NCR reported a cyber-attack in December 2025 that disrupted some systems; the registers were working when checked. Debt counselling found here is not free.

08

# Neurological Conditions — Support for Dementia, Alzheimer's, Parkinson's, Epilepsy, Stroke, MS, MND & More

NEUROLOGICAL CONDITIONS

NEUROLOGICAL CONDITIONS

# Neurological Conditions — Support for Dementia, Alzheimer's, Parkinson's, Epilepsy, Stroke, MS, MND & More

**In an emergency — the signs of a stroke, a seizure that does not stop, or a sudden, severe headache — call your local emergency number.** Free helplines, including national dementia, epilepsy, stroke, MS, Parkinson's, MND and brain-injury lines, are in chapter 02 (Helplines & Crisis Lines), and chapter 04 (Know What To Do) has free guides to the signs of stroke, seizure first aid and the warning signs of dementia. This chapter gathers 213 services and resources for people living with a neurological condition and for their families and carers — dementia and Alzheimer's disease, Parkinson's disease, epilepsy, stroke, multiple sclerosis, motor neurone disease, migraine, brain injury, Huntington's disease and other movement disorders, muscle, nerve and spinal-cord conditions, cerebral palsy, Tourette syndrome, functional neurological disorder, brain tumours and rare conditions: ways to find a neurologist and get a diagnosis, the national charities and their specialist nurses, support groups and online communities, information for people who have just been diagnosed, help for carers, equipment and driving, and research registers. They are run by governments, national health services, universities and long-established charities. Each listing says who it is for, where it works and what it costs, as the organisation states it. Every listing was found on the organisation's own website, checked again independently, and opened a third time before it was added (October 2026). These listings are information, not medical advice — talk to your own doctor about diagnosis and treatment. Each listing links to the organisation's own website, which has its latest details.

## Start Here — Finding a Neurologist, Diagnosis & Brain Health Information

### Brain Foundation — A–Z of brain disorders with where to find support (Australia)

https://brainfoundation.org.au/disorders/

WHAT IT DOES

An A–Z directory of brain disorders, written for people newly diagnosed and their friends and relatives, with basic information reviewed by medical experts and pointers to where to turn for more information and support. Choose a letter or condition to start.

WHO IT HELPS

People in Australia newly diagnosed with a brain disorder, disease or injury, their friends and relatives, and health professionals.

The page does not state a fee — the directory is open to read on the website. Note: General information only — the site says it is doctor reviewed but does not take the place of advice from a healthcare professional.

### Neurological Foundation — conditions and support organisations for New Zealanders (New Zealand)

https://www.neurological.org.nz/conditions/

WHAT IT DOES

Plain-language overviews of neurological conditions that New Zealand researchers focus on — including Alzheimer's and dementia, brain tumours, cerebral palsy, epilepsy, essential tremor, FND, Huntington's, migraine, MND, MS, Parkinson's, stroke and traumatic brain injury — with their symptoms and support organisations. For rare conditions it points to Rare Disorders NZ.

WHO IT HELPS

People in New Zealand living with a neurological condition, and their whānau and friends.

The page does not state a fee — the pages are open to read on the website. Note: Covers a selection of conditions, not all 700+. The Foundation funds research and education, so it points you to support organisations for each condition. No fee is stated.

### Brain & Spine Foundation Helpline — free nurse helpline for any neurological condition (UK)

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

**WHAT IT DOES**

A national helpline run by neuroscience nurses who answer questions, recommend practical steps and give emotional support to people affected by any neurological condition. Call free on 0808 808 1000, Monday to Friday 9am–4pm, or email; email replies aim to arrive within 3 working days.

**WHO IT HELPS**

Anyone in the UK living with a neurological condition, or caring for someone who does.

Free (as the service states: 'It is free to call'). Note: Weekdays 9am–4pm only and closed on bank and public holidays. You can leave a message, but it cannot return calls to numbers that bar withheld or anonymous calls.

### Brain & Spine Foundation — find a neurology or neurosurgery centre near you, online map (UK)

https://www.brainandspine.org.uk/find-a-neurological-service/

**WHAT IT DOES**

An online map of neurology and neurosurgery centres, spinal injury units, and radiosurgery and radiotherapy centres, with a downloadable full list of neurocentres and information on private neurologists. If you need help using the map, the team can be reached on 020 3096 7880.

**WHO IT HELPS**

People with a neurological condition, and their families, who want to know where specialist neurology and neurosurgery services are located in the UK.

The page does not state a fee — the map is open to use on the website. Note: A map of where services are — it does not book appointments or make referrals. It also gives information on private neurologists.

### The Neurological Alliance — directory of member charities to find support for your condition (England)

https://www.neural.org.uk/membership/our-members/

**WHAT IT DOES**

A directory of the alliance's member organisations — national charities and support groups for conditions from ataxia, brain injury and Batten disease to rare conditions such as CADASIL or cauda equina syndrome — each with a short description and a website link. Browse it to find the charity that supports your condition.

**WHO IT HELPS**

People in England affected by a neurological condition, and their families and carers, who are looking for a condition-specific charity.

The page does not state a fee — the directory is open to use; each charity sets its own terms. Note: The alliance itself works on health and care policy; for advice and support, contact the member charities listed.

### NHS inform — brain, nerves and spinal cord conditions A–Z (Scotland)

https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/

**WHAT IT DOES**

NHS inform's section on illnesses and conditions of the nerves and central nervous system, with pages on ataxia, dementia, dystonia, epilepsy, FND, Huntington's disease, MND, MS, multiple system atrophy, myasthenia gravis, Parkinson's, peripheral neuropathy, PSP, stroke and TIA, Tourette's syndrome and more. Pick a condition to read the NHS overview.

**WHO IT HELPS**

Anyone wanting NHS information on a neurological condition; service and support details are written for people in Scotland.

Free to use; no fee is mentioned on the page.

### Neurological Alliance of Ireland — list of member charities to find the organisation for your condition (Ireland)

https://www.nai.ie/our-members

**WHAT IT DOES**

A list of the alliance's member organisations with a short description and website link for each — including Acquired Brain Injury Ireland, The Alzheimer Society of Ireland, Aphasia Ireland, Epilepsy Ireland, FND Ireland, Headway Ireland, the Irish Motor Neurone Disease Association, MS Ireland, Migraine Ireland, Parkinson's Ireland, PSPA Ireland and Spinal Injuries Ireland.

**WHO IT HELPS**

People in Ireland living with a neurological condition, and their families and carers, looking for a condition-specific organisation.

The page does not state a fee — the list is open to use; each organisation sets its own terms. Note: The alliance is an advocacy umbrella body; contact the member organisation for your condition. Some member descriptions are old, so check each organisation's own website. No fee is stated.

### BrainHealth.com (American Academy of Neurology) — free information on neurological conditions, caregiving and daily life (United States)

https://www.brainhealth.com/

**WHAT IT DOES**

The American Academy of Neurology's public website (the new home of its Brain & Life resources), with expert-reviewed articles on neurological disorders, caregiving, life with a condition, and finances and insurance, plus a podcast and an 'Ask a Neurologist' section of common questions and answers. Start with 'Disorders & Care' to look up a condition.

**WHO IT HELPS**

People living with a neurological condition, their family and carers, and anyone wanting to look after their brain health. Run by a US organisation; some articles, such as those on insurance and medical bills, are US-specific.

Free to read (the AAN describes Brain & Life, now BrainHealth.com, as a free resource); the email newsletter sign-up is optional.

### NINDS (National Institutes of Health) — A–Z index of neurological disorders (United States)

https://www.ninds.nih.gov/health-information/disorders

**WHAT IT DOES**

The US National Institute of Neurological Disorders and Stroke's A–Z index of neurological disorders, linking to plain-language information pages, a Glossary of Neurological Terms and a Spanish-language section (Trastornos neurológicos en español). Search the index or browse by letter to find a condition.

**WHO IT HELPS**

Anyone who wants reliable information on a neurological condition — people newly diagnosed, families, carers and students. US government information, open to read anywhere.

Free to use; no fee is mentioned on the page. Note: NIH says its websites are changing: existing pages are being redirected to matching pages on the new NIH.gov where possible, so this address may forward you to a new page.

### EFNA 'Stronger Connected' map — find a neurology patient organisation by country and condition (Europe)

https://www.efna.net/european-neurology-patient-organisations/

**WHAT IT DOES**

An interactive map and searchable listing of neurology patient organisations across Europe, including Ireland and the UK. Filter by country and by condition — such as ataxia, brain tumour, dystonia, epilepsy, headache, Huntington's, MS, myasthenia gravis, Parkinson's, stroke or Tourette's — to see each organisation's website and email.

**WHO IT HELPS**

People living with a neurological condition in Europe, and their families, looking for a patient organisation in their own country.

The page does not state a fee — the map is open to use on the website. Note: Entries give each organisation's contact details as recorded by EFNA; confirm on the organisation's own website before relying on them.

## Dementia & Alzheimer's Disease

### Dementia Australia — post-diagnostic support: six free sessions after a dementia or MCI diagnosis (Australia)

https://www.dementia.org.au/get-support/post-diagnostic-support

**WHAT IT DOES**

One Dementia Australia staff member works with you over six sessions, by phone or video, to help you understand dementia, plan support services and networks, and prepare for changes; they can also refer you on to My Aged Care or the NDIS. Sessions can be spread over six weeks or up to 12 months. To start, contact the National Dementia Helpline on 1800 100 500 or its live chat.

**WHO IT HELPS**

People of any age diagnosed with dementia, or assessed with mild cognitive impairment, anywhere in Australia; the support is also available to their family and carers.

Free (as the service states).

### Dementia Australia — free dementia counselling for individuals, couples and families (Australia)

https://www.dementia.org.au/get-support/counselling

**WHAT IT DOES**

Professional counsellors help with emotional reactions, family and culture, living arrangements, symptoms and changed behaviours, and with planning for the future, at any stage of dementia. Sessions are face-to-face, by phone or by video. To ask for counselling, call the National Dementia Helpline on 1800 100 500 at any time; an adviser will talk through your needs.

**WHO IT HELPS**

People living with dementia, and family members, partners and carers of someone with dementia, in Australia.

Free (as the service states). Note: The program is up to six sessions; which format you get depends on your location and counsellor availability, and needs beyond the dementia focus (such as relationship counselling) may be referred elsewhere.

### Dementia Australia — Connecting Peers: one-to-one support from a volunteer with lived experience (Australia)

https://www.dementia.org.au/get-support/connecting-peers/get-peer-support

**WHAT IT DOES**

You register online and are matched with a volunteer Peer Leader who has been through something similar: a person living with dementia is matched with another person with dementia, and a carer with a carer. You talk by phone or Zoom, usually up to six calls over six months, and can ask for a different match or opt out at any time.

**WHO IT HELPS**

Anyone in Australia who lives with dementia or cares for someone living with dementia.

Free, with no obligation (as the service states). Note: Matching can involve a waiting list; a peer connection is normally up to 6 calls over 6 months, and you can reapply after 3 months.

### Dementia Australia — Mild Cognitive Impairment: Thinking Ahead, a free five-week small-group program (Australia)

https://www.dementia.org.au/get-support/mild-cognitive-impairment-thinking-ahead

**WHAT IT DOES**

Five weekly sessions of two and a half hours, in a group of up to 10 people living with MCI, led by Dementia Australia staff, covering what MCI is, practical tips for managing changes, brain health, services that can help and staying independent. There is an individual session first that a family member or support person can join. Register from the online schedule or call 1800 100 500.

**WHO IT HELPS**

People living with mild cognitive impairment (MCI) in Australia; a family member or support person can attend the first individual session.

Free (as the service states). Note: Runs to a schedule; whether you can attend face-to-face or online depends on your location.

### Dementia Australia — family engagement counselling for families living with young onset dementia (Australia)

https://www.dementia.org.au/get-support/family-engagement-counselling-young-onset-dementia

**WHAT IT DOES**

Specialist counsellors bring family members together to talk through the practical and emotional effects of dementia, changing roles and big decisions such as continuing work or school, and help the family reach supports such as respite. The person with dementia is at the centre but can choose not to take part. Contact the National Dementia Helpline on 1800 100 500 or use the enquiry form.

**WHO IT HELPS**

Family groups where someone lives with dementia, especially young onset dementia (diagnosed under 65), anywhere in Australia; all family members can take part, including children under 18.

Free (as the service states).

### Dementia Support Australia — DBMAS: free 24/7 help when changed behaviours affect the care of a person with dementia (Australia)

https://www.dementia.com.au/dbmas

**WHAT IT DOES**

Consultants assess the person with dementia and their surroundings by phone or in person, work with carers, GPs and care staff, and give personalised, non-drug strategies, written recommendations and ongoing support. It helps at home, in respite, in residential aged care and in hospital. Call the 24-hour line on 1800 699 799, use the referral form or live chat.

**WHO IT HELPS**

Family carers and care staff of a person who has, or is suspected of having, dementia and whose behaviours are affecting their care, anywhere in Australia; no age limit. The person must agree (or their responsible person).

Free (as the service states: 'funded by the Australian Government Department of Health and is a free service').

### healthdirect — dementia information hub: types, diagnosis, driving and caring at home (Australia)

https://www.healthdirect.gov.au/conditions/dementia

**WHAT IT DOES**

The government-funded health information service's dementia section, with plain-language pages on Alzheimer's disease, vascular, Lewy body, frontotemporal and younger onset dementia, tests used in diagnosis, living well after diagnosis, dementia and driving, caring for someone at home, and dementia in Aboriginal and Torres Strait Islander people. It advises seeing your doctor if you notice symptoms.

**WHO IT HELPS**

Anyone in Australia worried about memory changes, living with dementia, or caring for someone with dementia.

Free to use; no fee is mentioned on the page.

### Cognitive, Dementia and Memory Service (CDAMS) — public memory clinics for assessment and diagnosis (Victoria, Australia)

https://www.betterhealth.vic.gov.au/health/serviceprofiles/cognitive-dementia-and-memory-service

**WHAT IT DOES**

CDAMS clinics are specialist multidisciplinary services that assess memory loss or changes in thinking, give a diagnosis, explain treatment options, and offer education, support, help planning ahead and links to other services. You can be referred by your GP or community health centre, or contact a CDAMS clinic yourself — a doctor's referral is not required.

**WHO IT HELPS**

Anyone in Victoria experiencing changes to their memory or thinking, and the people who support them. Clinics are across metropolitan Melbourne and regional Victoria.

The service 'may be partly or fully covered by Medicare'; contact the clinic before you attend if you want to know about cost (as the page states). Note: Victoria only. The page does not list clinics; the Better Health Channel points to the Australian Dementia Network map to find a public or private clinic near you.

### Forward with Dementia — guidance for the first year after a dementia diagnosis, incl. young onset (Australia)

https://forwardwithdementia.au/

**WHAT IT DOES**

An Australian information website, co-created with people living with dementia and carers, that helps you through the first year after diagnosis: understanding the diagnosis, coming to terms with it, managing changes, wellbeing, and making plans and decisions. It has separate sections for people with dementia, carers, families living with young onset dementia and health professionals.

**WHO IT HELPS**

People recently diagnosed with dementia in Australia, their carers and families (including young onset dementia), and the health professionals who support them.

Free to read online (open web pages; no fee is mentioned). Note: An information website, not a support service — for personal help use the National Dementia Helpline or your doctor.

### Health New Zealand | Te Whatu Ora — dementia (mate wareware): symptoms, diagnosis, planning ahead and support (New Zealand)

https://www.healthnz.govt.nz/health-topics/conditions-treatments/brain-and-nerves/dementia

**WHAT IT DOES**

The national health service's plain-language page on dementia: common symptoms and types, why to see a healthcare provider if you are worried about memory, living with dementia, your rights, planning ahead with an Enduring Power of Attorney and advance care plan, and caring for someone. It links to Alzheimers New Zealand and Dementia New Zealand for local support.

**WHO IT HELPS**

People in New Zealand worried about memory changes, living with dementia, and their whānau and carers.

Free to use; no fee is mentioned on the page.

### Dementia New Zealand — find your local dementia support organisation (New Zealand)

https://dementia.nz/find-local-help/

**WHAT IT DOES**

Choose the regional organisation that covers where you live and contact it directly for support, education and advice for people living with dementia (mate wareware), their care partners and whānau. The network covers Northland, Auckland, Waikato, Lakes, Tauranga/Western Bay of Plenty, Hawke's Bay, Wellington and Canterbury/West Coast; the page links the Alzheimers organisations for other regions.

**WHO IT HELPS**

People living with dementia, their care partners and whānau anywhere in New Zealand (via the local organisation for their region).

Free (the site describes 'Free support, education, and advocacy for New Zealanders affected by dementia'). Note: In Eastern Bay of Plenty, Gisborne, Manawatū, Taranaki, Wairarapa, Whanganui, Marlborough, Nelson/Tasman, Otago, South Canterbury and Southland, support comes from a separate Alzheimers organisation.

### Alzheimer's Society Dementia Support Forum — free online community, open day or night (UK)

https://forum.alzheimers.org.uk/

**WHAT IT DOES**

A moderated peer-to-peer forum where people affected by dementia share experiences and support one another, with sections for people with dementia, partners and carers, younger people with dementia, LGBT+ people, memory concerns and seeking a diagnosis, the different stages, end of life care and bereavement. You can read posts, and register free to post.

**WHO IT HELPS**

Anyone affected by dementia — people living with it, partners, family members and carers.

Free (as Alzheimer's Society states: 'free, open day or night'). Note: Peer support, not professional advice; moderators do not check every post before it appears. In an emergency call 999.

### NHS website — dementia guide for people with dementia, families and friends (UK)

https://www.nhs.uk/conditions/dementia/

**WHAT IT DOES**

The NHS website's dementia guide, in four parts: about dementia (causes, prevention and treatment), symptoms and diagnosis (including what to do after a diagnosis), living with dementia (including looking after someone), and care and support (care homes, NHS care, social services, financial and legal issues). You can also sign up for NHS dementia emails.

**WHO IT HELPS**

People with dementia, their families and friends, and anyone worried about symptoms.

Free to use; no fee is mentioned on the page.

### Dementia UK — book a free 45-minute phone or video appointment with an Admiral Nurse (UK)

https://www.dementiauk.org/information-and-support/how-we-can-support-you/book-a-virtual-appointment/

**WHAT IT DOES**

Book a 45-minute appointment with a dementia specialist Admiral Nurse in Dementia UK's virtual clinics, by phone or video, for support on diagnosis, symptoms and changes in behaviour, emotional support, hospital stays and employment. Appointments run Monday to Wednesday 10am–7pm and Thursday to Saturday 10am–3pm; evening slots are video only. You can book for someone else if they are happy to share their details.

**WHO IT HELPS**

Carers of someone with dementia, and people living with a diagnosis of dementia.

Free (as the service states: 'Appointments are free, confidential'). Note: Demand is high and appointments are often booked two to three weeks ahead; for help sooner, the page points to the Admiral Nurse Dementia Helpline.

### Dementia UK — 'Dementia: what next?' free online sessions after a diagnosis (UK)

https://www.dementiauk.org/information-and-support/how-we-can-support-you/dementia-what-next/

**WHAT IT DOES**

A free series of three online sessions on Zoom, hosted by Admiral Nurses: what dementia is (types, symptoms, wellbeing, medication); financial and legal issues (mental capacity, lasting power of attorney, benefits, paying for care, your rights); and planning for the future. Sessions repeat every month, mornings on Fridays and evenings on Tuesdays; register for any or all on the page.

**WHO IT HELPS**

People who have recently been diagnosed with dementia, and their families.

Free (as the service states).

### GOV.UK (DVLA) — dementia and driving: you must tell DVLA, and how to report it (UK)

https://www.gov.uk/dementia-and-driving

**WHAT IT DOES**

The official DVLA page on dementia and driving. If you have dementia you must tell DVLA: car or motorcycle licence holders can report online or send form CG1; bus, coach or lorry licence holders must stop driving straight away and send form CG1. It links to related pages on giving up your licence voluntarily and reapplying after a health condition.

**WHO IT HELPS**

Anyone with a dementia diagnosis who holds a driving licence issued by DVLA, and families helping them.

Free to use; no fee is mentioned on the page. Note: You can be fined up to £1,000 for not telling DVLA about a condition that affects driving; there is a different process for other cognitive problems.

### Alzheimer Scotland — post diagnostic support: a year with a dementia Link Worker (Scotland)

https://www.alzscot.org/about-us/care/post-diagnostic-support/

**WHAT IT DOES**

After a dementia diagnosis, a Post Diagnostic Support Link Worker is allocated to you for at least a year. With your consent they visit, find out what matters to you, and help you understand and manage symptoms, keep up community connections, meet others with dementia and plan for future decisions and support. Ask your doctor to refer you; the page lists Alzheimer Scotland Link Workers by area.

**WHO IT HELPS**

Everyone in Scotland who has been diagnosed with dementia.

The page does not state a fee — it says 'The Scottish Government has guaranteed a year's post diagnostic support for everyone diagnosed with dementia'; ask when you contact them. Note: Scotland only. In some areas this support is given by NHS staff rather than Alzheimer Scotland.

### Dementia NI — membership and peer-support Empowerment Groups for people with a dementia diagnosis (Northern Ireland)

https://www.dementiani.org/what-we-do/become-a-member

**WHAT IT DOES**

Membership lets you join a local Empowerment Group to meet and support other people with dementia, have one-to-one peer support from an established member through 'In The Same Boat', join a Buddy Scheme and activities such as reading groups and choirs, and help shape services and research. You, a family member or a health professional can enquire; proof of diagnosis is needed.

**WHO IT HELPS**

People living in Northern Ireland with a formal diagnosis of dementia, generally in the earlier stages and comfortable talking about their diagnosis.

Free (as the service states: 'membership of Dementia NI is completely free'). Note: Northern Ireland only; for people with a formal diagnosis in the earlier stages who can manage continence care independently.

### The Alzheimer Society of Ireland — find dementia services and support in your county (Ireland)

https://alzheimer.ie/get-support/our-services-and-support/

**WHAT IT DOES**

Choose your county or a service type to see local services, with contact details, how to access them and referral forms: Dementia Advisers, home care, day care, activity clubs for people with young onset and early-stage dementia, support groups, Alzheimer Cafés, Cognitive Stimulation Therapy, respite, family carer training and more. County pages also list some other organisations' local supports.

**WHO IT HELPS**

People living with dementia, their families and carers in the Republic of Ireland.

Varies by service: Dementia Adviser entries state 'This service is free and confidential'; the overview does not state fees for other ASI services such as home care, day care or respite, and some non-ASI activities on county pages charge (e.g. €5 a session) — ask the local service. Note: Which services are available, and how to access them, differs from county to county; some services need a referral form with confirmation of a dementia diagnosis from a GP or consultant.

### National Institute on Aging — ADEAR Center: free information and referrals on Alzheimer's and related dementias (United States)

https://www.nia.nih.gov/about/alzheimers-and-dementia/about-adear-center

**WHAT IT DOES**

The federal Alzheimer's and related Dementias Education and Referral (ADEAR) Center answers your questions about dementia, sends free articles and publications on symptoms, diagnosis, treatment, caregiving and home safety, refers you to local support services and research centers, and gives clinical trials information. Call 800-438-4380 (English and Spanish, 8:30am–5pm ET, Monday–Friday) or email adear@nia.nih.gov.

**WHO IT HELPS**

People living with Alzheimer's and related dementias, their families and caregivers, health professionals and the general public.

Free to use; no fee is mentioned on the page, and its articles and publications are described as free. Note: A US federal service; the phone line is open weekdays 8:30am–5pm Eastern Time only.

### AFTD HelpLine — social workers answering questions about frontotemporal degeneration (FTD) (United States)

https://www.theaftd.org/aftd-helpline/

**WHAT IT DOES**

Social workers at the Association for Frontotemporal Degeneration answer questions about FTD and its subtypes, give guidance on managing a new diagnosis, help connect you to resources and support, and offer emotional support. Call toll-free 1-866-507-7222 (Monday–Friday, 9am–5pm ET), send an email, or schedule a call online from the page.

**WHO IT HELPS**

Anyone with questions about FTD; the HelpLine's enquiry form lists people with FTD, primary care partners, family members and healthcare professionals.

The HelpLine number is toll-free (as the page states); no fee is mentioned. Note: Staffed weekdays 9am–5pm Eastern Time only; the page does not say whether callers outside the United States can use the toll-free number.

### Lewy Body Dementia Association — Lewy Line: support from the LBDA team by phone or email (United States)

https://lbda.org/lbda-lewy-line

**WHAT IT DOES**

LBDA's Support Services team and trained volunteers offer listening and emotional support, referrals to LBDA programs and local support groups, and help finding education and community resources. Call the Lewy Line on (800) 539-9767 and leave a message — they aim to call back within 3 business days — or contact them by email or online.

**WHO IT HELPS**

People with symptoms or a diagnosis of Lewy body dementia, and current and former care partners and family members, in the United States.

The page does not state a fee — ask when you contact them. Note: US only (LBDA cannot return calls outside the United States); a leave-a-message service, and it does not refer to care homes or home care agencies or promote doctors.

### ALZConnected — the Alzheimer's Association's free online community for people with dementia and caregivers (United States)

https://alzconnected.org/

**WHAT IT DOES**

A free online community where people living with dementia, caregivers and others affected can post questions, share answers and support, and create public or private groups on specific topics. There are separate discussion areas for people living with dementia and for caregivers, and discussions in Spanish. Register to post.

**WHO IT HELPS**

People living with Alzheimer's or another dementia, their caregivers and others affected by the disease.

Free (as the service states: 'a free online community'). Note: Peer discussion, not professional advice; for expert help the page points to the Alzheimer's Association 24/7 Helpline.

### Alzheimer Society — First Link: connection to your area Alzheimer Society after a diagnosis (Canada)

https://alzheimer.ca/en/help-support/programs-services/first-link

**WHAT IT DOES**

First Link connects you to dementia-focused health services, support and information near you: one-on-one or group support, local health-care providers and community services, meeting others in similar circumstances, and help planning for the future. Phone your provincial or territorial Alzheimer Society from the list on the page; health-care providers can also refer people who are newly diagnosed.

**WHO IT HELPS**

People diagnosed with dementia, people caring for someone with dementia, and anyone wanting to learn about dementia, across Canada.

The page does not state a fee — ask when you contact them. Note: Delivered by each provincial or territorial Alzheimer Society, so services and contact routes differ; the page lists no separate number for Nunavut.

### ABRAz (Brazilian Alzheimer's Association) — regional units and family carer support groups (Brazil)

https://abraz.org.br/sobre/

**WHAT IT DOES**

ABRAz gives information and guidance on Alzheimer's disease and other dementias through 21 regional units across Brazil, and runs about 100 support groups where families and carers share experiences and learn about the disease. It also runs cognitive stimulation groups for older people with dementia, and in some places exercise and social groups. The site is in Portuguese; see 'Regionais' for your unit.

**WHO IT HELPS**

People living with Alzheimer's disease or another dementia, and their families and carers, in Brazil.

The page does not state a fee; it says ABRAz is funded by contributions from users, donations and private-sector partnerships — ask your regional unit. Note: Portuguese only; groups and activities differ by regional unit.

### ADASA (formerly Alzheimer's South Africa) — counselling, family support and monthly support groups (South Africa)

https://www.adasa.org.za/about-us/

**WHAT IT DOES**

ADASA offers individual psychosocial support, family support and counselling for people living with dementia and their families, face to face or by Zoom, WhatsApp video or phone, monthly support groups in all regions, and training workshops for family carers and care workers. Call the national helpline on 0860 102 681 (local call rate) or email info@adasa.org.za; requests go to your local region.

**WHO IT HELPS**

People living with dementia and their families and carers in South Africa; ADASA works in all nine provinces (North West is supported by Gauteng).

The page does not state a fee for support or counselling — ask when you contact them. Note: Services differ by region (not all regions offer screening); the page does not state fees for support or training, and printed leaflets carry handling and postage fees.

### Alzheimer's Disease International — find the Alzheimer or dementia association in your country (Worldwide)

https://www.alzint.org/about/find-local-support/

**WHAT IT DOES**

ADI's member associations, and associations on its Membership Development Programme, give information and support and can tell you about services in your area. Use 'Find your local association' to reach the one in your country; if none is listed, the page suggests trying a neighbouring country.

**WHO IT HELPS**

People living with dementia, families and carers in any country who want to find their national dementia association.

Free to use; no fee is mentioned on the page.

## Parkinson's Disease

### Parkinson's Australia — national Parkinson's infoline that connects you to your state or territory Parkinson's organisation (Australia)

https://www.parkinsons.org.au/about-us/what-we-do/

**WHAT IT DOES**

Call the national infoline on 1800 644 189 and you are connected with the independent Parkinson's support organisation in your state or territory. Depending on the state, they can help with local or online peer support groups, finding a movement disorder specialist or allied health professional, Parkinson's nurse specialist services, exercise groups, education events, and My Aged Care and NDIS questions.

**WHO IT HELPS**

People living with Parkinson's anywhere in Australia, and their families and carers. Each state organisation is independent, so services vary from state to state.

The page does not state a fee — ask when you contact them. Note: Services are run by independent state organisations and vary by state.

### Fight Parkinson's Community Learning Hub — free on-demand online courses on living with Parkinson's (Australia)

https://www.fightparkinsons.org.au/understand-parkinsons/community-learning-hub/

**WHAT IT DOES**

Free online courses you can take in your own time and at your own pace. Topics include an introduction to Parkinson's, recently diagnosed, exercise, falls prevention, the NDIS, carers, women and Parkinson's, LGBTIQA+ and Parkinson's, palliative care, sex and intimacy, sleep and communication changes. Sign up for the learning hub from the page (it gives the access code), then choose a course.

**WHO IT HELPS**

People living with Parkinson's, their family, friends and carers. The courses are online, so anyone can use them; the NDIS course explains the scheme for people aged under 65 who may be eligible.

Free (as the page states: 'free online, on-demand courses for the Parkinson's community').

### Parkinson's NSW — InfoLine, free counselling, 70+ support groups and regional Parkinson's nurses (New South Wales, Australia)

https://www.parkinsonsnsw.org.au/parkinsons-nsw-services/

**WHAT IT DOES**

Call the InfoLine on 1800 727 567, staffed by health and allied health professionals, for information, advice and help finding local services. Through the InfoLine you can book confidential counselling, find one of more than 70 support groups across NSW, and speak with the NDIS Advocate if you are under 65. Trained Parkinson's specialist nurses work in some regional areas.

**WHO IT HELPS**

People living with Parkinson's in New South Wales and their partners, families and carers. Counselling is by phone or video anywhere in NSW, or in person in metropolitan Sydney.

Counselling is free ('This service is provided at no cost to the user'); the services page does not state fees for other services — ask when you contact them. Note: NSW only. The no-cost statement is on a counselling page last updated in 2021, and fees for the InfoLine, groups and nurses are not stated — confirm when you call.

### Parkinson's Queensland — 33 support groups across metropolitan and rural Queensland (Queensland, Australia)

https://parkinsonsqld.org.au/support-groups/

**WHAT IT DOES**

Informal, volunteer-coordinated support groups where people with Parkinson's, carers, friends and family meet, share practical tips and hear guest speakers such as occupational therapists, social workers and doctors. Use the support group map on the website, phone 1800 644 189 or email pqi@parkinsonsqld.org.au to find your nearest group.

**WHO IT HELPS**

People living with Parkinson's in Queensland, and their carers, friends and family members; new members are welcome.

The page does not state a fee — ask when you contact them. Note: Queensland only; groups use a self-help model and are not therapy groups.

### Parkinson's WA Nurse Specialists — free home visits from Parkinson's nurse specialists in the metropolitan area and South West (Western Australia)

https://www.parkinsonswa.org.au/nurse-specialists

**WHAT IT DOES**

Parkinson's nurse specialists visit people with Parkinson's at home to help manage the condition, working closely with their GPs and neurologists and referring on to services such as physiotherapy, occupational therapy and care support workers. The team covers the metropolitan area and the South West. To arrange a visit, call (08) 6457 7371.

**WHO IT HELPS**

People living with Parkinson's in the metropolitan area and South West of Western Australia.

Free — the service is 'funded by the Department of Health WA and charitable trusts with no charge to clients'. Note: The page says the team covers the metropolitan area and the South West of Western Australia; ask whether home visits reach your area.

### Parkinson's New Zealand — Parkinson's Educators: home visits, support groups and newly diagnosed seminars (New Zealand)

https://www.parkinsons.org.nz/get-support/meet-a-parkinsons-educator

**WHAT IT DOES**

A Parkinson's Educator visits you at home (or by phone or video if there is no educator in your region), answers questions about medication, treatment and support, makes a plan with you and follows up each year. Educators run support groups and seminars, including a course for people diagnosed in the last two years, and can refer you to other health professionals. Complete the referral form or call 0800 473 4636.

**WHO IT HELPS**

People diagnosed with Parkinson's or Parkinsonism, including Parkinson's Plus conditions, in Aotearoa New Zealand, and their whānau and carers.

The page does not state a fee — ask when you contact them. Note: You first complete a referral form or call; not all seminars run in every region.

### Parkinson's UK groups — over 475 volunteer-led local groups, online groups and a local support finder (UK)

https://www.parkinsons.org.uk/community/groups

**WHAT IT DOES**

Over 475 volunteer-led groups across the UK offer local support, informal meetings, talks from invited speakers such as healthcare professionals, and social activities. There are also online groups and WhatsApp communities, and groups for younger people. Search by postcode or town on the local support finder to find groups, advisers and activities near you.

**WHO IT HELPS**

Anyone with a connection to Parkinson's in the UK — people with Parkinson's, their carers and families.

The page does not state a fee — ask when you contact them. Note: Groups are run by volunteers, so what is on offer varies by area.

### Parkinson's UK First Steps — online programme for people recently diagnosed with Parkinson's and those close to them (UK)

https://www.parkinsons.org.uk/support/newly-diagnosed/services/first-steps

**WHAT IT DOES**

Three weekly 2.5-hour Zoom sessions in a small group of people recently diagnosed, hosted by volunteers who have Parkinson's. It covers the healthcare professionals who can help, information and support available, physical activity and mental health support. A family member or friend joining you needs their own place. Courses run throughout the year; contact the First Steps team on 020 7963 9381.

**WHO IT HELPS**

People in the UK recently diagnosed with Parkinson's, and their family, friends and supporters. You need a device with a webcam and a reliable internet connection.

Free — the Eventbrite booking pages linked from the programme page list places as 'Free'. Note: You must be able to attend all three weekly sessions, and you need a device with a webcam and a reliable internet connection.

### Parkinson's UK online forum — moderated community for anyone affected by Parkinson's (UK)

https://forum.parkinsons.org.uk/

**WHAT IT DOES**

An online forum run by Parkinson's UK where people with Parkinson's, families, friends and carers share experiences and support each other, with sections on symptoms and treatments, newly diagnosed, carers, daily life, work and benefits, young onset Parkinson's and research. Moderators check the forum regularly against its guidelines. Sign up to post.

**WHO IT HELPS**

Anyone affected by Parkinson's who is over 18 — people with Parkinson's, families, friends and carers.

The page does not state a fee — ask when you contact them. Note: For adults over 18 only; posts come from other members.

### PSPA — free Helpline, care navigators, support groups and grants for people affected by PSP and CBD (UK)

https://www.pspassociation.org.uk/information-and-support/pspa-support-services/

**WHAT IT DOES**

PSPA's Helpline and Care Navigator team offer emotional support, practical information and signposting to services. There are online and in-person regional support groups in England, Scotland and Wales, a befriending volunteer service, voice banking information and Support Grants of up to £300 a year. Call 0300 0110 122 or email helpline@pspassociation.org.uk.

**WHO IT HELPS**

Anyone in the UK affected by progressive supranuclear palsy (PSP) or corticobasal degeneration (CBD) — people diagnosed, carers, family members and the professionals involved.

Free (as the page states: 'Our free, confidential support services are for everyone affected by PSP & CBD across the UK').

### MSA Trust — MSA Health Care Specialists for people affected by multiple system atrophy (UK and Ireland)

https://www.msatrust.org.uk/support/support-services/msa-health-care-specialists/

**WHAT IT DOES**

A team of MSA Health Care Specialists, each covering a region, supports people affected by MSA across the UK and Ireland and works closely with NHS and HSE professionals. Select your area on the map to find your local specialist, or call 0333 323 4591 (Monday to Thursday 9am–5pm, Friday 9am–4pm) or email support@msatrust.org.uk. The Trust also has social welfare specialists and support groups.

**WHO IT HELPS**

People affected by multiple system atrophy (MSA) in the UK and Ireland — people living with MSA, their carers, friends and family.

Free — the Trust's home page says 'We provide free services for people living with MSA'.

### Parkinson Society British Columbia — free counselling and healthcare navigation for people affected by Parkinson's (British Columbia, Canada)

https://parkinson.bc.ca/resources-support/services/counselling-healthcare-navigation

**WHAT IT DOES**

A social worker and clinical counsellor offer short-term therapy for issues such as anxiety, depression and grief, education sessions and resources, and help navigating the healthcare system — for example advocacy, long-term care planning and disability benefit applications. A staff member first assesses your needs. Call 1-800-668-3330 or email info@parkinson.bc.ca.

**WHO IT HELPS**

People living with Parkinson's in British Columbia and their families.

Free — offered 'free of charge to individuals and families affected by Parkinson's disease in BC'. Note: BC only, short-term and non-crisis; there is a waitlist of about 3–4 weeks after the initial consultation.

### Parkinson's Ireland — freephone helpline with callbacks from Parkinson's nurse specialists and a dietician, plus free counselling (Ireland)

https://www.parkinsons.ie/our-services/nurse-dietician/

**WHAT IT DOES**

Call 1800 359 359 (Monday to Friday, 9am–5pm) and the office manager books a callback from one of two Parkinson's nurse specialists — about a new diagnosis, medication, symptom changes, exercise and more — or from the part-time dietician. They aim to call back within one working day. The helpline can also refer you or your care partner to free counselling by phone or video.

**WHO IT HELPS**

People with Parkinson's in Ireland, their loved ones and care partners.

Free — the home page describes 'our freephone Parkinson's nurse helpline', and the counselling service 'is provided free of charge'. Note: Not an emergency line — for urgent medical matters contact your GP, consultant or A&E; nurses cannot advise on specific medication queries.

### American Parkinson Disease Association — local chapters, Information & Referral Centers, support groups and exercise classes (United States)

https://www.apdaparkinson.org/community/

**WHAT IT DOES**

APDA's nationwide network of Chapters and Information & Referral (I&R) Centers delivers education, support and patient services locally. Use the state or ZIP code finder to find a support group or exercise class near you, get resources for care partners, or contact local APDA staff. Virtual exercise classes and education programs are open wherever you live.

**WHO IT HELPS**

People living with Parkinson's in the United States and their care partners and families; if your state is not listed, APDA says it can still help.

The page does not state a fee — ask when you contact them. Note: What is available depends on your local chapter; the page does not state fees — ask when you contact them.

### Parkinson's Foundation Hospital Safety Guide — free kit with medication forms and alert cards for hospital stays (United States)

https://www.parkinson.org/resources-support/hospital-safety-guide

**WHAT IT DOES**

A guide to help people with Parkinson's and care partners prepare for planned or unplanned hospital stays. It includes a medical alert wallet card, a medication form to keep updated, a summary to share with hospital staff, a letter for your Parkinson's care provider to sign and a form for surgical treatments. Order a printed copy (US only) or download and print it.

**WHO IT HELPS**

People with Parkinson's and their care partners. Printed guides are shipped only within the US; people elsewhere can download it.

Free — 'available to everyone in the Parkinson's community at no cost to order or download'. Note: Printed copies are shipped only within the US; people outside the US can download and print it.

### Parkinson's Foundation Global Care Network — find a designated Center of Excellence for expert Parkinson's care (United States and worldwide)

https://www.parkinson.org/living-with-parkinsons/finding-care/global-care-network

**WHAT IT DOES**

Find one of 59 Parkinson's Foundation Centers of Excellence (46 in the US and 13 in other countries), usually at academic medical centres, where a movement disorders neurologist leads a team of health professionals. Centres must meet care, research, training and education criteria, including newly diagnosed programmes and access to mental health, support group and exercise programmes.

**WHO IT HELPS**

People diagnosed with Parkinson's looking for specialist, team-based care, mainly in the United States.

No fee is mentioned for using the finder; the page does not state what care at the centres costs — ask each centre about fees, referral and insurance cover. Note: The centres are clinical services, typically at academic medical centres; the page does not state costs, so ask each centre about fees, referral and insurance cover.

### CurePSP Quality of Life Respite Program — grants for in-home respite care for families living with PSP, CBD or MSA (United States)

https://www.psp.org/ineedsupport/respiteprogram

**WHAT IT DOES**

Grants pay for professional, agency-based in-home care so family care partners can take a break. The money goes directly to a licensed home-care agency, covering up to $40 an hour. Apply online with a form completed by the person's neurologist or primary care doctor; applications are accepted on a rolling basis and decisions usually take about two weeks.

**WHO IT HELPS**

US families caring at home for someone with a clinical diagnosis of PSP, CBD or MSA, with combined annual income under $90,000, no long-term care insurance and no more than 20 hours a week of professional respite.

Free to the family — 'no out-of-pocket cost to you'; the grant covers care 'up to $40/hour', paid directly to the agency. Note: US only and means-tested; grants must start within 2 months of approval and be used within a year, and each family can receive at most two.

### Mission MSA (formerly The MSA Coalition) — patient support line and support group finder for multiple system atrophy (United States)

https://missionmsa.org/finding-support/

**WHAT IT DOES**

Mission MSA's patient support line gives guidance, information and community resources, Tuesday to Thursday, 11am–5.30pm Eastern Time (call 866-737-5999; voicemails are returned within two business days). The page lists support groups for MSA only or for several atypical parkinsonisms, some for care partners only, in the US and Canada. It also runs the MSA Connect online community.

**WHO IT HELPS**

People living with MSA, their care partners, families and friends, mainly in the United States; some groups are also open to people affected by PSP, CBD or Lewy body dementia.

The page does not state a fee — ask when you contact them. Note: The support line is open only three days a week; the page does not state fees — ask when you contact them.

### NINDS — Parkinson's disease information from the US National Institutes of Health (United States)

https://www.ninds.nih.gov/health-information/disorders/parkinsons-disease

**WHAT IT DOES**

Plain-language information from the National Institute of Neurological Disorders and Stroke on what Parkinson's disease is, its symptoms, who is more likely to get it, how it is diagnosed and treated, the latest research updates, clinical trials and where to find more information.

**WHO IT HELPS**

People with Parkinson's, their families and anyone wanting reliable background information; written for a US audience.

Free to use; no fee is mentioned on the page. Note: NIH is moving its institute websites into a new NIH.gov; it says old addresses are redirected to matching pages where possible, so this page may move.

### Parkinson Canada — nationwide support groups for people with Parkinson's and care partners, found through CareFinder (Canada)

https://www.parkinson.ca/resources/support-groups/

**WHAT IT DOES**

A nationwide network of local and national support groups where people living with Parkinson's and care partners connect, share experiences and find resources. Search the CareFinder directory for groups and other services near you. If you prefer one-to-one support, the 1:1 Peer support program can match you with a trained volunteer mentor.

**WHO IT HELPS**

People living with Parkinson's in Canada, and their care partners and family members.

The page does not state a fee — ask when you contact them. Note: What is available depends on your community.

## Epilepsy & Seizures

### Epilepsy Foundation — Personalised Epilepsy Support with an Epilepsy Advisor (Australia)

https://epilepsyfoundation.org.au/about-us/our-services/information-and-support/epilepsy-support-service/

**WHAT IT DOES**

Epilepsy Advisors work alongside you over a period of support on goals you set together: Epilepsy Management Plans and Emergency Medication Management Plans (or FND plans), self-management, safety planning, liaising with medical and education professionals, and information on epilepsy-related funding. Start through the National Epilepsy Support Service (1300 761 487) or its contact form; professionals can refer.

**WHO IT HELPS**

People living with epilepsy, and their families and support networks, who need more time and support than a one-off enquiry. You can contact the service yourself, or a health professional can refer you.

The page does not state a fee — ask when you contact them. Note: No fee is stated; not a crisis line (allow 1–2 business days). The Foundation says it supports people in Victoria and NSW; elsewhere you may be linked to your state epilepsy organisation.

### Epilepsy Smart Australia — free peer-led epilepsy support groups, online and face to face (Australia)

https://epilepsysmart.org.au/peer-led-support-groups/

**WHAT IT DOES**

Volunteer facilitators with lived experience of epilepsy run groups for men, women, adults, young people aged 13–17, parents, carers and partners, and people in their later years, plus some local groups (ACT, Brisbane, Melbourne). Groups meet as online meetups, chat groups or face to face (pending demand). Register your interest with the National Epilepsy Support Service on 1300 761 487 or the client contact form.

**WHO IT HELPS**

People living with epilepsy in Australia and their families, carers and partners; you are linked to a group by age, interest, need and availability.

Free (the page says 'Peer-led support is a free service'). Note: Not a counselling service and does not give medical advice or crisis support; face-to-face groups depend on demand and some groups are for one city or territory.

### Epilepsy Action Australia — book a phone or video appointment with an epilepsy nurse (Australia)

https://www.epilepsy.org.au/book-online/

**WHAT IT DOES**

Book a phone or video call with one of Epilepsy Action Australia's epilepsy nurses online: choose the category that suits you (families/individuals, GPs, or other professionals) and press 'Make a booking'. It also runs the National Epilepsy Line, 1300 37 45 37 (1300 EPILEPSY), open during office hours in each state and territory.

**WHO IT HELPS**

Anyone living with epilepsy and their family and significant others; GPs, allied health workers, disability support workers, NDIS planners, teachers and employers can also book.

The booking page does not state a fee. Epilepsy Action Australia's 'Become a Client' page says registering as a client is 'complimentary' and includes access to a specialist epilepsy nurse for education via telehealth. Note: Client registration is for anyone with a diagnosis of epilepsy; the booking page does not state fees for professionals, appointment length or waiting time — check when you book.

### Epilepsy Queensland — free epilepsy education and training for families and unpaid carers (Queensland)

https://epilepsyqueensland.com.au/supporting-people-with-epilepsy/education-training/

**WHAT IT DOES**

Sessions cover seizure types and triggers, safety at home and in public, medication and side effects, mental health, seizure first aid and how to give midazolam (theory and practical). Join a scheduled session, ask for training tailored to a management plan, or use the self-paced e-learning; the Living Well team (1300 852 853, Monday–Friday 9am–4:30pm) answers questions and gives ongoing support.

**WHO IT HELPS**

People with epilepsy, including the newly diagnosed, and their family members and unpaid carers. Scheduled sessions are held at locations throughout Queensland.

Free for people with epilepsy, their families and unpaid carers (the page says 'Family training is free'); NDIS-funded tailored sessions are quoted. Note: A Queensland service; only family training is free — NDIS-funded tailored sessions are charged by quote.

### Epilepsy ACT — free local epilepsy support, management plans and referral (Australian Capital Territory)

https://epilepsyact.org.au/support/

**WHAT IT DOES**

Staff work with individuals and families to create an Epilepsy Management Plan (often required by schools, child care, disability services and clubs), refer you to government and non-government health, disability and education services, and help with issues such as current driving policy, workplace discrimination, lifestyle strategies and support for parents and carers. Contact the office to start.

**WHO IT HELPS**

People with epilepsy in the ACT and surrounding region, and their families, carers and support networks.

Free (the page says 'This is a free community service'). Note: A local service for the ACT and surrounding region; the office is open Monday to Thursday, 9am to 4pm, and closed on Fridays.

### Epilepsy WA — seizure-alert device loans for members, device display and information sessions (Western Australia)

https://www.epilepsywa.asn.au/seizure-alert-technology/

**WHAT IT DOES**

Members who live in WA can borrow an Emfit tonic-clonic seizure alert bed sensor mat for one month, and a NightWatch device is loaned to children and young adults (subject to availability). You can also see Australia's largest display of seizure alert devices at the Nedlands office, join the information session held every two months, or read the booklet; call 1300 660 880 for help.

**WHO IT HELPS**

People with epilepsy in Western Australia and their families and carers; loans are for Epilepsy WA members, and NightWatch loans are for children and young adults.

The device loans are free but only for Epilepsy WA members. Membership is 'from just $25 dollars per year': $25.00 (incl. GST) concession (pensioner or health care card holder) or $30.00 (incl. GST) single adult, as the membership page states. Note: You must be an Epilepsy WA member living in WA; loans are subject to availability, terms and conditions, and the booklet is being updated.

### Epilepsy Smart Schools — epilepsy training and management-plan support for schools (Australia)

https://epilepsysmart.org.au/resources/epilepsy-smart-schools/become-an-epilepsy-smart-school/

**WHAT IT DOES**

A school becomes an Epilepsy Smart School when every student with epilepsy has a current Epilepsy Management Plan (and Emergency Medication Management Plan if needed) and all staff do epilepsy education, plus emergency-medication training where relevant. Two courses can be eLearning or a live session (in person or virtual); the practical is session-only. Then ask your local epilepsy organisation for a certificate.

**WHO IT HELPS**

Teachers, school nurses and other school staff across Australia, and parents and carers who want their child's school prepared to support a student with epilepsy.

The page lists no fees; it describes Organisational Training for schools 'at a cost-effective price' — ask your local epilepsy organisation. Note: Fees are not listed on the page; training should be renewed every two years or when a student's Emergency Medication Management Plan changes.

### Health New Zealand | Te Whatu Ora — epilepsy: seizures, first aid, diagnosis, treatment and self-care (New Zealand)

https://www.healthnz.govt.nz/health-topics/conditions-treatments/brain-and-nerves/epilepsy

**WHAT IT DOES**

A plain-language page on types of seizures, how to help someone having a seizure and when to call 111, causes, diagnosis (EEG, CT or MRI scans), treatment with medication, surgery or medically supervised diets, and self-care, with links to Epilepsy New Zealand, KidsHealth, ACC and the NZ Transport Agency's driving rules.

**WHO IT HELPS**

People in New Zealand who have had a seizure or live with epilepsy, and their families, friends and carers.

Free to use; no fee is mentioned on the page.

### Epilepsy Society Helpline — confidential phone, email and webchat support about epilepsy (UK)

https://epilepsysociety.org.uk/helpline

**WHAT IT DOES**

Helpline operators, all trained in counselling skills, offer emotional support, information and signposting by phone (0300 102 0024), email (helpline@epilepsysociety.org.uk) or webchat when an operator is free. Open Monday and Wednesday 9am–7.30pm, Tuesday, Thursday and Friday 9am–4pm, and Saturday 9am–12.30pm (closed on bank holidays). Interpreters in over 200 languages for people living in the UK.

**WHO IT HELPS**

Anyone affected by epilepsy — people with epilepsy, their families and friends, and professionals such as doctors, nurses, care workers, teachers and employers.

The page does not state a call cost or fee — ask when you contact them. Note: It cannot give medical advice and is not open 24 hours — the page points to Samaritans (116 123) when the helpline is closed.

### Epilepsy Scotland Helpline — free, confidential epilepsy helpline with no time limit on calls (Scotland)

https://www.epilepsyscotland.org.uk/support-for-you/our-helpline/

**WHAT IT DOES**

Call 0808 800 2200, Monday to Friday 10am–4:30pm, to ask questions, talk things through or be signposted, with follow-up calls if you would like them. You can also book an appointment at the Glasgow office, request a Zoom call from anywhere in Scotland by emailing contact@epilepsyscotland.org.uk, or send a private message on social media. Interpreters are available in over 170 languages.

**WHO IT HELPS**

Anyone with questions about epilepsy — people who are newly diagnosed or living with epilepsy, their families, carers, friends and colleagues, and professionals.

Free (the page says 'Our Helpline is free and confidential').

### Epilepsy Scotland Check-in service — free weekly wellbeing calls for about 10 weeks (Scotland)

https://www.epilepsyscotland.org.uk/support-for-you/check-in-service/

**WHAT IT DOES**

An experienced helpline officer phones you each week for around 10 weeks to check in on your mental health and wellbeing and to offer ongoing emotional and practical support with your epilepsy. It was set up to address the mental health impact of epilepsy and the isolation that can come with a diagnosis. Refer yourself by calling 0808 800 2200 or emailing contact@epilepsyscotland.org.uk.

**WHO IT HELPS**

Anyone living in Scotland who has a diagnosis of epilepsy and may be going through a difficult time in their life.

Free (the page says 'This is a free service'). Note: Only for people living in Scotland who have a diagnosis of epilepsy.

### Epilepsy Scotland Welfare Rights service — benefits checks, form-filling and appeals (Scotland)

https://www.epilepsyscotland.org.uk/support-for-you/benefits-advice/

**WHAT IT DOES**

Welfare Rights Officers check which benefits you may be entitled to and do a benefit calculation, help complete application and review forms, guide you through medical assessments and help challenge decisions, including tribunal representation in some areas. They also advise on Scottish Welfare Fund crisis grants and Scottish disability benefits. Phone 0141 427 4911 for enquiries and appointments.

**WHO IT HELPS**

People with epilepsy and associated conditions, and their families, in Scotland; the service is based in Glasgow and aims to cover as much of Scotland as it can.

The page does not state a fee — ask when you contact them. Note: The service is in high demand and there may be a waiting list; tribunal representation is only offered to clients in the central belt of Scotland.

### Young Epilepsy — One-to-one Youth Support for children and young people aged 8–25 (UK)

https://www.youngepilepsy.org.uk/i-have-epilepsy/one-to-one-support

**WHAT IT DOES**

A Youth Support Coordinator gives tailored support — someone to listen, information and tools to understand your condition, help with challenges at school or college, or more intensive support — mostly online, over two to twelve sessions depending on need. Anyone can submit the referral form: the young person, a parent or a professional. Referrals are reviewed every two weeks.

**WHO IT HELPS**

Children and young people living with epilepsy, primarily aged 8 to 25.

The page does not state a fee — ask when you contact them. Note: Referrals are reviewed every two weeks and some people are signposted to another service; the page does not say which parts of the UK are covered.

### SUDEP Action — free specialist bereavement support after an epilepsy-related death (UK)

https://sudep.org/bereavement-support/

**WHAT IT DOES**

A specialist service for people bereaved by epilepsy, with no time limits: a listening ear, a qualified telephone counselling service, information and advice, support through the inquest process and investigations, a mediation service, and chances to meet others through memorial services, conferences and coffee clubs. Call the support team on 01235 772852 or email support@sudep.org.

**WHO IT HELPS**

Families, partners and friends whose loved one has died suddenly from an epilepsy-related death, including SUDEP (sudden unexpected death in epilepsy).

Free (the charity's home page says 'Our services include free bereavement support, counselling and help with understanding the inquest process').

### EpSMon — free epilepsy self-monitoring app from SUDEP Action (UK)

https://sudep.org/about-research/epsmon-app/

**WHAT IT DOES**

A personal tracking app that uses simple yes/no questions, prompts you to review your epilepsy every three months, logs seizures, sends medication reminders, gives information on seizure-related risks including SUDEP, and makes self-assessment reports you can print for your doctor. Download it from the App Store or Google Play; it is designed to support professional care, not replace it.

**WHO IT HELPS**

Adults aged over 18 with epilepsy who live in the UK.

Free (the page says SUDEP Action has made EpSMon '100% FREE for all UK users'). Note: For adults (18+) in the UK; it is a self-monitoring tool to share with your epilepsy professional, not a medical service.

### Epilepsy Action — Talk and Support groups in person and online, including a New to Epilepsy group (UK)

https://www.epilepsy.org.uk/support-groups

**WHAT IT DOES**

Epilepsy Action hosts its own local support groups and supports a network of independent groups across the UK. Online groups include general groups, parents and carers, New to Epilepsy (for people newly diagnosed or waiting for a diagnosis), employment, and men's and women's groups. Choose your area or reserve a place in an online group on the page; you fill in a short registration form at your first meeting.

**WHO IT HELPS**

Anyone in the UK aged over 18 who is living with epilepsy; the parents and carers, men's and women's groups also welcome family members and carers.

The page does not state a fee — ask when you contact them. Note: For adults (18+) in the UK; independent groups are run separately from Epilepsy Action.

### Dravet Syndrome UK — family support team, welcome pack and bereavement service (UK)

https://www.dravet.org.uk/families/emotional-and-practical-support/

**WHAT IT DOES**

Families who register get a welcome pack with a free printed Family Guide, one-to-one help from a Family Support Team with personal experience of Dravet syndrome (for example on your rights and getting care), a moderated parent/carer group on Facebook, an annual family weekend away, a parents' conference every other November, and a bereavement service with a support pack and grant. Register via its Join Us page.

**WHO IT HELPS**

Parents, carers and siblings of children and adults living with Dravet syndrome, a rare and complex neurological condition, in the UK.

The page does not state a fee to register — ask when you contact them; the Family Guide in the welcome pack is free. Note: Most services are for families registered with Dravet Syndrome UK; the free legal advice tool (Access Ava) is only for parent/carers in England caring for an adult.

### BC Epilepsy Society Mental Wellness Program — online counselling on a sliding-scale fee (British Columbia, Canada)

https://bcepilepsy.com/programs/bc-epilepsy-societys-mental-wellness-program/

**WHAT IT DOES**

One-on-one online counselling with Registered Clinical Counsellors or Canadian Certified Counsellors, most of whom live with epilepsy and all of whom have done an epilepsy training program. Refer yourself by calling 604-875-6704 to book an online intake meeting, or ask your doctor to fax the referral form; a counselling session is then scheduled.

**WHO IT HELPS**

People living with epilepsy and their immediate family who are seeking counselling for an epilepsy-related reason.

A fee is charged on a sliding scale (the page says 'Clients will be charged a fee for this program, but a sliding scale will ensure it is accessible and affordable to all'); amounts are not listed. Note: Fees are not listed, and the page does not say whether you must live in British Columbia — ask when you call.

### Epilepsy Ireland — one-to-one support from your local Community Resource Officer (Ireland)

https://www.epilepsy.ie/content/one-one-support

**WHAT IT DOES**

Community Resource Officers give information, advice or a listening ear in person, by phone, on Zoom or by email, and also in community and hospital outreach settings. They can help with questions about employment, law, education provision and social welfare entitlements. Find your local officer's details on Epilepsy Ireland's 'Our Local Service' page.

**WHO IT HELPS**

People with epilepsy of all ages in Ireland, and their families and carers.

The page does not state a fee — ask when you contact them. Note: The page does not state waiting times — ask your local Community Resource Officer.

### Epilepsy Ireland Louise Young Seizure Alarm Fund — reimbursement for two seizure-detection alarms (Ireland)

https://www.epilepsy.ie/content/epilepsy-ireland-louise-young-seizure-alarm-fund

**WHAT IT DOES**

Since September 2025 the fund has reimbursed the cost of two named seizure-detection devices: the Epimonitor wrist monitor (for ages 6+) and the Nightwatch+ sleep sensor (for ages 4+). Your epilepsy specialist team refers you directly to Epilepsy Ireland, which then explains how reimbursement works; Community Resource Officers can give general information on other alarms.

**WHO IT HELPS**

People with epilepsy across Ireland, and their families, who are referred by their epilepsy specialist (epilepsy nurse, epilepsy nurse specialist, neurologist or epileptologist).

The fund reimburses the cost of the two named devices (as the page states). Note: You cannot refer yourself and GP referrals are not accepted; the fund is limited and covers only the Epimonitor and Nightwatch+.

### National Association of Epilepsy Centers — find an accredited specialist epilepsy center (United States)

https://naec-epilepsy.org/find-a-center

**WHAT IT DOES**

Search by city or ZIP code to find epilepsy centers that have completed or applied for NAEC accreditation; centers meeting all criteria are listed as Level 3 or Level 4. The site explains when to seek an epilepsy center — for example seizures continuing after more than a year of treatment or after two different medications, or unacceptable side effects.

**WHO IT HELPS**

People in the United States whose seizures are not well controlled or who have medication side effects, their families, and referring doctors.

No fee is mentioned for using the directory; ask each center about costs and insurance. Note: Lists only NAEC member centers, some shown as 'Applicants' or 'Conditionally Accredited'; NAEC advises asking for a referral if a general neurologist has not controlled your seizures after 12 months.

### Epilepsy Foundation — Jeanne A. Carpenter Epilepsy Legal Defense Program: free initial legal consultation (United States)

https://www.epilepsy.com/legal-help

**WHAT IT DOES**

Helps people with epilepsy and their families get legal help on employment, school and education (including IDEA), public accommodations such as camps, childcare and fitness clubs, housing, health insurance, police and first responder issues, and criminal justice. Apply online for a referral to a lawyer; referral lawyers give an initial consult and up to three hours of services at no cost.

**WHO IT HELPS**

People with epilepsy and their families who need legal help with a problem linked to epilepsy.

Initial consultation and up to three hours of services at no cost (the page says referral lawyers 'agree to provide an initial consult and services up to three hours at no cost to you'). Note: The free help covers an initial consult and up to three hours; the page does not say what further legal work costs.

### Canadian Epilepsy Alliance — find your local community epilepsy organization (Canada)

https://www.canadianepilepsyalliance.org/find-your-local-cea-office/

**WHAT IT DOES**

Lists the 25 community-based epilepsy organizations in the Alliance, province by province, with addresses and websites. These organizations offer counselling, education, advocacy, employment help, children's programs, support groups and lending libraries. Or call 1-866-EPILEPSY (1-866-374-5377) to be connected with the organization nearest you.

**WHO IT HELPS**

People living with epilepsy in Canada and their families.

No fee is mentioned for using the directory or the toll-free line; ask each local organization about its services. Note: Programs differ between local organizations, so check what the one serving your area offers.

### Epilepsy Toronto — employment counselling, job search help and workplace accommodation advice (Toronto, Canada)

https://epilepsytoronto.org/about-us/programs-and-services/epilepsy-employment-services/

**WHAT IT DOES**

Employment staff offer one-to-one counselling and referrals, a Job Seekers Program and job search support groups, career planning, interview and resume help, job development and placement, and workplace risk assessments with recommended accommodations; they also give epilepsy training to employers. Complete the online intake form to request an intake session.

**WHO IT HELPS**

People living with epilepsy and other seizure disorders in the Toronto area who are looking for work or want to keep or adjust their job, and their employers.

The page does not state a fee; Epilepsy Toronto says 'the majority of our services are offered free of charge' — ask when you contact them. Note: A Toronto agency; the employment page does not say whether you must live in Toronto.

### DVLA — epilepsy and driving: telling DVLA and when you can reapply for a licence (Great Britain)

https://www.gov.uk/epilepsy-and-driving

**WHAT IT DOES**

Official guidance: you must tell DVLA and stop driving straight away if you have had an epileptic seizure or blackout. It explains how to report online or with form FEP1 (car or motorbike) or FEP1V (bus, coach or lorry), and when you can reapply after different types of seizure, including a first seizure, seizures only while asleep and seizures that do not affect consciousness.

**WHO IT HELPS**

Drivers in Great Britain who have had an epileptic seizure, a first-ever seizure or a blackout, and their families.

Free to use; no fee is mentioned on the page. Note: For DVLA licences (Great Britain); the page warns you can be fined up to £1,000 if you do not tell DVLA about a condition that affects your driving.

### International Bureau for Epilepsy — directory of national epilepsy associations (IBE Chapters) (Worldwide)

https://www.ibe-epilepsy.org/about/ibe-chapters/

**WHAT IT DOES**

Choose a world region (Africa, Eastern Mediterranean, Europe, Latin America, North America, South East Asia or Western Pacific) to see the IBE member organisations in each country, with addresses, websites and contact names. Use it to find the national epilepsy association where you live or are moving to.

**WHO IT HELPS**

People with epilepsy, their families and carers anywhere in the world who are looking for their national epilepsy organisation.

No fee is mentioned for using the directory. Note: The IBE is an umbrella body for national organisations, so for support contact the chapter in your country.

## Stroke & TIA

### Stroke Foundation EnableMe — free online stroke recovery hub, forums and goal tracker (Australia)

https://enableme.org.au/

**WHAT IT DOES**

EnableMe is the Stroke Foundation's free online resource for life after stroke. It brings together stroke information and videos, forums and blogs where survivors and carers share experiences, a way to ask health professionals questions, research opportunities and a tool to set and track recovery goals. Sign up to use the forums, ask questions and set goals.

**WHO IT HELPS**

People who have had a stroke, and their families and carers, in the months and years after stroke. Run for Australia, but the information can be read anywhere.

Free (the page describes EnableMe as a free online resource).

### Stroke Foundation — childhood stroke information, webinars and podcast for families (Australia)

https://strokefoundation.org.au/about-stroke/learn/childhood-stroke

**WHAT IT DOES**

The Stroke Foundation's childhood stroke hub explains stroke in babies, children and teenagers (signs, causes and effects) and has a Childhood Stroke Podcast, webinar recordings and videos, tips for parents and young people, and information booklets. Families can call StrokeLine with questions about childhood stroke and join a Childhood Stroke mailing list.

**WHO IT HELPS**

Parents, carers, family and friends of a baby, child or young person who has had a stroke (including before birth), and young survivors themselves. Australian service; readable anywhere.

Free to use; no fee is mentioned on the page.

### Australian Aphasia Association — monthly Zoom groups and links to local aphasia groups (Australia)

https://aphasia.org.au/living-with-aphasia/community-aphasia-groups/

**WHAT IT DOES**

Explains how community aphasia groups help people with aphasia meet others and practise communicating, and links to a state-by-state list of in-person and online groups kept by the separate, volunteer-run Aphasia Community website. The association's own member-led Zoom group meets on the fourth Friday of each month at 1pm Queensland time; email zoom@aphasia.org.au for details.

**WHO IT HELPS**

People with aphasia from any cause (most Zoom members have had a stroke), and family members and friends. Australia-wide.

The page does not state a fee — ask when you contact them. Note: The page does not state whether groups charge; local groups are run by different organisations and their details change, so check with the group before going.

### Stroke Aotearoa New Zealand — Community Stroke Navigators (Kaiārahi) for one-to-one support after stroke (New Zealand)

https://www.stroke.org.nz/affected-by-stroke/living-with-stroke/community-stroke-navigators/

**WHAT IT DOES**

Community Stroke Navigators give people affected by stroke, and their whānau and friends, information and advice, connect them with services and explain what support is available locally, with one-to-one support for complex needs or areas without services. You or your health provider can use the referral form, or email help@stroke.org.nz or call 0800 78 76 53 (9am–5pm weekdays).

**WHO IT HELPS**

Anyone in New Zealand affected by stroke — survivors, whānau, friends and carers. Navigators work across Aotearoa.

Free (the page says 'This service is free').

### Stroke Association — find a local or online stroke support group (UK)

https://www.stroke.org.uk/stroke/support/groups

**WHAT IT DOES**

A postcode search and map of about 400 stroke support groups across the UK, plus a list of online groups. Groups meet weekly, fortnightly or monthly, in person or online, and are run by volunteers, many of whom have had a stroke. Listings give the venue, usually a contact name, and a short description of the group. If there is nothing near you, the Stroke Support Helpline can suggest other support.

**WHO IT HELPS**

Stroke survivors, carers, family and friends anywhere in the UK, at any stage of recovery.

The page does not state a fee — ask when you contact them. Note: Groups are run locally by volunteers, so meeting times and any small charges vary.

### Stroke Association — Childhood Stroke Support Team, parent connections and teacher sessions (UK)

https://www.stroke.org.uk/stroke/childhood

**WHAT IT DOES**

The Childhood Stroke Support Team gives families practical information and emotional support — fill in a short form to request a call, or email childhoodstroke@stroke.org.uk. Parents can also join online 'Learn and Chat' sessions with a childhood stroke specialist, have one or two free calls with a trained parent volunteer whose child has had a stroke, and ask for an information session for their child's teachers.

**WHO IT HELPS**

Parents and carers of babies, children and young people (from before birth up to 18) who have had a stroke, children and young people themselves, and school staff. UK.

Parent-to-parent volunteer calls are free (as their sign-up page states); the main page does not state a fee for other support — ask when you contact them. Note: In an emergency call 999 — the page says to always call 999 if you spot signs of stroke in a child.

### Chest Heart & Stroke Scotland Advice Line — free advice and referral to local stroke support (Scotland)

https://www.chss.org.uk/services/chest-heart-stroke-scotland-advice-line/

**WHAT IT DOES**

A free, confidential advice line staffed by qualified Advice Line Practitioners. They answer questions about stroke (and chest, heart and Long Covid conditions), support emotional wellbeing, post booklets, and refer you to CHSS peer support groups, Kindness Calls and community support services. Freephone 0808 801 0899 (Mon–Fri 9am–4pm), text ADVICE to 66777, or use the online referral form.

**WHO IT HELPS**

People in Scotland living with stroke or a chest, heart or Long Covid condition, whether newly diagnosed or living with it for years, and their families, carers and health workers.

Free (the page says the Advice Line service is free and confidential; texts are charged at standard rates).

### Northern Ireland Chest Heart & Stroke — Surviving Stroke services, including young stroke support (Northern Ireland)

https://nichs.org.uk/care-and-support/stroke-support

**WHAT IT DOES**

NICHS's Surviving Stroke services help after a stroke or TIA: a Family Support Service, a post-rehab exercise programme (PREP), the Taking Control self-management programme, wellness sessions, the Inspire Choir and Young Stroke Support for younger survivors. They work with local Health and Social Care Trusts. Start by completing the 'Make a Referral' form — you, a family member or a health professional can refer.

**WHO IT HELPS**

People in Northern Ireland who have had a stroke or TIA, their families and carers; Young Stroke Support offers peer support for younger survivors.

The page does not state a fee — ask when you contact them. Note: Northern Ireland only.

### Say Aphasia — peer-led drop-in groups and a weekly online group for people with aphasia (England and Wales)

https://www.sayaphasia.org/pages/category/drop-in-groups

**WHAT IT DOES**

Say Aphasia runs relaxed drop-in groups led by people who have aphasia themselves, in more than 20 towns across England and Wales, plus an online drop-in group every Wednesday at 10am on Zoom. There is no need to book — find a group, check its day and venue, and turn up; family members are welcome. You can complete an optional member form before your first visit.

**WHO IT HELPS**

Adults with aphasia or a similar acquired communication disability (such as dysarthria or apraxia) after stroke, head injury, brain haemorrhage or brain tumour, and their families.

Drop in with no need to book; groups ask for an optional monthly donation of £5 or more (as the group page states).

### NHS inform — transient ischaemic attack (TIA or 'mini stroke'): symptoms, tests and lowering your risk (Scotland)

https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/transient-ischaemic-attack-tia/

**WHAT IT DOES**

Scotland's national health information page on TIA explains what a TIA is, the FAST signs, why you still need an urgent assessment even if symptoms pass, the causes (including atrial fibrillation), who is at higher risk, and the lifestyle changes, medicines and procedures used to lower the risk of a full stroke.

**WHO IT HELPS**

Anyone who has had, or thinks they may have had, a TIA, and their family. Written for Scotland but useful across the UK.

Free to use; no fee is mentioned on the page. Note: Information only, not an emergency service — the page says to phone 999 straight away if you suspect a TIA or stroke, and to have an urgent assessment even if symptoms go.

### Irish Heart Foundation Stroke Connect Service — eight weeks of phone support after stroke (Ireland)

https://irishheart.ie/support-for-you/stroke-connect-service/

**WHAT IT DOES**

Stroke Connect gives eight weeks of weekly phone support as you return home from hospital: a coordinator assesses what matters most in your recovery and helps you work towards your goals, and professional counselling may be available (up to six sessions). If speaking is hard after the stroke, a family member can talk for you. You or a health professional fill in the online referral form.

**WHO IT HELPS**

Adults (over 18) in Ireland who have recently left hospital after a stroke, and any stroke survivor who needs practical and emotional support, including people living with aphasia.

Free (the Irish Heart Foundation describes its eight-week telephone support after stroke as a free service).

### International Alliance for Pediatric Stroke — free Pediatric Stroke Family Tool Kit (United States)

https://iapediatricstroke.org/family-tool-kit/

**WHAT IT DOES**

A guide for families after a perinatal, childhood or teen stroke: what stroke is, plain explanations of medical terms, what to expect from the care team and state resources, and suggested support groups, reading and organisations. Read it free as a PDF or flip book in English or Spanish, or order a complimentary printed copy with the online form.

**WHO IT HELPS**

Parents and families of babies, children and teenagers who have had a stroke, and clinicians who care for them. Printed copies ship free within the US; the PDF can be used anywhere.

Free — complimentary printed copies and free shipping within the US; shipping outside the US is case by case and a donation may be requested.

### Heart & Stroke — services and resources directory for life after stroke, including aphasia and peer support (Canada)

https://www.heartandstroke.ca/services-and-resources

**WHAT IT DOES**

A directory of services for recovery after stroke or heart disease, sorted by topic: aphasia services, assistive devices, caregiver support, drug coverage, employment, financial support, finding a doctor, home care, rehabilitation, social and peer support, accessible housing and transportation. Choose a topic to see listings, with a separate French listing.

**WHO IT HELPS**

People in Canada recovering from stroke or heart disease, and their family and care partners.

Free to use; no fee is mentioned on the page. Note: It lists other organisations' services; Heart & Stroke says inclusion is not an endorsement, so check each service's own details.

### Aphasia Institute — New Beginnings programme, community aphasia groups and family support (Toronto, Ontario, Canada)

https://www.aphasia.ca/programs-services/

**WHAT IT DOES**

Programmes on site in North York (Toronto) and online: New Beginnings, an 8-week introduction to living with aphasia; an ongoing Community Aphasia Program; weekly family support groups; volunteer home visits; and programmes for primary progressive aphasia. A speech-language pathologist usually makes the referral, but anyone can start it by contacting the social workers.

**WHO IT HELPS**

People with aphasia after stroke, brain injury or another acquired condition, or with primary progressive aphasia, and their families. On-site programmes are in North York, Toronto; online programmes are also offered.

New Beginnings costs $450 for the 8-week on-site or online programme; the Institute says it does not turn anyone away who is unable to pay. Note: Fees apply, and a recent speech pathology report is required with the referral.

## Multiple Sclerosis

### MS Australia — list of MS clinics by state to share with your GP for a referral (Australia)

https://www.msaustralia.org.au/clinics/

**WHAT IT DOES**

A state-by-state list of clinics across Australia with specialist experience in multiple sclerosis — MS, neurology and neuroimmunology clinics — with addresses, phone numbers and whether each is public or private. Filter by your state, find the clinic nearest you and share it with your GP, who can make the referral.

**WHO IT HELPS**

People with MS or suspected MS anywhere in Australia, their families, and the GPs referring them.

No fee is mentioned for using the list. The page says some clinics are bulk-billing public clinics and others are private — ask each clinic about costs. Note: Most clinics need a referral from your GP. The list includes private and visiting specialist clinics as well as public ones.

### MS Plus — free one-on-one advice from MS nurses by phone or video (ACT, NSW, Victoria and Tasmania)

https://www.msplus.org.au/support-services/information-and-advice/ms-nurses-provide-free-one-on-one-advice

**WHAT IT DOES**

Experienced MS nurses talk with you about a new diagnosis, the diagnostic process, symptoms, treatments and relapses, living well and finding support. Appointments of up to an hour are mostly by phone, with video on request. No referral is needed and there is no limit on how often you use it — call 1800 042 138 or use the online form, and an appointment is arranged.

**WHO IT HELPS**

People newly diagnosed or living with MS, people going through diagnosis or worried they may have MS, and their family, partners, carers and friends, in the ACT, NSW, Victoria and Tasmania.

Free (the page's FAQ answers 'Is there a cost? No. The service is free.'). Note: Not an emergency service — for urgent medical concerns contact your treating team or emergency services. For people in the ACT, NSW, Victoria and Tasmania.

### MS Queensland NeuroAssist InfoLine — free phone information, NDIS access help and MS nurse referral (Queensland)

https://msqld.org.au/service/neuroassist-infoline/

**WHAT IT DOES**

A free phone line for questions about MS, the NDIS and MS Queensland services. The team gives information and resources, guides you through an NDIS access application, refers you to the MS nurse for advice on a new diagnosis, treatment or relapse, and points you to services that suit you. Call 1800 177 591 or request a callback on the website.

**WHO IT HELPS**

Anyone with questions about MS, the NDIS or MS Queensland services, including people living with MS and the family members and friends supporting them.

Free (the page says it is 'made available for free to anyone who has questions about MS'). Note: MS Queensland is the Queensland MS organisation; people in other states can find their own state MS organisation through MS Australia.

### Multiple Sclerosis New Zealand — find your regional MS society and its community advisors (New Zealand)

https://www.msnz.org.nz/contact-us/find-your-regional-ms-society/

**WHAT IT DOES**

Choose your region to get the contact details of one of 18 regional MS societies across Aotearoa. Their community advisors give information on MS symptoms and management, local support, social and exercise groups, guidance on Work and Income applications and the Lottery Individuals with Disabilities fund, and individual advocacy. You can refer yourself or someone else.

**WHO IT HELPS**

People with MS in New Zealand and their families, whānau, carers and employers; many regional societies also support people with other neurological conditions.

The page does not state a fee — ask your regional society when you contact them. Note: Each regional society is its own organisation, so services and opening hours vary by region.

### MS Trust — 'MS services near me' map to find MS nurses, MS hospital services and therapists (UK)

https://mstrust.org.uk/information-support/support-services/ms-services-near-me

**WHAT IT DOES**

Enter your postcode or town and a distance to search a map of MS services near you: MS nurses, hospitals with MS services, childhood MS services, MS therapy centres, neuropsychologists, physiotherapists, occupational and speech therapists, rehabilitation, driving mobility and disability living centres, and local support groups.

**WHO IT HELPS**

Adults and children with MS in the UK, their families and carers, and professionals looking for local MS services.

No fee is mentioned for using the map; NHS and other services listed set their own terms.

### MS Ireland Community Worker Service — regional casework and local programmes for people with MS (Ireland)

https://www.ms-society.ie/community-worker-service

**WHAT IT DOES**

Community Workers in 10 regional areas support people with MS and their families at diagnosis and later — emotional support, social welfare and medical card applications, employment, education, housing and symptoms — and refer on to other services. Where resources allow, they also run exercise classes, self-management programmes and newly diagnosed days. Start with the expression-of-interest form.

**WHO IT HELPS**

People with MS living in Ireland and their families.

The page does not state a fee — ask your Community Worker when you contact them. Note: Some classes need booking and places can be limited.

### National MS Society — Find Doctors & Resources: search MS healthcare providers and local services by ZIP code (United States)

https://www.nationalmssociety.org/resources/get-support/find-doctors-and-resources

**WHAT IT DOES**

A search tool for healthcare providers and services near you in eight categories: healthcare providers, emotional support, legal resources, financial help, mobility and accessibility, home help and advanced care, independent living, and medical and assistive equipment. Filter healthcare providers by 'Partner in MS Care' or 'Comprehensive Care Center' to find MS expertise.

**WHO IT HELPS**

People with MS in the United States and their families and care partners.

No fee is mentioned for using the search tool; the providers it lists set their own charges. Note: The Society does not endorse the providers listed and says the information is not guaranteed to be accurate — check details with each provider.

### MSAA Equipment Distribution Program — mobility, safety and daily-living products at no charge (United States)

https://mymsaa.org/msaa-help/assistive-equipment/

**WHAT IT DOES**

The Multiple Sclerosis Association of America ships one product per application — such as a grab bar, shower chair, walker, wide-grip utensil set or yoga mat — directly to people with MS who qualify. Apply online (uploading a letter or prescription showing your MS diagnosis) or by mail or fax; a Spanish application is available. You cannot get MSAA equipment again within three years.

**WHO IT HELPS**

US residents with MS who meet MSAA's income limit and have not received MSAA equipment in the last three years.

Free to people who qualify (the page says MSAA provides these products 'at no charge to individuals with MS who qualify for assistance'). Note: US residents only. Income-tested (the 9/2026 application sets $47,000 a year for a one-person household), one item per application with no returns, and not again within three years.

### MS Canada Quality of Life Program — grants of up to $1,000 a year for equipment and assistive technology (Canada)

https://mscanada.ca/quality-of-life-equipment-program

**WHAT IT DOES**

Grants of up to $1,000 per person each calendar year towards mobility equipment, safety aids and assistive technology — such as bathing aids, braces, hospital beds, lifts, scooters, wheelchairs, cooling clothing and vehicle modifications — and repairs. A separate cooling product programme helps with fans and air conditioners. Apply before you buy; an MS Navigator can help.

**WHO IT HELPS**

Residents of Canada with a confirmed diagnosis of MS or an allied disease and an assessment of need from a health care professional (not needed for repairs), whose income meets the programme's low-income cut-off (LICO) test.

Grants of up to $1,000 per person per calendar year (as the page states); no application fee is mentioned. Note: Income-tested (MS Canada sets its limits above Statistics Canada's standard LICO), with an appeals process. Apply and get approval before you buy — no 'after the fact' funding; grants must be used within 3 months.

### Shift.ms — free app and online community for people recently diagnosed with MS, with 1:1 Buddy Network (Worldwide)

https://shift.ms/

**WHAT IT DOES**

A charity-run social network for people with MS, built around a free app: ask the community questions in a live feed, have private conversations, see how others make decisions, and watch a video library. Its Buddy Network matches you with an experienced person with MS for free one-to-one emotional support from the point of diagnosis.

**WHO IT HELPS**

People with MS aged 16 and over anywhere in the world, especially those who have recently been diagnosed.

Free (the site says 'our app is free' and describes 'Free 1:1 support'). Note: Peer support from people with MS, not medical advice. Joining is through the Shift.ms app, and you must be at least 16 to use it.

## Motor Neurone Disease (MND / ALS)

### MND Victoria Counselling Service — free counselling for people with MND and their families (Victoria and Tasmania)

https://www.mnd.org.au/counselling-service

**WHAT IT DOES**

Free, confidential counselling sessions to help people with motor neurone disease, their families and carers work through the emotional impact of the disease, develop coping strategies and clarify goals. Sessions run on weekdays by Zoom, phone or face to face at MND Victoria's Canterbury office. Ask your MND Advisor/Support Coordinator to refer you.

**WHO IT HELPS**

Registered MND Victoria clients in Victoria and Tasmania — people living with MND and their family members and carers.

Free (the FAQ says it 'is provided at no cost to people with MND and their families or carers'). Note: For registered MND Victoria clients; access is by referral from your MND Advisor/Support Coordinator.

### MND NSW MND Advisors — home visits, information and referrals for people with MND (NSW, ACT and NT)

https://www.mndnsw.org.au/what-we-do/support-and-services/176-advisor.html

**WHAT IT DOES**

MND Advisors are qualified health and community care professionals who keep in touch through home visits, phone and email; give information to the newly diagnosed; help you work out the services you need and refer you to them; arrange access to MND NSW equipment, support groups and carer education; liaise with MND clinics; and advocate for you. Call 1800 777 175 or complete the online intake form.

**WHO IT HELPS**

People with MND, their family members, carers and others close to them, and health and community care providers, in NSW, the ACT and the NT.

The page does not state a fee. MND NSW's intake page says it sends a service agreement setting out 'all costs (if any)' before you decide to go ahead. Note: For people in NSW, the ACT and the NT; each Advisor covers an area and visits regional areas periodically.

### MND Queensland — MND Advisors, equipment hire, allied health and voice banking (Queensland)

https://mndqld.org.au/support

**WHAT IT DOES**

Your first step is an MND Advisor, who gives emotional support after diagnosis, practical information, help getting equipment, referrals and advocacy by phone, email or home visit. MND Queensland also hires out mobility equipment and assistive technology across Queensland, offers NDIS support coordination, allied health and a voice banking clinic. Call 1800 777 175 or register online.

**WHO IT HELPS**

People diagnosed with MND in Queensland, their family members and carers, and health and community care providers.

The page describes a mix of free and funded (NDIS or aged care) services and does not state a fee for MND Advisor support — ask when you contact them. Voice banking is free for clients aged 65 and over. Note: For people in Queensland. Equipment hire is for registered clients and needs a request from an allied health professional; allied health is usually paid through an NDIS plan or a My Aged Care package.

### MNDAWA MND Advisory Service — home visits, emotional support and care coordination for people with MND (Western Australia)

https://www.mndawa.asn.au/page/73/mnd-advisory-service

**WHAT IT DOES**

MNDAWA Advisors give emotional support and guidance to people diagnosed with MND and their families, keep in regular contact through home visits with follow-up by phone and email, liaise with health teams, community services and MND clinics, and make referrals so you are linked to the services you need. Use the enquiry form, phone 08 6186 4133 or email admin@mndawa.asn.au.

**WHO IT HELPS**

People in Western Australia diagnosed with MND and their family members and carers.

The page does not state a fee — ask when you contact MNDAWA. Note: For people in Western Australia; office hours are Monday to Friday, 8.30am to 4.30pm.

### MND NZ Support Advisors — free specialist support and advice for people with MND, nationwide (New Zealand)

https://mnd.org.nz/support-information/our-services/support-team/

**WHAT IT DOES**

Regional Support Advisors work alongside your healthcare team, meeting face to face and keeping in touch by phone, text, email and video. They link you with physiotherapists, dietitians, occupational and speech-language therapists and community nurses, help you deal with government agencies and specialist equipment services, and give information and education. Call the MND NZ office on 0800 444 474 to be connected.

**WHO IT HELPS**

People living with MND anywhere in New Zealand and their families, whānau and carers.

Free (the page describes 'a free, specialised support and advisory service throughout New Zealand'). Note: Not an emergency service, and not part of any Te Whatu Ora region.

### MND Scotland Counselling Service — up to 8 free online counselling sessions (Scotland)

https://mndscotland.org.uk/support/counselling/

**WHAT IT DOES**

Up to eight free one-to-one sessions with a qualified therapist, delivered online by MND Scotland's own counselling team, for people affected by motor neurone disease including partners, family members and carers. Counsellors are trained in Acceptance and Commitment Therapy and can work with people who use communication aids. Complete the referral form; MND Scotland replies within ten working days.

**WHO IT HELPS**

Anyone aged over 18 who lives in Scotland and has been affected by MND — the person with MND, partners, family and carers.

Free (up to 8 sessions, as the page states). Note: Adults (over 18) living in Scotland only; up to 8 sessions.

### Irish Motor Neurone Disease Association — free MND nurses, equipment loan, counselling and home-care grant once registered (Ireland)

https://www.imnda.ie/help-available/help--available

**WHAT IT DOES**

Register free — yourself, or a family member or health professional with your consent — on Freefone 1800 403 403, by email or online, and an MND nurse aims to contact you. Registered clients can then use, free of charge, the IMNDA's 7 MND nurses (home visits and phone support), equipment on loan, a home care grant, counselling for you and one family member, in-person support groups and a caregivers' programme.

**WHO IT HELPS**

People living with MND in Ireland, and their families and caregivers; the services are for people registered with the IMNDA.

Free (the page says 'Registration is free' and registered clients 'can automatically avail of the below services free of charge'). Note: You need to register first. Equipment must be recommended by your OT, speech and language therapist, public health nurse or MND nurse. The home care grant (up to €200 a week) tops up HSE home care hours.

### The ALS Association — find a Certified Treatment Center of Excellence or recognised ALS clinic (United States)

https://www.als.org/support/certified-centers-clinics

**WHAT IT DOES**

Search by state or use the locator map to find ALS Association Certified Treatment Centers of Excellence, Recognized Treatment Centers and affiliated clinics across the US. These clinics use a multidisciplinary model, so you can see a neurologist, therapists, nurse, dietitian, speech-language pathologist, social worker, mental health professional and an ALS Association liaison in a single visit.

**WHO IT HELPS**

People living with ALS in the United States and their families and caregivers.

No fee is mentioned for using the finder; ask each clinic about costs and insurance. Note: A finder only — contact the clinic itself to arrange an appointment and ask about costs and insurance.

### ALS Canada — register with your provincial ALS Society to access support and services (Canada)

https://als.ca/get-support/register-for-services/

**WHAT IT DOES**

Choose your province — Alberta and Northwest Territories, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec or Saskatchewan — and you are sent to the right provincial ALS Society website to register. Registration gives access to all the supports and services that society offers in your province.

**WHO IT HELPS**

People in Canada living with ALS, PLS, progressive muscular atrophy, progressive bulbar palsy, Kennedy's disease or certain hereditary spastic paraplegias, and those close to them.

The page does not state a fee — ask your provincial society when you register. Note: Some provincial societies may not support all the conditions listed, and services differ by province. Yukon and Nunavut are not on the province list — contact ALS Canada.

### International Alliance of ALS/MND Associations — find an ALS/MND association in your country (Worldwide)

https://www.als-mnd.org/find-als-mnd-association/

**WHAT IT DOES**

A worldwide directory of national and regional ALS/MND associations. Search by region (Africa, Asia, Australia-Oceania, Central America and Caribbean, Europe, Middle East, North America, South America) or by country to get each association's website and contact email, so you can find support where you live.

**WHO IT HELPS**

People living with ALS/MND anywhere in the world, their families and carers, especially in countries not covered by other listings.

No fee is mentioned for using the directory; each association sets its own terms. Note: A directory of member associations; what each offers varies by country, and some entries link to a social-media page rather than a website.

## Migraine & Headache

### Migraine & Headache Australia — directory of neurologists and pain specialists with an interest in headache (Australia)

https://headacheaustralia.org.au/doctor-directory/

**WHAT IT DOES**

Search by location (then filter by category and distance) to find neurologists and pain specialists who have shown an interest in headache through membership of the Australian and New Zealand Headache Society. Doctors ask to be listed by contacting the charity, which does not endorse or make representations about any listed provider.

**WHO IT HELPS**

People in Australia living with migraine or other headache disorders, and their families, who want to find a specialist near them.

No fee is mentioned for using the directory; ask each specialist about their fees. Note: A listing is not an endorsement, and the page does not say whether you need a referral — check with your GP and the specialist's rooms.

### The Migraine Trust Helpline — free migraine information and support by phone, email and webchat (UK)

https://migrainetrust.org/get-support/our-information-and-support-service/

**WHAT IT DOES**

The Helpline team gives evidence-based information and support on types of migraine, triggers, access to appropriate healthcare, treatments, your rights in employment and education, and the emotional impact of migraine. Call 0808 802 0066, Monday to Friday 10am–4pm (leave a message out of hours for a call back within 48 hours), chat online in the same hours, or use the contact form at any time.

**WHO IT HELPS**

Anyone affected by migraine. Information relates to the UK, and call-backs can only be made to UK numbers.

Free (the page says 'Our Helpline team offers free, confidential information and support for everyone affected by migraine'). Note: Support advisors are not medically qualified and cannot give medical, legal or welfare benefits advice.

### OUCH (UK) Cluster Headache Advice Line — 24-hour message line with call-backs from trained advisers (UK)

https://ouchuk.org/page/advice-line

**WHAT IT DOES**

Leave a message on 0800 6696 824 at any time, day or night, and one of the charity's trained advice line team will call you back, or email adviceline@ouchuk.org. OUCH (UK) also publishes information on cluster headache and oxygen therapy (including HOOF forms), a magazine and a members' forum.

**WHO IT HELPS**

People with cluster headache and their families.

The page does not state a call cost or fee — ask when you contact them. Note: It is a messaging service: you leave a message and wait for a call back rather than speaking to someone straight away.

### NINDS — migraine: symptoms, diagnosis, treatment and research (United States)

https://www.ninds.nih.gov/health-information/disorders/migraine

**WHAT IT DOES**

A plain-language page from the US National Institute of Neurological Disorders and Stroke on what migraine is, who is more likely to have it, how it is diagnosed and treated, keeping a headache journal, the latest research, how to find clinical trials, and organisations to contact for more information. Also available in Spanish.

**WHO IT HELPS**

People with migraine and their families, in the US and elsewhere, who want reliable information from a government health body.

Free to use; no fee is mentioned on the page.

### Migraine Canada — monthly peer-led virtual migraine support groups (Canada)

https://migrainecanada.org/support-groups/

**WHAT IT DOES**

Peer leaders with lived experience run English-language virtual groups: a daytime group (third Thursday of the month, 12pm EST), an evening group (last Thursday, 7pm EST) and a West Coast group (last Tuesday, 7pm PST); Migraine Quebec runs French-language groups. Join the Migraine Canada community email list to get sign-up links, sent in the second week of each month.

**WHO IT HELPS**

People in Canada living with migraine.

The page does not state a fee — ask when you contact them. Note: Each meeting is limited to 20 participants with a waitlist, and sign-up links are only sent by community email.

## Brain Injury & Concussion

### Synapse — brain injury Information and Referral service, including help with the NDIS (Australia)

https://synapse.org.au/our-services/information-and-referral/

**WHAT IT DOES**

Synapse's Information & Referral team gives specialist information and advice on managing the effects of brain injury: finding suitable services, getting into the NDIS, information about brain injury, connecting with others affected, and advocacy. Carers get information, resources and a friendly voice when things feel overwhelming. Call 1800 673 074 or send the online enquiry form.

**WHO IT HELPS**

People who have or may have an acquired brain injury, their families and carers, and professionals, across Australia.

The page does not state a fee — ask when you contact them.

### Headway — find a local Headway group or branch for rehabilitation, carer support and social groups (UK)

https://www.headway.org.uk/supporting-you/find-your-local-headway/

**WHAT IT DOES**

A region-by-region directory and map of locally run Headway groups and branches across the UK and Channel Islands. Depending on the area, they offer brain injury rehabilitation programmes, carer support, social re-integration, community outreach and respite care. Pick your region or search the map, then contact the local group.

**WHO IT HELPS**

People with a brain injury, and their families and carers, in England, Scotland, Wales, Northern Ireland and the Channel Islands.

The page does not state a fee — ask when you contact them. Note: Services vary by area and each group is run locally; the page does not state fees — ask the group.

### Headway Brain Injury Identity Card — free card explaining how your brain injury affects you (UK)

https://www.headway.org.uk/supporting-you/headway-brain-injury-identity-card/

**WHAT IT DOES**

A free photo card stating that you have a brain injury and how it may affect you (for example memory, speech, balance or fatigue). It is recognised by police forces, NHS staff and other services, and carries a 24-hour helpline number for criminal-law solicitors trained in brain injury. Apply online or by post with a passport-style photo and medical proof of your brain injury.

**WHO IT HELPS**

Anyone in the UK aged 18 or over with a verifiable brain injury. Under-18s are pointed to the Child Brain Injury Trust's card.

Free (the page says 'It is free of charge'). Note: Headway reports a backlog: applications made since June 2026 may take up to 12 weeks to process.

### The Children's Trust Virtual ABI Team — free digital rehabilitation support for children with brain injury (UK)

https://www.thechildrenstrust.org.uk/our-services/community-support

**WHAT IT DOES**

The Virtual Acquired Brain Injury Team offers free, goal-directed digital rehabilitation support: families join a virtual goal-setting meeting, then get coaching, advice and signposting from clinicians. A long-term register offers follow-up when a child starts reception, secondary school and post-16 education. Parents, families or professionals can refer by emailing tctcommunity@thechildrenstrust.org.uk.

**WHO IT HELPS**

Children and young people aged 18 and under (at referral, registered with a UK GP) with an acquired brain injury, and their families, anywhere in the UK. Hands-on community rehabilitation is only for the South East of England.

Free (the page describes the Virtual ABI Team as a free service).

### Headway Ireland — apply for brain injury rehabilitation services and family support (Ireland)

https://headway.ie/apply-for-services/

**WHAT IT DOES**

Explains who can use Headway's community brain injury rehabilitation services and how to apply. You, a family member, carer or professional can refer using the regional form; Headway acknowledges it within two weeks, checks medical records and invites you (with someone who knows you well) to an initial appointment. There is a separate form for family members. For help, call the helpline on 1800 400 478.

**WHO IT HELPS**

Adults (generally 18+) with an acquired brain injury, including stroke, who are medically stable — services in Dublin and surrounding areas, the Mid West (Clare, Limerick, North Tipperary) and the South (Cork, Kerry) — and family members in all regions.

The page does not state a fee — ask when you contact them. Note: Rehabilitation services are regional and some are limited to under-65s; evidence of brain injury is needed.

### Acquired Brain Injury Ireland — On With Life programme for families and carers (Ireland)

https://www.abiireland.ie/our-services/what-we-do/on-with-life/

**WHAT IT DOES**

On With Life is a free, nationwide programme of information, education, training and support for families and carers of someone with an acquired brain injury, to reduce isolation and anxiety. There is a strand for parents and carers of under-18s with peer support, and an 'On With Training and Employment' strand for family carers returning to work or study. Register using the short online form.

**WHO IT HELPS**

Anyone in Ireland caring for an adult brain injury survivor; parents, carers and siblings of children and young people with an acquired brain injury.

Free (the page describes On With Life as a free, nationwide service).

### Brain Injury Association of America — find the Brain Injury Association in your state (United States)

https://biausa.org/find-bia

**WHAT IT DOES**

A clickable map of BIAA's chartered state affiliates (and Puerto Rico), which give direct support and advocacy to people living with brain injury and their families. Choose your state to see the local association and its contact details. For general questions, BIAA's National Brain Injury Information Center is on 1-800-444-6443.

**WHO IT HELPS**

People with a brain injury, their families, friends and professionals in the United States.

Free to use; no fee is mentioned on the page. Note: Some states have an independent BIA affiliate and others a BIAA state chapter; what they offer, and whether they charge, differs from state to state.

### BrainLine — 'Newly Diagnosed. Now What?' guide to recovery after concussion or traumatic brain injury (United States)

https://www.brainline.org/tbi-basics/newly-diagnosed-now-what

**WHAT IT DOES**

BrainLine's starting point after a diagnosis gathers its key articles on what to expect after a concussion (mild TBI) or a moderate to severe brain injury, starting rehabilitation, who the rehab specialists are, and managing symptoms such as memory problems, headaches, sleep issues, sensory overload and emotional changes. It links to separate sections for caregivers and for children.

**WHO IT HELPS**

People with a concussion or traumatic brain injury, their families and caregivers; includes material for veterans and service members. US-focused but readable anywhere.

Free to use; no fee is mentioned on the page.

### Brain Injury Canada — directory of provincial and local brain injury associations (Canada)

https://braininjurycanada.ca/en/brain-injury-associations/

**WHAT IT DOES**

Lists provincial and community brain injury associations in Alberta, British Columbia, Manitoba, Nova Scotia, Ontario, Québec and Saskatchewan, with addresses, phone numbers and websites. These associations offer support, information, education, advocacy and programmes for people affected by acquired brain injury. Brain Injury Canada also offers free self-guided e-courses for family caregivers.

**WHO IT HELPS**

People with an acquired brain injury and their families and caregivers in Canada.

Free to use; no fee is mentioned on the page. Note: The page says there are no brain injury associations in the territories, Prince Edward Island, Newfoundland and Labrador or New Brunswick; listed associations are independent.

### Concussion Awareness Training Tool (CATT) — free online concussion course for parents and caregivers (Canada)

https://cattonline.com/course/concussion-awareness-training-tool-for-parents-and-caregivers

**WHAT IT DOES**

A 30-minute, self-paced online course on recognising the signs of concussion, how to respond, and supporting a child's recovery and return to activity. Create a free account to save progress and get a certificate. Related CATT courses cover youth, athletes, coaches, school staff, workplaces and medical professionals.

**WHO IT HELPS**

Parents and caregivers of children and teenagers; other free modules suit young people, schools, coaches and workplaces. Canadian, open online.

Free (CATT says all its online modules are available in English and French, free of charge).

## Huntington's, Ataxia, Dystonia, Tremor & Other Movement Disorders

### Huntington's Australia — free HD Specialist Services for individuals and families affected by Huntington's disease (Australia)

https://huntingtonsaustralia.au/hd-services/

**WHAT IT DOES**

An experienced team gives free, personalised support in person or online, including in rural and remote areas, and helps you navigate the NDIS, health and aged care systems. Specialised counselling is also available through an NDIS plan or fee-for-service, and NDIS-registered social workers through an NDIS plan. The website also lists HD clinics and support groups.

**WHO IT HELPS**

Anyone in Australia affected by Huntington's disease — people who are at risk, newly diagnosed or living with HD, and their families and carers.

HD Specialist Services are free (as the page states: 'This free service is available in person or online'); counselling is 'available through your NDIS plan or on a fee-for-service basis'.

### Huntington's Disease Association — Specialist Huntington's Disease Advisers and helpline (England and Wales)

https://www.hda.org.uk/information-and-support/getting-help/specialist-huntingtons-disease-advisory-service/

**WHAT IT DOES**

Experienced Specialist Huntington's Disease Advisers run a confidential telephone helpline, organise local support networks and carers' groups, liaise with health and social care professionals and HD clinics, advocate for the person with HD, and support end-of-life care; one adviser focuses on juvenile HD. Call 0151 331 5444, Monday to Friday 9am–5pm; interpreting through Language Line is available.

**WHO IT HELPS**

Anyone affected by Huntington's disease in England and Wales — people with HD, people at risk, family members, carers, children and young people, and the professionals supporting them.

The page does not state a fee — ask when you contact them. Note: Covers England and Wales only (the page links to organisations elsewhere).

### Scottish Huntington's Association — HD Specialists providing care co-ordination and support for Huntington's families (Scotland)

https://hdscotland.org/find-support/hd-specialists/

**WHAT IT DOES**

HD Specialists give physical health, mental health and wellbeing support and care co-ordination to adults in a Huntington's family, including specialist assessment, symptom management, emotional support, help to plan future care and support for carers. They liaise with therapists, care homes and mental health teams and work with NHS HD Clinical Leads who run specialist clinics. Find your local team on the page.

**WHO IT HELPS**

Adults in Scotland in a Huntington's family — people with symptoms, without symptoms, at risk, and carers. The charity also has youth and financial wellbeing services.

The page does not state a fee — ask when you contact them. Note: Scotland only; for NHS Borders, Orkney, Shetland and the Western Isles the page gives a separate contact for guidance.

### Ataxia UK Helpline — information, support and advice for anyone affected by ataxia (UK)

https://www.ataxia.org.uk/support-services/helpline/

**WHAT IT DOES**

The Helpline and Advocacy Officer, working with volunteers who have lived experience of ataxia and the research team, gives support, information and advice on diagnosis, treatment and living with ataxia. Call 0800 995 6037 (Monday to Friday, 10.30am–2.30pm) or email; if the line is busy, leave a message — they aim to reply to voicemails and emails within 3 working days.

**WHO IT HELPS**

Anyone in the UK affected by any type of ataxia, including people supporting a loved one with ataxia.

The page does not state a fee — ask when you contact them. Note: Only one operator at a time and short opening hours (10.30am–2.30pm on weekdays).

### Dystonia UK — map of hospitals and treatment centres across the UK that treat dystonia (UK)

https://www.dystonia.org.uk/treatment-centres

**WHAT IT DOES**

Enter your postcode to find hospitals and treatment centres across the UK that offer services for people with dystonia. Entries show details such as the specialist, services offered (for example diagnosis and botulinum toxin injections) and the types of dystonia treated. The list is reviewed and updated by a volunteer, and anyone can send in updated clinic details.

**WHO IT HELPS**

People in the UK with dystonia, and their families, who are looking for a movement disorder specialist or dystonia clinic near them.

The page does not state a fee for using the map — ask each clinic about access and any costs. Note: The list is kept up to date by a volunteer, so check details with the clinic before you travel; the page does not state costs.

### National Tremor Foundation — information, advice and support groups for people with essential tremor and other tremors (UK)

https://tremor.org.uk/about-us

**WHAT IT DOES**

The National Tremor Foundation gives help, support, advice and information to people living with all forms of tremor, including essential tremor and orthostatic tremor, whatever their age. It has a small network of volunteer-run local support groups and an official Facebook support group, and runs education sessions, including one for GPs. Contact the support groups co-ordinator through the website.

**WHO IT HELPS**

People in the UK living with any form of tremor, of any age, and their families and carers.

The page does not state a fee — ask when you contact them. Note: There are only a small number of local support groups.

### Huntington's Disease Association of Ireland — helpline, family support officer, support groups and equipment loan (Ireland)

https://www.huntingtons.ie/supports

**WHAT IT DOES**

HDAI offers a national helpline, a Family Support Officer who can talk to or meet family members, support group meetings in Dublin, Cork, Limerick and Mayo/Roscommon, carers' workshops, an annual information meeting and respite weekend, an assistance fund for families in need and loans of specialised seating and equipment. There is a Freefone number for families in crisis: 1800 393939.

**WHO IT HELPS**

People in Ireland with Huntington's disease, people at risk, carers and family members, and professionals who work with them.

The crisis line is a Freefone number; the page does not state fees for other services — ask when you contact them. Note: Support groups meet only in Dublin, Cork, Limerick and Mayo/Roscommon; the page does not state fees — ask when you contact them.

### Huntington's Disease Society of America — HDSA Centers of Excellence for team-based Huntington's care (United States)

https://hdsa.org/find-help/clinical-care-services/hdsa-centers-of-excellence/

**WHAT IT DOES**

HDSA Centers of Excellence offer team-based care from neurologists, psychiatrists, social workers, therapists, counsellors and other professionals experienced with families affected by Huntington's disease. There are 60 Centers and 9 Partner Sites covering 37 states plus the District of Columbia; select a centre on the page for its address, contact details and website.

**WHO IT HELPS**

People with Huntington's disease and their families in the United States.

No fee is mentioned for using the list; the page does not state what care at the centres costs — ask each centre about fees and insurance cover. Note: Centres are in 37 states and DC only; the page does not state costs, so ask each centre about fees and insurance cover.

### National Ataxia Foundation — map of Ataxia Centers of Excellence and specialty clinics (United States and worldwide)

https://www.ataxia.org/neurologists-and-specialty-clinics/

**WHAT IT DOES**

NAF's map lists NAF Ataxia Centers of Excellence (which pass a full application process), Ataxia Centers and Movement Disorder Centers known to have experience with ataxia, mostly in the US with some clinics in other countries. If there is no clinic in your state, use NAF's printable list of neurologists familiar with ataxia in each state.

**WHO IT HELPS**

People with any type of ataxia and their families looking for a knowledgeable clinic or neurologist, mainly in the United States.

No fee is mentioned for using the map; the page does not state the cost of care — ask each clinic about fees and insurance cover. Note: Not a complete list of providers; the page does not state costs, so ask each clinic about fees, referral and insurance cover.

### International Essential Tremor Foundation — free information and local essential tremor support groups (United States and worldwide)

https://essentialtremor.org/resources/living-with-et/support-groups/

**WHAT IT DOES**

IETF support groups are informal, self-managed groups where people with essential tremor meet and share information; choose your location on the page to see if there is one near you, or start one. The IETF also runs a closed Facebook discussion group, a directory of movement disorder specialists, and provides educational information to anyone who asks, free of charge.

**WHO IT HELPS**

People with essential tremor and their families, mainly in the United States; the foundation serves the essential tremor community worldwide.

Educational information is free ('to all who request it, at no charge'); the page does not state a fee for support groups — ask the group leader. Note: Groups are volunteer-run and exist only in some areas.

### Dystonia Medical Research Foundation — Find a Dystonia Doctor directory (United States)

https://dystonia-foundation.org/find-a-doctor/

**WHAT IT DOES**

A searchable directory of physicians and other healthcare providers with experience or interest in treating dystonia, showing their location and the types of dystonia they treat. Providers choose to be listed, and the DMRF suggests asking about the team's training and how many people with dystonia they treat.

**WHO IT HELPS**

People with dystonia and their families looking for a movement disorder specialist or other provider, mainly in the United States.

No fee is mentioned for using the directory; the page does not state the cost of care — ask each provider about fees and insurance cover. Note: Listing is voluntary and not an endorsement by the DMRF; check each provider's experience, fees and insurance cover.

### Huntington Society of Canada — Family Services: information, short-term counselling, referral and advocacy for families affected by HD (Canada)

https://www.huntingtonsociety.ca/family-service-offerings/

**WHAT IT DOES**

The Family Services team offers information and education about Huntington disease, short-term counselling, resource counselling and referral, individual advocacy with service providers, and support groups, working with local HD, movement disorder and genetics clinics. It also educates hospital, long-term care, home care and community staff. Contact the team through the Family Services team list or contact form.

**WHO IT HELPS**

Anyone in Canada affected by Huntington disease — people at risk, gene-positive or gene-negative, living with HD, carers, spouses and family members — and health or community care workers.

The page does not state a fee — ask when you contact them. Note: Counselling is short-term.

## Muscle, Nerve & Spinal Cord Conditions

### Muscular Dystrophy Queensland Infoline — free information and guidance on living with a neuromuscular condition (Queensland)

https://mdqld.org.au/services/infoline/

**WHAT IT DOES**

Knowledgeable staff answer questions on daily life with muscular dystrophy or a similar neuromuscular condition — accessing the NDIS, finding services, other funded supports and free charitable programs, sport and recreation — and support families at diagnosis, life transitions and as needs increase. Phone 1800 676 364 or email on weekdays, 8.30am to 4.30pm, or use the enquiry form.

**WHO IT HELPS**

Anyone in Queensland seeking information or support about a neuromuscular condition — people living with one, their families, and professionals supporting them.

Free (the page says 'Our free Infoline'). Note: For people in Queensland; business hours only (Monday to Friday, 8.30am to 4.30pm).

### Spinal Cord Injuries Australia — Peer and Family Support from people with lived experience (New South Wales, Australia)

https://scia.org.au/living-with-a-disability/navigating-life-with-a-disability/

**WHAT IT DOES**

SCIA's Peer and Family Support team, all with lived experience of spinal cord injury, visit NSW spinal injury units weekly for one-to-one conversations, co-run education sessions and social confidence activities, and support families. After discharge they hold social catch-ups (NSW and WA) and offer telehealth if you live further away. Call 1800 819 775 or email info@scia.org.au.

**WHO IT HELPS**

People with a new or long-standing spinal cord injury, young people, and family members and carers — mainly in New South Wales.

The page does not state a fee — ask when you contact them. Note: Hospital-based peer support is at John Hunter, Royal North Shore, Prince of Wales and Royal Rehab Ryde in NSW.

### Muscular Dystrophy Association of NZ Fieldwork Service — free one-on-one support at home, by phone or video (New Zealand)

https://www.mda.org.nz/fieldwork-service

**WHAT IT DOES**

Fieldworkers based in regional branches give person-centred support: help navigating Whaikaha, ACC and Health NZ, support at assessments and appointments, advice on equipment, home modifications and transport, help with school and work transitions, and regular check-ins, local groups and carer support. Join MDANZ (free) online to start.

**WHO IT HELPS**

MDANZ members — anyone living with a diagnosed neuromuscular condition covered by MDANZ — and their whānau, parents, partners and primary carers, anywhere in New Zealand.

Free (the page says the service is 'provided completely free of charge' and membership is free).

### New Zealand Spinal Trust — Peer and Whānau Support after spinal cord impairment (New Zealand)

https://nzspinaltrust.org.nz/new-to-sci/peer-and-whanau-support/

**WHAT IT DOES**

Peer supporters who use wheelchairs themselves, and whānau supporters with experience of caring for a family member, help newly injured people and their families from hospital onwards. A community peer team works in communities across New Zealand. Use the 'Connect to Peer & Whānau Support' form to get in touch.

**WHO IT HELPS**

People with a spinal cord impairment (from injury or illness) and their whānau, especially those going through Burwood Spinal Unit in Christchurch.

The page does not state a fee — ask when you contact them. Note: The team is based at Burwood Spinal Unit; people in the Auckland region or at the Auckland Spinal Rehabilitation Unit are pointed to Spinal Support NZ. No fee is stated.

### Muscular Dystrophy UK helpline — free information and emotional support for muscle wasting conditions (UK)

https://www.musculardystrophyuk.org/support/services/speak-to-us/

**WHAT IT DOES**

A trained helpline team gives information, advice and emotional support on living with a muscle wasting or weakening condition: newly diagnosed questions, caring, local services, housing and home adaptations, benefits, grants and financial help, and employment. Call 0800 652 6352, Monday to Friday 10am to 5pm, or email info@musculardystrophyuk.org.

**WHO IT HELPS**

Adults aged over 18 living with a muscle wasting or weakening condition, and their family members, carers and friends.

Free (the page says the helpline 'provides free information and emotional support'). Note: For people aged over 18; the page lists other services for under-18s. If you leave a message out of hours, the team aims to reply within five working days.

### myaware — National Support Coordinators by phone and email, with free lifetime membership (UK)

https://www.myaware.org/email-and-telephone-support

**WHAT IT DOES**

myaware's National Support Coordinators offer a listening ear and guidance through life with myasthenia, help you understand your condition and point you to resources, and signpost you to other services when needed. Ring 01332 290 219 (Monday to Friday, 9am to 5pm) to arrange a call, or email. Members can also join free online meetings, including sessions for the newly diagnosed.

**WHO IT HELPS**

People who have, or are awaiting a diagnosis of, myasthenia gravis or another myasthenia such as LEMS, and their relatives and carers, in the UK.

Free lifetime membership (as the membership page states); no fee is mentioned for the support team, and myaware says its online events are free to join. Note: The coordinators are not counsellors; replies can take up to five working days at busy times.

### Inflammatory Neuropathies UK (formerly GAIN) — 1-to-1 peer support for Guillain–Barré syndrome, CIDP and MMN (UK)

https://www.inflammatoryneuropathies.uk/peer-support

**WHAT IT DOES**

You are matched with a trained volunteer who has lived experience of an inflammatory neuropathy, chosen by condition, age, gender, location and your preferences, and can talk by phone, video call or messages. Contact the office on 01529 469910 or 0800 374803, or email hello@inflammatoryneuropathies.uk. The charity also runs online and in-person Get Togethers and offers personal grants.

**WHO IT HELPS**

People in the UK affected by Guillain–Barré syndrome, CIDP, MMN or another inflammatory neuropathy, and those close to them.

The page does not state a fee — ask when you contact them. Note: Peer support from volunteers with lived experience, not medical advice.

### Spinal Injuries Association — local support coordinators who live with spinal cord injury (UK)

https://www.spinal.co.uk/get-support/support-coordinators-in-your-area/

**WHAT IT DOES**

SIA's regional support coordinators all live with spinal cord injury. From when you are newly injured, they give practical advice on continence, safe transfers, work, family life, driving and holidays, and connect you to other services — members can be referred by their coordinator to SIA's free specialist counselling (self-referral is closed for now). Select your county to find your coordinator; membership is free.

**WHO IT HELPS**

People with a spinal cord injury and their families in England, Wales, Northern Ireland, the Channel Islands and the Isle of Man.

Free (SIA says you can join for free for a lifetime of advice and support). Note: The county search does not list Scottish areas.

### Back Up — one-to-one mentoring from people with spinal cord injury, including young people and families (UK)

https://www.backuptrust.org.uk/support-for-you/mentoring/talk-mentor-spinal-cord-injury

**WHAT IT DOES**

Back Up matches you with a trained mentor who has a spinal cord injury, usually with a similar injury level and age, and you arrange calls at times that suit you both. There is a dedicated mentoring service for children and young people, and family mentors for relatives. Register online; professionals can also refer.

**WHO IT HELPS**

Anyone with a spinal cord injury at any age or stage, children and young people with SCI, and family members, across the UK.

The page does not state a fee — ask when you contact them.

### Spinal Cord Injury BC — free Peer Program with meetups, events and peer connection (British Columbia, Canada)

https://sci-bc.ca/peer-program/

**WHAT IT DOES**

Peer Program Coordinators who live with spinal cord injury run weekly and monthly meetups around British Columbia, online events, and more than 300 events a year, and can connect you with someone with a similar injury or situation. Family members are welcome. The toll-free InfoLine and online InfoCentre help with jobs, housing, health and recreation. Membership is free.

**WHO IT HELPS**

People in British Columbia with a spinal cord injury or related physical disability — newly injured or long-term — and their families and friends.

Free (the page says membership is free).

### Muscular Dystrophy Ireland Family Support Service — support workers around the country for neuromuscular conditions (Ireland)

https://www.mdi.ie/family-support-services

**WHAT IT DOES**

Six Family Support Workers and Community Support Workers around the country give practical information and a listening ear, and help with counselling and bereavement services, personal assistance, entitlements such as carer's allowance and medical cards, education and employment, disability equipment, transport, housing, and new diagnoses. For more information, phone MDI on +353 01 6236414.

**WHO IT HELPS**

People with neuromuscular conditions in Ireland and their families, including parents.

The page does not state a fee — ask when you contact MDI. Note: MDI's membership page lists the Family Support Programme among the services for members.

### Spinal Injuries Ireland — peer support for people with spinal cord injury and their families (Ireland)

https://spinalinjuries.ie/service/peer-support-from-sii/

**WHAT IT DOES**

Trained peer volunteers, who live with a spinal cord injury or have supported a loved one with one, offer a listening ear and guidance from the time of injury onwards. There is separate peer support for family members. Request it with the online form, call 085 8584300 (Mon–Fri 9am–5.30pm), or email. Community Outreach Officers also give local support and advice.

**WHO IT HELPS**

People in Ireland with a spinal cord injury, and their family members and friends.

The page does not state a fee — ask when you contact them.

### MDA Care Center Network — find a multidisciplinary neuromuscular clinic at over 150 US hospitals (United States)

https://www.mda.org/care/mda-care-centers

**WHAT IT DOES**

Search the map or list to find an MDA Care Center or affiliate near you. Located at more than 150 health care institutions across the US, they offer expert multidisciplinary care for muscular dystrophy, ALS and other neuromuscular diseases, access to clinical trials, and connection with MDA. The MDA Resource Center (1-833-275-6321) can help you get started.

**WHO IT HELPS**

People in the United States living with muscular dystrophy, ALS or another neuromuscular disease covered by MDA, and their families.

No fee is mentioned for using the finder; ask the care centre about costs and insurance. Note: MDA services are available only in the US. A finder only — contact the care centre to arrange an appointment.

### Myasthenia Gravis Foundation of America — MGFA Helpline with professional counsellors, seven days a week (United States)

https://myasthenia.org/mgfa-helpline/

**WHAT IT DOES**

Professional counsellors answer questions about living with myasthenia gravis, give emotional support and guide you to resources: finding a qualified neuromuscular specialist, support groups, treatment information and help with MG emergencies or management. Call 1-833-647-8764 — weekdays 8am to 10pm and weekends 9am to 9pm Eastern. Ask about the Wellness Navigation program for more intensive help.

**WHO IT HELPS**

People with myasthenia gravis, newly diagnosed or living with it for some time, and their families and caregivers.

The page does not state a fee — ask when you call. Note: The helpline cannot give medical advice. Hours are US Eastern Time.

### Charcot–Marie–Tooth Association — find a CMTA Center of Excellence for expert CMT care (United States and other countries)

https://cmtausa.org/cmta-centers-of-excellence/

**WHAT IT DOES**

Search by country and US state for a CMTA Center of Excellence — multidisciplinary clinics led by CMT specialists who provide comprehensive care for Charcot–Marie–Tooth disease and link to research. Centres are listed in the United States, Canada, the United Kingdom, Ireland, Australia, Belgium, Germany, Italy and Thailand.

**WHO IT HELPS**

People with Charcot–Marie–Tooth disease and their families looking for a specialist clinic, in the US and the other countries listed.

No fee is mentioned for using the finder; ask each clinic about costs and referral rules. Note: CMTA recognises individual CMT specialists after review but does not operate or accredit the clinics; contact the clinic directly.

### Reeve Foundation Peer & Family Support Program — free peer mentor matching for people with paralysis (United States)

https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/

**WHAT IT DOES**

Request a peer mentor online, by phone or by scheduling a call. A Peer & Family Support Coordinator chats with you about your needs, then matches you with a mentor who lives with paralysis or cares for someone who does, considering level of injury or function, cause of paralysis, age and interests. You and your mentor decide how often to talk. Coordinators are on 1-800-539-7309, Mon–Fri 9am–6pm ET.

**WHO IT HELPS**

People who are newly paralysed or have lived with paralysis (including spinal cord injury) for years, and their family members and caregivers. US-based programme.

Free (the page says 'We offer free mentoring to anyone seeking help').

### Muscular Dystrophy Canada — register as a client for support specialists, equipment funding and referrals (Canada)

https://muscle.ca/support-services/who-we-help/register-as-a-client/

**WHAT IT DOES**

Registering gives you personalised support from a Support Specialist where you live (emotional support, guidance, referrals and help navigating daily life), access to the equipment programme that helps cover assistive devices and mobility equipment, referrals to financial assistance, and education about research and clinical trials. Complete the registration form or call 1-800-567-2873.

**WHO IT HELPS**

People in Canada (citizens, landed immigrants or refugees) with a likely or confirmed diagnosis of one of the many neuromuscular disorders the charity supports, and their families.

Registering is free (the page says 'Registering is easy and free!'); no fee is mentioned for Support Specialist help. Note: Equipment funding varies by province and does not cover items under $200 or reimburse purchases made before approval.

## Cerebral Palsy, Tourette Syndrome, FND, Brain Tumours & Rare Conditions

### RARE Portal (Rare Voices Australia) — rare disease directory with Australian support organisations (Australia)

https://www.rareportal.org.au/rare-disease-directory/

**WHAT IT DOES**

A national directory of rare diseases, including many rare neurological conditions, with information pages being added and links to Australian support organisations and personal stories. Search by condition; the wider RARE Portal also covers disability support, mental health and services by state or territory.

**WHO IT HELPS**

Australians living with a rare disease, their families and carers, and the health professionals who support them.

The page does not state a fee — the directory is open to use on the website. Note: Not a complete list of the 7,000+ rare diseases, and pages are still being added. Rare Voices Australia says it does not necessarily endorse the support groups listed.

### Mark Hughes Foundation — Brain Cancer Care Coordinator nurses for patients and families (Hunter New England and Mid North Coast, NSW)

https://markhughesfoundation.com.au/nurses/

**WHAT IT DOES**

The foundation funds adult and paediatric Brain Cancer Care Coordinator nurse positions in the Hunter New England and Mid North Coast health districts, who give personalised nursing care and support to patients and families from diagnosis onwards. The page lists each nurse's location, phone, email and working days. Every patient also receives an MHF patient pack with information and a diary.

**WHO IT HELPS**

Adults and children with brain cancer, and their families, treated in the Hunter New England and Mid North Coast health districts of NSW.

The page does not state a fee — ask the coordinator or your treating team. Note: Only for patients in the Hunter New England and Mid North Coast health districts; the nurses work set days, listed on the page.

### Cerebral Palsy Alliance — what is cerebral palsy: plain and Easy English guides and video series (Australia)

https://cerebralpalsy.org.au/cerebral-palsy/

**WHAT IT DOES**

An introduction to cerebral palsy — what it is, the types, how it affects people, signs, assessments and treatments — with free Easy English and Plain English guides to download, guides in 17 other languages, and a video series in which researchers and people with lived experience explain CP. From here you can also find CPA's services and support for each age group.

**WHO IT HELPS**

People with cerebral palsy, parents and families (including those waiting for or new to a diagnosis), and anyone wanting to understand CP. Australian; readable anywhere.

Free to use; no fee is mentioned on the page.

### Rare Disorders NZ — directory of rare disorder support groups (New Zealand)

https://raredisorders.org.nz/groups/

**WHAT IT DOES**

A searchable directory of the support groups that work with Rare Disorders NZ — start typing a condition or group name to filter the list. If you cannot find a group for your disorder, RDNZ asks you to get in touch as it may be able to support you in other ways; it also has a downloadable guide to setting up a support group.

**WHO IT HELPS**

People in New Zealand living with a rare disorder, including rare neurological conditions, and their whānau.

The page does not state a fee — the directory is open to use; each group sets its own terms. Note: Lists only groups in the RDNZ support group collective — not an exhaustive list of the 7,000+ rare disorders.

### Brain Tumour Support NZ — free Brain Box support kit with patient guides for newly diagnosed people and carers (New Zealand)

https://www.braintumoursupport.org.nz/support/brain-box

**WHAT IT DOES**

Order a free Brain Box online: a support kit containing the charity's seven Patient Guides to help you navigate diagnosis and treatment, practical items and small gifts. A Brain Box for Kidz, made with Frankie to the Rescue, includes an education guide for schools plus toys, puzzles and games for a child with a brain tumour.

**WHO IT HELPS**

Anyone living in New Zealand who has been diagnosed with a primary brain tumour, or is caring for someone who has, including parents of children with a brain tumour.

Free (the page says 'the box won't cost you a cent'). Note: For people living in New Zealand with a primary brain tumour and their carers. One box per residential address, NZ addresses only; allow 7–14 days for delivery. Contents may vary.

### Cerebral Palsy Society of New Zealand — membership with grants, funding programmes and a freephone (New Zealand)

https://cerebralpalsy.org.nz/about-us/membership/

**WHAT IT DOES**

Membership of the Society gives people with cerebral palsy access to individual and academic grants and funding programmes (such as getMoving and getStructured), subsidised social events and a magazine. The freephone 0800 503 603 (Mon–Fri 9am–3pm) gives information, advice and support on all aspects of CP. Apply online with proof of a CP diagnosis from a New Zealand medical professional.

**WHO IT HELPS**

People with cerebral palsy (Hōkai Nukurangi) living in New Zealand and their families.

Membership is $10 per year (as the page states). Note: Grants and funding programmes are for members only, and a New Zealand diagnosis is required to join.

### FND Action — FiND Services directory of NHS services for functional neurological disorder (UK)

https://www.fndaction.org.uk/find-services/

**WHAT IT DOES**

A growing directory of NHS services for people with FND in England, Scotland, Wales and Northern Ireland, showing what each service offers, who it accepts referrals from, age criteria and contact details. FND Action is gathering information from NHS and other health bodies across the UK and adds regional details as the work develops.

**WHO IT HELPS**

People with functional neurological disorder in the UK, their families, and the GPs and clinicians who refer them.

No fee is mentioned for using the directory; the listed NHS services are reached by referral. Note: The directory is still being built and lists only some services; most listed services accept referrals only from GPs or specialists.

### Genetic Alliance UK — A–Z directory of support charities for genetic, rare and undiagnosed conditions (UK)

https://geneticalliance.org.uk/membership/a-z-members-directory/

**WHAT IT DOES**

An alphabetical directory of the alliance's member charities and support groups for genetic, rare and undiagnosed conditions, including rare neurological conditions. If you are looking for support for a specific condition and cannot see a relevant organisation, the alliance asks you to email it so it can help.

**WHO IT HELPS**

People in the UK living with a genetic, rare or undiagnosed condition, and their families and carers.

The page does not state a fee — the directory is open to use; each charity sets its own terms. Note: Lists member organisations only, so not every condition has a group here — email the alliance if yours is missing.

### SWAN UK (Genetic Alliance UK) — free support community for families of children with an undiagnosed genetic condition (UK)

https://geneticalliance.org.uk/support-and-information/swan-uk-syndromes-without-a-name/

**WHAT IT DOES**

The UK's dedicated support community for families affected by a 'syndrome without a name' — a genetic condition so rare it often remains undiagnosed. Members get online forums, virtual coffee meet-ups and online events, and information from the SWAN UK team. Register online for free membership.

**WHO IT HELPS**

Families of children and young adults up to 25 with a suspected but undiagnosed genetic condition — for example developmental delay with no known reason, or negative genetic test results — in the UK.

Free (as the service states: 'SWAN UK community membership is completely free'). Note: For families of children and young adults up to 25 only. In a crisis, the page points you to Samaritans on 116 123.

### The Brain Tumour Charity — up to eight free counselling sessions by phone or webcam (UK)

https://www.thebraintumourcharity.org/living-with-a-brain-tumour/get-support/free-counselling-service/

**WHAT IT DOES**

Up to eight free one-to-one sessions with a qualified counsellor, online by webcam or by telephone, Monday to Friday 9am to 5pm, to talk about the impact a brain tumour diagnosis has had on your life. Complete the self-referral form and book an initial assessment with the Support Team, who then match you with a counsellor.

**WHO IT HELPS**

Adults aged 18 or over living in the UK who have been diagnosed with a brain tumour, or whose loved one has, at any stage including newly diagnosed or bereaved.

Free (the page says 'up to eight free counselling sessions'). Note: Waiting list of about 7 to 8 weeks. Not for people in crisis, with complex mental health needs, or already in counselling elsewhere; individual sessions only.

### brainstrust brain tumour hub — search UK brain tumour support services and resources by postcode (UK)

https://braintumourhub.org.uk/

**WHAT IT DOES**

A searchable database of verified brain tumour support resources for patients and caregivers. Search by postcode to find support near you or a loved one, or filter by diagnosis stage, support for children, teens or adults, carers' resources, end-of-life care and living with a brain tumour; it also links to brain tumour clinical trials.

**WHO IT HELPS**

People in the UK with a brain tumour, their caregivers and families, and professionals supporting them.

No fee is mentioned for searching the hub; the services it lists set their own terms.

### Tourettes Action Helpdesk — confidential support by live chat, email and callback for people affected by Tourette syndrome (UK)

https://www.tourettes-action.org.uk/9-helpdesk.html

**WHAT IT DOES**

The Helpdesk gives confidential, impartial information and support about Tourette syndrome. Use live chat on the website (Monday to Friday, 10am–3pm), send the contact form, or email help@tourettes-action.org.uk to request a callback; they aim to reply within 48 hours. It does not give diagnoses or advice on medication, but can point you to a list of specialist consultants.

**WHO IT HELPS**

People living with Tourette syndrome in the UK, their friends and family, and others seeking information such as teachers and employers.

The page does not state a fee — ask when you contact them. Note: Not a medical or emergency service — it gives no diagnoses or medication advice.

### Cerebral Palsy Scotland — Support Service for information, advice and access to therapy (Scotland)

https://cerebralpalsyscotland.org.uk/what-we-do/support-service/

**WHAT IT DOES**

The Support Coordinator is the first point of contact for people with cerebral palsy and their families: a listening ear, answers to questions, help to access therapy and signposting to other organisations, in person, by phone or by email. They hear from parents waiting for or new to a diagnosis and from adults diagnosed later in life. Call 0141 352 5000, Mon–Fri 9am–5pm, or email info@cpscot.org.uk.

**WHO IT HELPS**

Children and adults with cerebral palsy and their families in Scotland, including parents whose child may have CP.

The page does not state a fee — ask when you contact them.

### NINDS — functional neurologic disorder (FND): symptoms, diagnosis and treatment (United States)

https://www.ninds.nih.gov/health-information/disorders/functional-neurologic-disorder

**WHAT IT DOES**

Explains FND as a condition caused by changes in how brain networks work rather than in brain structure; its symptoms, such as seizure-like episodes and movement problems; how it is diagnosed; the main treatments (physical therapy and psychotherapy); current research; how to find clinical trials; and organisations for more information. Also in Spanish.

**WHO IT HELPS**

People with FND and their families, in the US and elsewhere, who want reliable information from a government health body.

Free to use; no fee is mentioned on the page.

### NORD Rare Disease Database — information on rare diseases, incl. rare neurological conditions (United States)

https://rarediseases.org/rare-diseases/

**WHAT IT DOES**

Search NORD's database of rare diseases by name. NORD Rare Disease Reports describe symptoms, causes, diagnosis, treatments, clinical trials and support resources, including patient advocacy organisations; other entries draw on reliable outside sources. If you cannot find what you need, NORD's Information and Resource Services team can help by phone or email.

**WHO IT HELPS**

People with a rare or suspected rare disease, their families and carers. Written for a US audience but open to read anywhere.

The page does not state a fee — the database is open to search on the website. Note: Entries without a NORD report can be technical — NORD suggests talking them through with your healthcare provider.

### GARD (NIH Genetic and Rare Diseases Information Center) — rare disease information and help from information specialists (United States)

https://rarediseases.info.nih.gov/

**WHAT IT DOES**

Free, easy-to-understand information on thousands of rare diseases, help to find support and connect with patient organisations, and individual help from GARD Information Specialists, who can help you find or understand information, navigate the diagnostic journey and discover experts or clinical studies. Ask a question through the online contact form; replies take 2–10 business days.

**WHO IT HELPS**

People with a rare or genetic disease, including those still seeking a diagnosis, and their families and carers; mainly for the US.

Free (as the service states: 'providing free access to reliable and easy-to-understand information'). Note: General information, not a substitute for advice from a health care provider. Questions go through a web form, with replies in 2 to 10 business days.

### American Brain Tumor Association CareLine — free information, support groups and mentor matching for brain tumours (United States)

https://www.abta.org/about-brain-tumors/social-emotional-support/

**WHAT IT DOES**

CareLine staff help with brain tumour information, treatment and care, finding a treatment centre, social and emotional support, information for the newly diagnosed and caregivers, financial assistance resources and clinical trials. The same page links to virtual and in-person support groups, patient and caregiver mentors and free webinars. Call 800-886-2282 or use the online contact form.

**WHO IT HELPS**

People with a brain tumour and their caregivers in the United States (mentor matching is for adults in the US or Canada).

Free (the page says 'Our Support Services are 100% free for patients and caregivers'). Note: ABTA cannot answer complex medical questions or give medical advice. Opening hours are in US Central Time.

### United Cerebral Palsy — Information and Referral service to find local programmes (United States)

https://ucp.org/resources/explore-our-services/

**WHAT IT DOES**

UCP's Information and Referral service helps you find programmes and services near you, from assistive technology, education and employment to health, housing, transport and support for parents and families. Fill in the online form with your location and the kind of help you need, call (866) 827-1692, or search UCP's Resource Library.

**WHO IT HELPS**

People with cerebral palsy and other disabilities, and their families, mainly in the United States.

The page does not state a fee — ask when you contact them. Note: Services are delivered by independent local UCP affiliates, which differ by area.

### Ontario Federation for Cerebral Palsy — free system navigation, independent living and AAC support (Ontario, Canada)

https://www.ofcp.ca/planning

**WHAT IT DOES**

OFCP's Support & Navigation team gives personalised help with accessing services, funding and social connections, guidance on housing and models of care for independent living, and augmentative and alternative communication (AAC) support and training. Complete the online request form to set up a first meeting with a facilitator.

**WHO IT HELPS**

People living with cerebral palsy in Ontario, and their families.

Free (the page lists 'COST FREE'); personalised navigation is for OFCP members, and lifetime membership for people with CP is $10. Note: Ontario only; personalised navigation requires OFCP membership.

### neurosymptoms.org — a patient's guide to functional neurological disorder by neurologist Prof Jon Stone (Worldwide)

https://neurosymptoms.org/en/

**WHAT IT DOES**

Explains FND symptoms (such as functional seizures, limb weakness, tremor, dizziness and cognitive symptoms), how and why they happen, investigations and treatment — physiotherapy, occupational, psychological and speech and language therapy — plus managing relapses, family and work, with videos, fact sheets and a free app. Available in several languages.

**WHO IT HELPS**

People with FND anywhere in the world, their families, and the health professionals who look after them.

Free (the About page says 'the site and all content is free'). Note: Information only — Prof Stone cannot reply to patient emails or accept NHS referrals from outside Scotland; the site's FND Formulation Tool is temporarily unavailable.

### EURORDIS — find a rare disease patient organisation by disease and country (Europe and worldwide)

https://www.eurordis.org/information-support/find-a-patient-organisation/

**WHAT IT DOES**

Search EURORDIS's 1,000+ member patient organisations from 74 countries by disease and country, or find the European federation for your rare disease. The page also links to Orphanet's directory of patient organisations for a wider search.

**WHO IT HELPS**

People living with a rare disease, including rare neurological conditions, and their families — mainly in Europe, but members come from 74 countries, including Australia and Canada.

The page does not state a fee — the search is open to use on the website. Note: Lists EURORDIS members only. EURORDIS cannot answer medical questions, diagnose or make referrals.

### Orphanet — rare disease encyclopaedia and directories of patient organisations and expert centres (Worldwide)

https://www.orpha.net/en

**WHAT IT DOES**

A rare disease knowledge base with an inventory, classification and encyclopaedia of rare diseases, and directories of patient organisations, expert centres, laboratories offering diagnostic tests, and research projects, clinical trials, registries and biobanks. Start from the 'Rare diseases', 'Patient organisations' or 'Expert centres and Networks' menu; the site is in several European languages.

**WHO IT HELPS**

People with a rare disease, including rare neurological conditions, their families and health professionals. Orphanet's consortium covers 40 countries in Europe and around the world.

The page does not state a fee — the information and directories are open to search on the website. Note: An information resource and set of directories, not a support service — contact the patient organisation or expert centre listed for your condition.

## Carers, Equipment, Driving & Daily Living

### Dementia Support Australia — Staying at Home: free respite retreats, webinars and sessions for dementia carers (Australia)

https://www.dementia.com.au/dementia-carers-page/services/staying-at-home

**WHAT IT DOES**

A carer wellbeing and dementia respite program to help carers support a person with dementia to stay at home for longer. Options are two-night overnight respite retreats for carers and the person with dementia (meals and accommodation provided), a four-week online webinar series 'It takes a village', and short in-person information sessions. Register your interest for upcoming dates on the page.

**WHO IT HELPS**

Family carers of a person living with dementia in Australia; the person with dementia can attend the retreats and the information sessions.

Free (as the service states: 'Free for carers and people living with dementia'). Note: Retreats and information sessions are held on set dates in particular places; if none is near you, the page lists other providers of the program in each state.

### Austroads 'Assessing Fitness to Drive' — national driving standards for neurological conditions (Australia)

https://austroads.gov.au/publications/assessing-fitness-to-drive/ap-g56/neurological-conditions

**WHAT IT DOES**

Section 6 of Australia's national driver medical standards covers dementia, seizures and epilepsy, and other conditions including Parkinson's, MS, stroke, TIA, head injury, neuromuscular conditions, cerebral palsy and brain tumours. Drivers must report conditions that may affect driving to their state or territory licensing authority, which usually asks their doctor for an assessment.

**WHO IT HELPS**

Drivers in Australia with a neurological condition, their families, and the doctors who assess them.

Free to use; no fee is mentioned for the online version (hard copies can be bought from Austroads). Note: Written mainly for health professionals. Your state or territory licensing authority makes the decision and may issue a conditional licence. The 2022 standards are under review.

### NDIS — how to check if you are eligible for the National Disability Insurance Scheme (Australia)

https://www.ndis.gov.au/applying/eligibility-requirements/how-check-your-eligibility

**WHAT IT DOES**

Step-by-step checks for joining the NDIS: identity documents, the age limit, residence, and the disability requirements — a permanent impairment that substantially affects daily life and is likely to need NDIS support for life. It suggests collecting evidence such as assessments and reports before you apply, and to contact the NDIS early if you are turning 65 soon.

**WHO IT HELPS**

Australian citizens, permanent residents and Protected Special Category visa holders living in Australia who are younger than 65 when their application is received.

Free to use; no fee is mentioned on the page. Note: Your complete application must be received before you turn 65; people 65 or over are pointed to aged care. The NDIS says it is updating its website for new legislation.

### Dementia Carers Count — free Carer Support Line: counselling, benefits advice and practical support for dementia carers (UK)

https://dementiacarers.org.uk/what-we-do/dementia-carer-support-services/carer-support-line/

**WHAT IT DOES**

A specialist team of qualified counsellors, dementia advisors and benefits advisors offers free personal support to people caring for someone with dementia — counselling, benefits advice and practical help. Call 0800 652 1102, Monday to Friday 9am–5pm, or complete the online form and they will call you back. The charity also runs small online peer support groups for dementia carers.

**WHO IT HELPS**

People caring for a family member or friend with dementia.

Free (as the service states: 'Free personal support for dementia carers'). Note: Weekday office hours only; out of hours you can leave a voice message or use the form for a call back.

### DVLA / GOV.UK — check if a health condition affects your driving, incl. epilepsy, dementia, Parkinson's, MS and stroke (England, Scotland and Wales)

https://www.gov.uk/health-conditions-and-driving

**WHAT IT DOES**

The official guide to which medical conditions you must tell DVLA about, with an A–Z of driving guidance for conditions including epilepsy and seizures, dementia, Parkinson's, MS, motor neurone disease, stroke and TIA, brain injury, brain tumours, Huntington's, myasthenia gravis and Guillain-Barré syndrome. Car and motorcycle licence holders can check and report a condition online.

**WHO IT HELPS**

Drivers licensed by DVLA (England, Scotland and Wales) who have a medical condition that may affect driving, and their families. Northern Ireland has a different way to report.

Free to use; no fee is mentioned on the page. Note: You can be fined up to £1,000 if you do not tell DVLA about a condition that affects your driving. People in Northern Ireland should use the separate process linked on GOV.UK.

### Neurological Alliance of Scotland — guides for unpaid carers of people with neurological conditions (Scotland)

https://www.scottishneurological.org.uk/information-and-resources/

**WHAT IT DOES**

Downloadable guides for people caring for someone with a neurological condition — 'What to expect when you are new to caring', 'from advocacy services' and 'when planning ahead' — plus Self-directed Support factsheets and an A–Z of neurological conditions (updated March 2026) that signposts to member charities and local and national carers' organisations.

**WHO IT HELPS**

Unpaid carers of people with neurological conditions in Scotland, and the professionals who support them.

The page does not state a fee — the guides can be downloaded from the page. Note: Scotland-specific (for example Self-directed Support). The Alliance is an umbrella body, so for one-to-one support contact the member charity for the condition.

### Brain & Spine Foundation 'Neuro Carers' — monthly online group for carers of people with neurological conditions (UK)

https://www.brainandspine.org.uk/support-for-you/peer-support-groups/neuro-carers/

**WHAT IT DOES**

A social group on Zoom where adults who care for someone with a neurological condition can meet and talk openly with others who understand. It meets on the second Tuesday of every month, 10:30–11:30am, led by a facilitator who is also a carer. Register your interest using the form on the page.

**WHO IT HELPS**

Unpaid adult carers — friends or relatives of an adult or child who cannot manage alone because of a neurological condition. Run online by the UK charity Brain & Spine Foundation.

The page does not state a fee — ask when you register your interest. Note: Online only, once a month, and you need to register first. It is a peer social group.

### The Alzheimer Society of Ireland — free family carer training courses, in person and online (Ireland)

https://alzheimer.ie/about-dementia/family-carer-training/

**WHAT IT DOES**

Seven-week courses for family carers: 'Insights into Dementia' (in person, one evening session a week in counties nationwide) and 'Home Based Care – Home Based Education' (fully online, at your own pace), covering looking after yourself, communication, responsive behaviours, safety at home, personal care and nutrition. An eight-week online follow-on course covers later-stage care. Apply online or by post.

**WHO IT HELPS**

Family carers — anyone who gives regular, informal care to a spouse, relative, friend or neighbour with dementia — in Ireland.

Free (as the service states: 'Courses are free of charge, but a voluntary donation is welcome'). Note: Places are limited and by invitation; after applying you join a waiting list until a place is offered.

### National Driver Licence Service — medical fitness to drive and how to report a condition (Ireland)

https://www.ndls.ie/medical-fitness.html

**WHAT IT DOES**

Explains the legal duty to tell the National Driver Licence Service, and your insurer, about any long-term or permanent illness or injury that may affect safe driving. If your GP confirms your condition must be notified, you have a medical report form completed and apply for a change of medical details online or at an NDLS centre.

**WHO IT HELPS**

Drivers in Ireland who have, or develop, a long-term or permanent illness or injury that may affect safe driving, and their families.

Free to use; no fee is mentioned on the page. Note: The page does not list specific conditions — ask your GP whether your neurological condition must be notified. Driving once you know you are not fit to do so is an offence.

### Social Security Compassionate Allowances — faster disability decisions for ALS, young-onset Alzheimer's, FTD, MSA, PSP and more (United States)

https://www.ssa.gov/compassionateallowances/conditions.htm

**WHAT IT DOES**

Social Security's list of conditions that, by definition, meet its disability standard, so claims can be decided faster. It includes many neurological conditions, such as ALS, young-onset Alzheimer's disease, frontotemporal dementia, Lewy body dementia, multiple system atrophy, progressive supranuclear palsy, corticobasal degeneration, CJD, adult-onset Huntington disease and glioblastoma.

**WHO IT HELPS**

People in the US applying for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) who have a listed condition, and the family members helping them.

Free to use; no fee is mentioned on the page. Note: US only. Compassionate Allowances is not a separate benefit: it is how Social Security identifies SSDI and SSI claims for listed conditions so they can be decided faster.

### AT3 Center — find your state's Assistive Technology Act program for equipment loans, demos and reuse (United States)

https://at3center.net/state-at-programs/

**WHAT IT DOES**

A directory of the Assistive Technology Act program in every US state and territory, with addresses, phone numbers, websites and contacts for device loans, device demonstrations, device reuse and financial loans. Choose your state to find who to ask about trying or borrowing equipment before you buy.

**WHO IT HELPS**

People in the US with a disability, including a neurological condition, and their families and carers who need assistive technology.

The page does not state a fee — ask your state program about costs when you contact them. Note: US only. Each state program sets its own services and terms, and some entries were last updated years ago — check the state program's own website.

### Assistive Devices Program — help paying for wheelchairs, communication aids and other equipment (Ontario, Canada)

https://www.ontario.ca/page/assistive-devices-program

**WHAT IT DOES**

An Ontario government program that helps pay for customised equipment and supplies for long-term physical disabilities, including mobility aids, communication aids, respiratory and ventilator equipment, and visual aids. Follow the link for your device type to see how to qualify, apply and find a vendor.

**WHO IT HELPS**

Ontario residents with a valid Ontario health card and a physical disability needing the equipment for 6 months or longer, who meet the device's clinical criteria. Income is not considered.

Depending on the equipment, ADP pays 75% of the approved price, up to 75% of an approved maximum, or a grant towards the cost, and you pay the rest; people on Ontario Works, ODSP or ACSD can get 100% of the approved amount or the full grant. Note: Ontario only. It does not cover repairs, batteries, bath and shower aids or home renovations such as ramps, or equipment already funded by WSIB (or by Veterans Affairs Canada for Group A veterans).

### Dementia Singapore — free caregiver support groups in English, Mandarin and Malay (Singapore)

https://dementia.org.sg/csg/

**WHAT IT DOES**

Two-hour sessions with a guest speaker talk and a sharing time, where caregivers learn about dementia care, swap practical tips and meet others in a similar situation. Sessions run on Zoom or at its Bendemeer and Tiong Bahru venues, on topics such as managing responsive behaviours and communication. Register at least two weeks ahead online or through the Dementia Helpline on 6377 0700.

**WHO IT HELPS**

Family caregivers of people living with dementia in Singapore.

Free (as the service states: 'Caregiver Support Group sessions are free of charge, unless otherwise stated'). Note: Runs on set dates; register at least two weeks before. A complimentary Eldersit for the person with dementia may be available — ask the helpline.

## Research Registers, Brain Donation & Trial Finders

### StepUp for Dementia Research — national register matching volunteers to dementia studies (Australia)

https://www.stepupfordementiaresearch.org.au/

**WHAT IT DOES**

You register online (5–15 minutes) or by phone with a few questions about yourself or the person you are registering; the system then matches you to ethically approved dementia and ageing studies, and researchers from a matching study contact you. Registering does not commit you to taking part, and you can withdraw at any time.

**WHO IT HELPS**

Anyone aged 18 or over living in Australia, with or without dementia; carers can register a person with dementia on their behalf.

Free (as the service states: 'completely free for all volunteers, researchers and users'). Note: A matching service, not a dementia support line; how many studies you are offered depends on where you live and what is recruiting.

### Australian Epilepsy Research Register — join to take part in social research surveys about epilepsy (Australia)

https://epilepsyfoundation.org.au/research-initiatives/australian-epilepsy-research-register/

**WHAT IT DOES**

A register of people with epilepsy and their family or carers who agree to be contacted about social and psychological research. All members are invited to the Australian Epilepsy Longitudinal Survey, held every three years, which the Foundation uses to argue for better policies and health services. Join through the Registration Form in the page's menu.

**WHO IT HELPS**

Adults (18+) living with epilepsy anywhere in Australia, and their carers and family members; a parent or guardian can register on behalf of a child with epilepsy.

Free to join (the register's brochure, linked from the page, says 'It is free to join the research register'); taking part in any study is optional. Note: It is not a medical or clinical research register — taking part mainly means answering surveys about the social effects of epilepsy.

### Brain Foundation — where you can still donate your brain for research, state by state (Australia)

https://brainfoundation.org.au/support-us/donate-your-brain/

**WHAT IT DOES**

A guide to the brain banks that accept donations in Australia — the MS Research Australia Brain Bank, and in NSW the Sydney Brain Bank, NSW Brain Tissue Resource Centre, Brain and Mind Centre and Australian Sports Brain Bank — with each bank's contacts and focus. It notes the national Australian Brain Bank Network stopped operating in 2019.

**WHO IT HELPS**

Australians with or without a brain disorder, disease or injury who are thinking about brain donation, and their families and doctors.

The page does not state a fee — ask the brain bank when you contact them. Note: Victorian and SA brain banks are not taking new donors; there are no active donor organisations in Tas, WA, Qld, ACT or NT (Qld, ACT and Tas residents can ask the Brain and Mind Centre).

### Brain Foundation — current Australian research studies seeking volunteers with brain conditions (Australia)

https://brainfoundation.org.au/research-participant/

**WHAT IT DOES**

A list of current calls for volunteers from Australian universities and research institutions studying brain diseases, disorders and injuries, plus ongoing opportunities. Each listing gives who can take part, what is involved, recruitment dates, ethics approval and the researchers' contact details — contact the researchers directly if you are interested.

**WHO IT HELPS**

People in Australia living with a brain disease, disorder or injury; some studies also seek people without the condition.

The page does not state a fee for taking part; some studies pay participants, cover travel costs or offer entry into a gift-card draw — check each listing. Note: The Brain Foundation lists studies but does not run them; each study has its own eligibility, location and closing date.

### Sydney Brain Bank (NeuRA) — brain donor programs you can enrol in, incl. Parkinson's, dementia, MND and Huntington's (NSW, Australia)

https://sbb.neura.edu.au/donors/brain_donor_programs

**WHAT IT DOES**

Lists the NSW research programs through which people register in advance as future brain donors — for Parkinson's and related conditions, frontotemporal dementia and Alzheimer's, motor neurone disease, Huntington's disease, healthy ageing (aged 60 and over) and more — with each program's contact. Contact the program that matches your situation.

**WHO IT HELPS**

People in NSW who are eligible for one of the listed programs, including healthy volunteers and relatives of enrolled donors.

No cost to donate: the Sydney Brain Bank FAQ says the brain banks cover transport and donation costs; other funeral costs remain with the family. Note: No direct enrolment or donations at the time of death — you must enrol beforehand through a program. If you live outside NSW, call 02 9399 1707 to discuss options.

### MiNDAUS — the Australian MND Registry: free, voluntary registry and personal health record (Australia)

https://www.mndaustralia.org.au/research/mindaus-registry/

**WHAT IT DOES**

A secure, voluntary national registry for people with motor neurone disease. Joining creates a personal MND health record you or your carer can update and share with your health team, adds your data to research on MND in Australia, and can show whether you may suit a clinical trial. Sign up on the registry website or through a participating MND clinic.

**WHO IT HELPS**

All people diagnosed with MND in Australia; carers or family members can be invited to update details on the person's behalf.

Free (the page says it 'is free, quick and easy to join').

### MS Australia Brain Bank — register as a brain donor to help MS research (Australia)

https://msbrainbank.org.au/donate-tissue/

**WHAT IT DOES**

Register to donate your brain and spinal cord after death to help researchers study MS, find markers for early detection and develop treatments. Call 1300 672 265 or use the online form to receive the MS Brain Donor Information and Consent Kit, and talk your decision through with your family. People without MS can also register so researchers can compare tissue.

**WHO IT HELPS**

Adults (over 18) with MS, and people without MS such as family members and friends, living in Queensland, NSW, the ACT, Victoria or Tasmania.

No fee is mentioned on the page. Note: Registrations from SA, the NT and WA are not accepted at present. You must register in advance ('at death' donations are not accepted), and donation will not go ahead against your family's wishes.

### Neurological Foundation Human Brain Bank (University of Auckland) — how to register as a brain donor (New Zealand)

https://www.brainbank.ac.nz/faq/

**WHAT IT DOES**

Explains how to offer your brain for research to the Neurological Foundation Human Brain Bank: fill in the form on the page to request a donor information pack, discuss your wish with your family, then return the donation forms so your offer is on record. Brains from people with and without neurological conditions are needed.

**WHO IT HELPS**

People in New Zealand, with or without a neurological condition, who are considering brain donation, and their whānau.

The page does not state a fee — ask when you contact the Brain Bank. Note: Brain removal must happen within 24 hours of death, so family need to contact the Brain Bank soon after. Some donations cannot be accepted, e.g. with infectious disease or rapid-onset dementia.

### Join Dementia Research — national register matching volunteers to dementia studies (UK)

https://www.joindementiaresearch.nihr.ac.uk/

**WHAT IT DOES**

Register online or by phone and the service matches you to dementia studies you may be able to join — online, nationally or near you. You review your matches and decide whether to take part; there is no obligation. Studies include memory tests, questionnaires, brain scans, lifestyle programmes and drug trials. You can also manage an account for someone you support, with their consent or power of attorney.

**WHO IT HELPS**

Any UK resident over the age of 18, with or without dementia, including carers and supporters of people with dementia.

Free to use; no fee is mentioned on the page. Note: For people living in Northern Ireland, consent cannot be given on their behalf; they must agree to be registered themselves.

### Alzheimer's Research UK — Dementia Research Infoline: questions about dementia and taking part in research (UK)

https://www.alzheimersresearchuk.org/about-us/contact-us/dementia-research-infoline/

**WHAT IT DOES**

An information line, by phone (0300 111 5111), email or post, that answers questions about dementia symptoms, causes, diagnosis, risk factors and treatments, explains the research behind media headlines, tells you about chances to take part in research studies, and signposts other organisations. Open 9am–5pm Monday to Friday (not bank holidays); out of hours leave a message; they aim to reply in three working days.

**WHO IT HELPS**

Anyone with questions about dementia or dementia research, including people who want to take part in studies.

The page does not state a fee for the service; calls to 0300 111 5111 cost the same as calls to 01 or 02 numbers (included in free call packages; mobiles likely cost more). Note: Staff are not medically trained and do not give advice, counselling or guidance on dementia care.

### Be Part of Research (NIHR) — find and sign up for health research studies, incl. neurological conditions (UK)

https://bepartofresearch.nihr.ac.uk/

**WHAT IT DOES**

A free service to search health and care research studies taking place across the UK by condition or location, and to register so you are sent details of studies that match the health conditions you are interested in. Check each study's 'who can take part' section before applying.

**WHO IT HELPS**

Adults aged 18 and over in England, Northern Ireland, Scotland and Wales — people with the condition being studied, carers, and people with no health condition.

Free (as the service states: 'Be Part of Research is a free service'). Note: You must be 18 or over to use the service, and each study has its own eligibility requirements, such as age, medical history or gender.

### Human Tissue Authority — how to donate your brain for research, with contacts for UK brain banks (UK)

https://www.hta.gov.uk/guidance-public/body-organ-and-tissue-donation/brain-donation

**WHAT IT DOES**

The Human Tissue Authority's guide to donating your brain and spinal cord for research, with contact details for UK brain banks including the UK Parkinson's Disease Society and MS Society tissue banks, the Epilepsy Society brain bank, Queen Square, Oxford, Cambridge, Manchester, Newcastle and London banks, and Brains for Dementia Research. It explains consent and why to arrange donation in advance.

**WHO IT HELPS**

People with or without a brain condition who are thinking about donating their brain to research, and their families. The banks listed are in England, Wales and Northern Ireland.

Free to use; no fee is mentioned on the page. Note: Arrange it in advance with your chosen brain bank — recording the wish only in a Will is not recommended. Banks may not accept every donation, e.g. if the death is referred to a coroner.

### Parkinson's UK Brain Bank — pledge to donate your brain to Parkinson's research (UK)

https://www.parkinsons.org.uk/research/discover/brain-bank

**WHAT IT DOES**

The Brain Bank at Imperial College London collects brain tissue from people with and without Parkinson's and sends it to researchers worldwide. To pledge, fill in the forms on the Imperial College website, or contact the Brain Bank on 020 7594 9732 to have forms posted or ask questions. The page links to a step-by-step guide on the Imperial website for families on what to do when a donor dies.

**WHO IT HELPS**

People with or without Parkinson's who want to pledge their brain to Parkinson's research after they die, and their families.

The page does not state any costs — ask the Brain Bank when you contact them. Note: Pledging is done through forms on the Imperial College website; the page does not state any costs — ask the Brain Bank if unsure.

### National Institute on Aging — find an Alzheimer's Disease Research Center near you (United States)

https://www.nia.nih.gov/health/clinical-trials-and-studies/find-alzheimers-disease-research-center

**WHAT IT DOES**

A state-by-state directory of the Alzheimer's Disease Research Centers (ADRCs) that NIA funds at major medical and academic institutions, with each center's website, email and information line. Researchers at these centers work on improved diagnosis and care and on ways to treat or prevent Alzheimer's and other dementias; contact your nearest center to ask about its studies.

**WHO IT HELPS**

People in the United States, and their families, who want to learn about or take part in Alzheimer's and dementia research near them.

Free to use; no fee is mentioned on the page. Note: A directory of research centers; the page does not describe clinical services, so ask each center what it offers.

### NINDS — taking part in clinical trials and studies on neurological disorders (United States)

https://www.ninds.nih.gov/health-information/clinical-trials-and-studies

**WHAT IT DOES**

NINDS explains what clinical trials and studies on the brain and nervous system involve, the safety protections for participants, the typical steps of a trial and participant stories, and points you to ClinicalTrials.gov to search by location, neurological disorder or keyword. People with and without neurological conditions are needed.

**WHO IT HELPS**

People in the US with or without a neurological condition, of all ages and backgrounds, who are thinking about taking part in research, and their families.

Free to use; the page says clinical trials and studies are free to take part in, and some provide transport or reimburse you for your time. Note: Talk with your doctor about which studies suit you. NIH says its websites are changing, and existing pages are being redirected to matching pages on the new NIH.gov where possible.

### CurePSP Brain Donation Assistance Program — guidance and up to $1,000 towards brain donation costs for PSP, CBD and MSA research (United States)

https://www.psp.org/brain-donation-program

**WHAT IT DOES**

CurePSP's program guides families through brain donation to the Mayo Clinic Brain Bank in Jacksonville, Florida, with a downloadable packet of forms. The next of kin receives a detailed report, usually two to four months later, that can confirm a diagnosis of PSP, CBD, MSA or related findings. The program may reimburse up to $1,000 of donation costs.

**WHO IT HELPS**

People living with PSP, CBD or MSA and their families who are considering brain donation for research.

The Mayo Clinic Brain Bank does not charge for its neuropathology evaluation or report. The pathologist or diener who removes and ships the tissue may charge — typically $500 to $2,000, paid by the family — and the program may reimburse up to $1,000 (as the page states). Note: The family must find a pathologist to remove and ship the tissue (CurePSP cannot help with that step) and pay any fees; tissue should ideally be collected within 12–24 hours of death.

### Fox Trial Finder — match to recruiting Parkinson's studies by location and health history (Worldwide)

https://www.michaeljfox.org/trial-finder

**WHAT IT DOES**

A trial-matching tool from The Michael J. Fox Foundation: answer a few questions and it shows recruiting studies that fit your location and health history, including virtual studies you can join from home. No login is needed; you can sign up to be emailed about future matches. You choose your language first; the tool offers several, including English, Spanish, French and Russian.

**WHO IT HELPS**

People with Parkinson's or related conditions (MSA, PSP, CBD), people without Parkinson's who could be control volunteers, and family members or care teams searching for them.

The page does not state a fee; no login is needed to search. Note: It lists studies run by others, pulled from ClinicalTrials.gov; check each study's details with its team before joining.

09

# Neurodiversity Directories & Resources

NEURODIVERSITY SUPPORT

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# Neurodiversity Directories & Resources

A comprehensive collection of practitioner directories, organisations, and communities supporting people with all major neurodiversity conditions — including ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Sensory Processing Disorder, Tourette Syndrome, and Giftedness/Twice-Exceptional (2e). Resources span the US, UK, Australia, Canada, Europe, and Asia.

## General Neurodiversity — Cross-Condition Practitioner Directories

### Neurodivergent Practitioners

https://neurodivergentpractitioners.org/

**WHAT IT DOES**

A global directory of more than 1,700 neurodivergent practitioners — therapists, counsellors, coaches, psychologists and others in 28 countries — whose lived experience informs their work. Founded in 2021, led by and for neurodivergent people.

**WHO IT HELPS**

Autistic, ADHD, AuDHD, and otherwise neurodivergent adults seeking therapy, coaching, counselling, diagnostic services, or support groups.

Free to search; practitioner fees vary.

### Therapist Neurodiversity Collective

https://therapistndc.org/therapist-directory/

**WHAT IT DOES**

An international organisation providing a directory of individually vetted, trauma-informed, neurodiversity-affirming therapists. Each listed therapist is screened to ensure they adhere to ethical, neurodiversity-affirming practice standards.

**WHO IT HELPS**

Autistic and other neurodivergent individuals seeking ethical, neurodiversity-affirming therapy. Geographic coverage: US, Australia, Canada, Ireland, New Zealand, UK.

Free to search for therapists; individual therapy session costs are not listed on this website and would need to be obtained directly from the list.

### Neurodivergent Therapists

https://ndtherapists.com/

**WHAT IT DOES**

A grassroots online directory created by neurodivergent women to connect neurodivergent clients with neurodivergent therapists. All providers are pre-screened for licensure.

**WHO IT HELPS**

Neurodivergent clients seeking licensed counsellors, social workers, psychologists, psychiatrists, and other therapists who are also neurodivergent. Geographic coverage: US, Canada, Australia, France, Ireland, Netherlands, New Zealand, Poland, Scotland, UK.

Free to search. Individual therapy session costs are set by each practitioner — contact them directly for rates.

### NeuroDirect (UK)

https://neurodirect.co.uk/

**WHAT IT DOES**

A UK-wide directory connecting individuals to verified neurodiversity-affirming specialists for ADHD, autism, and other neurodivergent traits. Offers screening tools and resources alongside the practitioner listings.

**WHO IT HELPS**

Individuals in the UK seeking neurodiversity-affirming therapists, coaches, and assessors.

Free to search and take screening tests. Pricing for individual services is set by each practitioner — contact them directly for rates.

## General Neurodiversity — Umbrella Organisations & Communities

### Neurodiversity Hub

https://www.neurodiversityhub.org/

**WHAT IT DOES**

Promotes a global community of practice for universities, colleges, and employers to support neurodivergent students in becoming work-ready. Provides resources, employer guides, and awareness campaigns.

**WHO IT HELPS**

Neurodivergent students, their parents and carers, employers, and universities globally.

Free resources; some courses are paid.

### Understood.org

https://www.understood.org/

**WHAT IT DOES**

A US nonprofit for people navigating neurodivergence — learning and thinking differences such as ADHD, dyslexia, dyscalculia and dyspraxia — with expert-reviewed articles, tools, podcasts and a community.

**WHO IT HELPS**

Individuals with learning and thinking differences, parents, and educators. Primarily US-focused, though content is accessible globally.

Free. All articles, tools, podcasts, and community resources are free to access.

### The Neurodiversity Alliance

https://thendalliance.org/

**WHAT IT DOES**

A nonprofit founded by and for students who learn differently. Provides an online community, a national network of neurodiversity clubs, scholarships, leadership opportunities, and events.

**WHO IT HELPS**

High school and college-age students who learn differently across the United States.

Free for all high school and college students in the United States. Includes online community, mobile app, and tools to launch neurodiversity clubs.

### NAMI (National Alliance on Mental Illness)

https://www.nami.org/

**WHAT IT DOES**

The largest grassroots mental health organisation in the US, providing education, advocacy, and support for individuals affected by mental illness, including those with neurodevelopmental conditions that frequently co-occur with mental health challenges.

**WHO IT HELPS**

Individuals and families affected by mental illness and neurodevelopmental conditions in the United States. State and local chapters provide in-person support.

Free information and support; optional paid membership, and many programs are free without it.

## ADHD — Practitioner Directories

### CHADD Professional Directory

https://chadd.org/professional-directory/

**WHAT IT DOES**

A searchable directory of ADHD professionals and service providers — including coaches, therapists, and educators — maintained by CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder), the leading US ADHD nonprofit.

**WHO IT HELPS**

Individuals and families seeking professional ADHD support. Geographic coverage: US (searchable by state/province, including some Canadian listings).

Free to search; practitioner fees vary.

### ADDA Professional Directory

https://add.org/professional-directory/

**WHAT IT DOES**

A directory for adults with ADHD to find qualified professionals — including ADHD coaches, psychologists, and therapists — who specialise in adult ADHD.

**WHO IT HELPS**

Adults with ADHD seeking professional support. Geographic coverage: US (with options for remote services).

Free to search; practitioner fees vary.

### AADPA (Australasian ADHD Professionals Association) Directory

https://aadpa.com.au/adhd-professionals-directory/

**WHAT IT DOES**

Connects individuals and families with trusted professionals who have experience supporting people with ADHD across Australia and New Zealand. All listed professionals are AADPA members, ensuring a baseline standard of practice.

**WHO IT HELPS**

Individuals and families seeking ADHD professionals in Australia and New Zealand.

Free to search. Pricing for individual services provided by listed professionals is set by each practitioner — contact them directly for rates.

### ADHD Support Australia Directory

https://www.adhdsupportaustralia.com.au/

**WHAT IT DOES**

An online education hub offering digital resources, events, and community support for ADHD parents, carers, adults, teens, and professionals. Also provides a comprehensive ADHD service directory.

**WHO IT HELPS**

Individuals with ADHD, parents, carers, and professionals in Australia.

Free to search; practitioner fees vary.

## ADHD — Organisations & Advocacy

### CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

https://chadd.org/

**WHAT IT DOES**

A US non-profit providing education, advocacy and support for people with ADHD and their families, with resources for every age, a bimonthly magazine, online communities and a professional directory.

**WHO IT HELPS**

Children, adults, parents, caregivers, educators, and professionals affected by ADHD. Geographic coverage: US (with some international reach through online communities).

Free resources; optional paid membership (individual or family).

### ADDA (Attention Deficit Disorder Association)

https://add.org/

**WHAT IT DOES**

An organisation for adults with ADHD — created and run by adults with ADHD — with resources, virtual support groups and a professional directory; it describes itself as the world's largest dedicated exclusively to adults with ADHD.

**WHO IT HELPS**

Adults with ADHD seeking resources, community, and support. Geographic coverage: US (with virtual programs accessible globally).

Paid membership (individual or family plans) includes the virtual support groups; some resources are free.

## ADHD Europe

https://adhdeurope.eu/

**WHAT IT DOES**

A European umbrella organisation for ADHD patient-advocacy NGOs, with member organisations from more than 26 nations; it advocates for the rights of people affected by ADHD and for equal access to diagnosis and treatment across Europe.

**WHO IT HELPS**

Individuals with ADHD and their families across Europe, and member organisations.

Free information; optional paid membership.

## CADDAC (Centre for ADHD Awareness, Canada)

https://caddac.ca/

**WHAT IT DOES**

Canada's national charity for people with ADHD. Provides resources and support to advance ADHD awareness, education, and advocacy. Also offers free peer-led support groups for adults and parents/caregivers.

**WHO IT HELPS**

Individuals with ADHD, their families, and the general public in Canada.

Free peer-led support groups for adults with ADHD and for parents and caregivers; some programs are paid.

## ADHD UK

https://adhduk.co.uk/

**WHAT IT DOES**

A UK-based charity providing information, support, and advocacy for people with ADHD. Offers resources, support groups, and a marketplace to find ADHD coaches and other services.

**WHO IT HELPS**

Individuals with ADHD, their families, and those seeking to understand ADHD in the UK.

Support groups: Free (donations welcome). ADHD coaching and specialist services in the marketplace are set by individual providers — contact them directly for rates.

## ADHDadultUK

https://www.adhdadult.uk/

**WHAT IT DOES**

A registered charity and peer support group for adults with ADHD in the UK. Provides peer-led support, coaching, and evidence-based advice.

**WHO IT HELPS**

Adults with ADHD in the UK.

Free to access all resources and the community forum; donations are accepted.

## Unlocking ADHD (Singapore)

https://www.unlockingadhd.org.sg/

**WHAT IT DOES**

An IPC-registered charity and social service agency in Singapore providing intervention services, practical resources, and support to those living with ADHD. Aims to empower individuals and families to live life to the fullest.

**WHO IT HELPS**

Individuals with ADHD and their families in Singapore.

Counselling is paid, with subsidised rates for clients assessed as needing financial help — check current rates.

## ADHD — Support Groups & Communities

### ADDA Virtual Support Groups

https://add.org/adhd-support-groups/

**WHAT IT DOES**

Offers a variety of online peer-led support groups for adults with ADHD, covering different topics and demographics. Provides a safe space for sharing experiences and strategies.

**WHO IT HELPS**

Adults with ADHD looking for peer support and community. Accessible globally via virtual format.

ADDA membership is required to join the groups (paid individual and family plans).

### CADDAC ADHD Support Groups

https://caddac.ca/programs-and-events/

**WHAT IT DOES**

Free virtual support groups led by CADDAC-trained facilitators — for adults with ADHD, for women with ADHD, and for parents and caregivers of children with ADHD (led by facilitators who are parents themselves).

**WHO IT HELPS**

Adults with ADHD and parents/caregivers of children with ADHD in Canada. Available virtually.

Free support groups; some programs are paid.

## Autism Spectrum Disorder — Practitioner Directories

### National Autistic Society (NAS) Autism Services Directory

https://www.autism.org.uk/autism-services-directory

**WHAT IT DOES**

The National Autistic Society's directory of UK-wide and local organisations and services that are specifically for autistic people and their families, or have adapted their services to meet their needs.

**WHO IT HELPS**

Autistic people, their families, and professionals seeking autism-specific services in the UK.

Free to search; practitioner fees vary. Note: Not for finding crisis or emergency help — the National Autistic Society lists urgent help at autism.org.uk/urgenthelp.

### Autism Speaks Resource Guide

https://www.autismspeaks.org/resource-guide

**WHAT IT DOES**

A searchable database of autism-related services and resources across the United States, including therapists, support groups, schools, and community services.

**WHO IT HELPS**

Individuals with autism and their families seeking local services and support in the US.

Free to search; practitioner fees vary.

### National Autistic Society (NAS)

https://www.autism.org.uk/

**WHAT IT DOES**

A UK charity for autistic people and their families, with advice and guidance on 24 topics — including diagnosis, communication, sensory differences, mental health, benefits and education — campaigning, training and an Autism Services Directory.

**WHO IT HELPS**

Autistic people, their families, and professionals in the UK.

Free information and advice; optional paid membership.

### Autistic Self Advocacy Network (ASAN)

https://autisticadvocacy.org/

**WHAT IT DOES**

A non-profit organisation run by and for autistic people. Advocates for policy change, provides resources, and promotes the neurodiversity paradigm — the belief that autism is a natural part of human variation rather than a disorder to be cured.

**WHO IT HELPS**

Autistic individuals, their families, and advocates globally, with a strong focus on the US.

Free resources; optional pay-what-you-can membership.

### Autism Society

https://autismsociety.org/

**WHAT IT DOES**

Provides support and education to the autism community through resources, news, events, and connections to local affiliates. Has national programs and an advocacy centre.

**WHO IT HELPS**

Individuals with autism, their families, and caregivers in the US (with local affiliates).

Free information and resources. Donations accepted.

### Autism-Europe

https://www.autismeurope.org/

**WHAT IT DOES**

An international association that advances the rights of autistic people across Europe, linking more than 90 member autism organisations from 40 European countries, raising awareness and influencing European decision-makers.

**WHO IT HELPS**

Autistic people and their families across Europe seeking information, advocacy, and connections to national support organisations.

Free information; optional paid membership.

### Autism Alliance of Canada

https://autismalliance.ca/

**WHAT IT DOES**

A pan-Canadian network advocating for a National Autism Strategy to ensure autistic people have equal rights and opportunities. Works with autistic people, families, clinicians, researchers, and service providers to influence policy and improve access to services.

**WHO IT HELPS**

Autistic people, their families, support persons, clinicians, researchers, and service providers across Canada.

Free to read its news and reports; a free associate membership, or paid community and organisation memberships that can vote at the annual general meeting.

### Reframing Autism (Australia)

https://reframingautism.org.au/

**WHAT IT DOES**

An autistic-led charity that aims to reframe the understanding of autism through education, resources, and research underpinned by lived experience. Provides educational opportunities, resources (blogs, articles, podcasts, webinars), and professional development.

**WHO IT HELPS**

Autistic individuals, their families, allies, and professionals supporting autistics in Australia.

The Autism Essentials course is free; other courses, webinars and bundles are paid — check current prices.

### Japan Neurodiversity Association (DIODEN)

https://en.dioden.org/

**WHAT IT DOES**

A Japanese non-profit that promotes neurodiversity, runs one of Japan's largest neurodivergent communities, and works with companies on neurodiversity in the workplace.

**WHO IT HELPS**

Neurodivergent individuals in Japan, their families, and the broader community.

Free to join the association and its online community via X (Twitter) or Discord. No explicit pricing for end-users is listed on the website.

## Autism Spectrum Disorder — Support Groups & Communities

### Wrong Planet

https://wrongplanet.net/

**WHAT IT DOES**

One of the longest-running online communities for autistic people, with forums, articles, and chat rooms. Founded in 2004, it remains an active peer support space.

**WHO IT HELPS**

Autistic individuals and those with Asperger's syndrome seeking peer support and community. Global, online.

Free information and resources. Donations accepted.

## Dyslexia — Practitioner Directories

### British Dyslexia Association (BDA) Tutor & Assessor List

https://www.bdadyslexia.org.uk/dyslexia/tutor-list

**WHAT IT DOES**

The British Dyslexia Association's directory of dyslexia and dyscalculia tutors and assessors across the UK; everyone listed holds BDA Professional Membership and a relevant BDA accreditation.

**WHO IT HELPS**

Individuals in the UK seeking a qualified dyslexia tutor or specialist assessor.

Free to search; practitioner fees vary.

### PATOSS Tutor/Assessor Index

https://www.patoss-dyslexia.org/tutor-index-landing

**WHAT IT DOES**

A directory of specialist teachers and assessors who are members of PATOSS (Professional Association of Teachers of Students with Specific Learning Difficulties). Practitioners are qualified to assess and teach learners with dyslexia and other SpLDs.

**WHO IT HELPS**

Individuals in the UK seeking specialist dyslexia teachers and assessors.

Free to search. Individual tutor and assessor fees are set independently — contact practitioners directly for rates. Note: You need to register and log in to download a list of tutors and assessors near you.

### International Dyslexia Association (IDA) Provider Directory

https://dyslexiaida.org/provider-directories/

**WHAT IT DOES**

Directories of professionals who work with people with learning differences such as dyslexia, from the International Dyslexia Association (IDA) and the Center for Effective Reading Instruction (CERI).

**WHO IT HELPS**

Individuals with dyslexia and their families seeking specialist support in the US and internationally.

Free to search; practitioner fees vary. Note: IDA says it has not checked the credentials of the professionals listed, and a listing is not an endorsement.

## Dyslexia — Organisations & Advocacy

### International Dyslexia Association (IDA)

https://dyslexiaida.org/

**WHAT IT DOES**

A non-profit organisation dedicated to understanding and treating dyslexia. Provides fact sheets, research summaries, a provider directory, and resources to help individuals with dyslexia and their families find support and specialist services worldwide.

**WHO IT HELPS**

Individuals with dyslexia, their families, and educators seeking information, support, and specialist providers globally.

Free fact sheets and information; optional paid membership.

### British Dyslexia Association (BDA)

https://www.bdadyslexia.org.uk/

**WHAT IT DOES**

A UK membership charity, the voice of dyslexic people since 1972, with information, a helpline, a directory of qualified tutors and assessors, and campaigns for a dyslexia-friendly society.

**WHO IT HELPS**

Individuals with dyslexia, their families, and educators in the UK seeking information, support, and specialist services.

Free to join the BDA Dyslexia Community. Helpline: Free. Tutor/assessor directory: Free to search. Workplace assessments and training: contact BDA for pricing.

### Dyslexia Canada

https://dyslexiacanada.org/

**WHAT IT DOES**

A national charity committed to ensuring every child with dyslexia in Canada receives a fair and equitable education. Advocates for universal reading screening and provides resources including a Parent Handbook and teacher materials.

**WHO IT HELPS**

Children with dyslexia, parents, and educators in Canada.

Free resources and information. Optional donation to help cover printing and shipping of physical materials.

### Dyslexia Association Australia

https://dyslexiaassociation.org.au/

**WHAT IT DOES**

An organisation concerned with the wellbeing, identification, and education of those with dyslexia and related differences in Australia. Provides information and support for individuals and families.

**WHO IT HELPS**

Individuals with dyslexia, families, and educators in Australia.

Free information; some services, such as pre-assessment screening, are paid — check current prices.

### Dyslexia Scotland

https://dyslexiascotland.org.uk/

**WHAT IT DOES**

Aims to help children and adults with dyslexia in Scotland reach their full potential. Offers a helpline, assessment services, tutor services, and an annual education conference.

**WHO IT HELPS**

Children and adults with dyslexia, parents, and teachers in Scotland.

Free resources; optional paid membership.

### Adult Dyslexia Centre (UK)

https://www.adc.org.uk/

**WHAT IT DOES**

A charity supporting adults with dyslexia, with a free helpline (help@adc.org.uk or 07774 846657) and full diagnostic assessments for adults and children from age 8; its services are delivered online.

**WHO IT HELPS**

Adults with dyslexia in the UK.

Free helpline; dyslexia assessments are £650 inclusive.

### Understood.org – Dyslexia

https://www.understood.org/en/articles/what-is-dyslexia

**WHAT IT DOES**

Understood's expert-reviewed explainer on dyslexia — the signs, diagnosis, strategies and tools — from a US nonprofit for people who learn and think differently.

**WHO IT HELPS**

Individuals with dyslexia, parents, and educators. US-based, with globally accessible content.

All resources and services provided by Understood.org are free for end-users.

## Dyspraxia / Developmental Coordination Disorder — Practitioner Directories

### Dyspraxia Foundation (UK) – Local Support Groups

https://dyspraxiafoundation.co.uk/help-and-support

**WHAT IT DOES**

The Dyspraxia Foundation maintains a network of local support groups across the UK and provides guidance on finding occupational therapists and other professionals with DCD expertise.

**WHO IT HELPS**

Individuals with dyspraxia/DCD, their families, and professionals in the UK.

Free information and resources.

### CanChild – DCD Resources (Canada)

https://canchild.ca/diagnoses/developmental-coordination-disorder/

**WHAT IT DOES**

Provides information and resources on DCD, including assessment, diagnosis, educational materials, management strategies, and related disorders. Offers workshops and FAQs for parents and professionals. Based at McMaster University.

**WHO IT HELPS**

Parents, educators, therapists, and medical professionals seeking evidence-based DCD information. Primarily Canada-focused, though resources are globally accessible.

Free information; some tools and books are paid.

## Dyspraxia / Developmental Coordination Disorder — Organisations & Advocacy

### Dyspraxia Foundation (UK)

https://dyspraxiafoundation.co.uk/

**WHAT IT DOES**

Information and support for people with dyspraxia/DCD — children, young people and adults — and for their families and professionals, including a helpline and local groups; it also raises awareness of dyspraxia.

**WHO IT HELPS**

Individuals with dyspraxia (children, young people, adults), families, and professionals in the UK.

Free information; optional paid membership.

### Dyspraxia DCD America

https://www.dyspraxiadcdamerica.org/

**WHAT IT DOES**

A 501(c)(3) nonprofit dedicated to raising awareness for Dyspraxia/DCD in the United States, providing support and strategies for daily activities, and advocating for those impacted. Maintains a global network section linking to international organisations.

**WHO IT HELPS**

Individuals with Dyspraxia/DCD (children, teens, adults), parents, educators, and medical professionals in the US.

Free information and resources.

### Developmental Coordination Disorder Australia (DCDA)

https://dcdaustralia.org.au/

**WHAT IT DOES**

A national not-for-profit organisation working to improve the lives of children, adults, and families affected by DCD in Australia. Advocates for access to services, facilitates peer support, raises awareness, and supports professionals and the community.

**WHO IT HELPS**

Children, adults, and families affected by DCD in Australia, as well as professionals and the community.

Free to access information and resources; donations are accepted to support advocacy work.

### Dyspraxia/DCD Ireland

https://www.dyspraxia.ie/

**WHAT IT DOES**

Provides information, support, and advocacy for individuals with Dyspraxia/DCD and their families in Ireland. Offers resources, training, and employment support.

**WHO IT HELPS**

Individuals with Dyspraxia/DCD, parents, educators, and professionals in Ireland.

Free information and resources.

### The DCD Foundation (Hong Kong)

https://www.dcd.org.hk/

**WHAT IT DOES**

Provides information and raises awareness about Dyspraxia/DCD in Hong Kong. Aims to support individuals and families affected by the condition.

**WHO IT HELPS**

Individuals with Dyspraxia/DCD and their families in Hong Kong.

Free information and resources.

### European Academy of Childhood-onset Disability (EACD)

https://www.eacd.org/

**WHAT IT DOES**

An international not-for-profit association promoting excellence in research and services for childhood-onset disabilities, including DCD. Provides education for professionals and facilitates knowledge exchange across Europe and beyond.

**WHO IT HELPS**

Professionals with a clinical and/or scientific interest in childhood-onset disabilities, researchers, and clinicians.

Free resources; paid membership for professionals.

## Dyscalculia — Practitioner Directories

### Dyscalculia Network – Assessor & Tutor Directory

https://dyscalculianetwork.com/directory/

**WHAT IT DOES**

A UK-based community interest company supporting individuals with dyscalculia. Provides a directory of specialist assessors and tutors, training for educators, resources, and events. Aims to raise awareness, educate, support, and empower.

**WHO IT HELPS**

Individuals with dyscalculia, parents, educators, adults, and workplaces. Primarily UK-based, with online services.

Free to search the directory; some training recordings are paid. Note: The network says it checks that listed assessors and tutors hold the qualifications shown on their profiles.

### British Dyslexia Association (BDA) – Dyscalculia Accreditation

https://www.bdadyslexia.org.uk/services/accreditation/specialist-teacher-accreditation/approved-practitioner-status-dyscalculia-apd

WHAT IT DOES

The British Dyslexia Association's Accredited Practitioner Dyscalculia (APD) status, for people without Qualified Teacher Status who have completed a BDA-accredited course in teaching learners with dyscalculia; it lets them carry out informal, curriculum-based assessments and deliver specialist teaching.

WHO IT HELPS

Educators and practitioners seeking accreditation in dyscalculia, and learners seeking specialist teaching in the UK.

Free information and resources.

## Dyscalculia — Organisations & Advocacy

### Dyscalculia.org

https://www.dyscalculia.org/

WHAT IT DOES

A non-profit educational organisation dedicated to advancing understanding and treatment of specific learning disabilities in mathematics. Offers webinars, resources, and information on diagnosis and symptoms.

WHO IT HELPS

Individuals with dyscalculia, parents, educators, and professionals. Michigan, USA-based with global reach.

Free to access information and join webinars; donations are accepted to support the organization's work.

### Learning Disabilities Association of America (LDA) – Dyscalculia

https://ldaamerica.org/disabilities/dyscalculia/

WHAT IT DOES

Provides information and advocacy for individuals with learning disabilities, including dyscalculia. Offers resources, state affiliates, and promotes understanding of learning differences.

WHO IT HELPS

Individuals with learning disabilities, their families, educators, and advocates in the US (with state affiliates).

Free information; optional paid membership.

### Understood.org – Dyscalculia

https://www.understood.org/en/articles/what-is-dyscalculia

WHAT IT DOES

Understood's expert-reviewed explainer on dyscalculia — the signs, diagnosis and strategies — from a US nonprofit for people who learn and think differently.

WHO IT HELPS

Individuals with dyscalculia, parents, and educators. US-based with globally accessible content.

Free.

### International Dyslexia Association (IDA) – Dyscalculia Resources

https://dyslexiaida.org/

WHAT IT DOES

While primarily focused on dyslexia, IDA also provides resources on dyscalculia and other related learning differences, including fact sheets and practitioner directories through its branch network.

WHO IT HELPS

Individuals with dyscalculia and other learning differences, their families, educators, and professionals. US-based with international branches.

Free fact sheets; optional paid memberships.

## Sensory Processing Disorder — Practitioner Directories

### STAR Institute – Therapist Directory

https://sensoryhealth.org/treatment-directory

**WHAT IT DOES**

The STAR Institute's Treatment Directory lists providers worldwide who are experienced with sensory processing differences — occupational therapists, physicians, physical therapists, speech-language pathologists, educators, mental health professionals and more. Its own treatment centre is in Centennial, Colorado.

**WHO IT HELPS**

Children, teenagers and adults with sensory processing differences, and their families.

Free to search; practitioner fees vary.

## Sensory Processing Disorder — Organisations & Advocacy

### Sensory Integration Education (SIE)

https://www.sensoryhelpnow.org/

**WHAT IT DOES**

Provides the 'Sensory Help Now' platform — a free resource for parents and carers offering expert-led courses, practical strategies, and downloadable resources to support children with sensory processing difficulties at home and school.

**WHO IT HELPS**

Parents, carers, and families of children with sensory processing difficulties. Based in the UK with globally accessible online content.

Free for parents and carers via the 'Sensory Help Now' platform, which includes expert-led courses, practical strategies, and downloadable resources.

### SPD Australia

https://spdaustralia.com.au/

**WHAT IT DOES**

Raises awareness and understanding of Sensory Processing in Australia. Provides information to individuals and families experiencing challenges with sensory processing, and hosts an online community.

**WHO IT HELPS**

Individuals and families in Australia affected by Sensory Processing Difficulties.

Free information and resources.

### AIDE Canada – Sensory Processing Differences Toolkit

https://aidecanada.ca/resources/learn/asd-id-core-knowledge/sensory-processing-differences-toolkit

**WHAT IT DOES**

Provides a toolkit designed to introduce autistic persons and their families to the 8 sensory systems, help determine impacted sensory systems, and offer strategies to try at home. Includes an overview of professional treatment options and recommended readings.

**WHO IT HELPS**

Autistic persons and their families, as well as professionals seeking to understand sensory processing differences in Canada.

Free information and resources.

### GSIÖ (Austrian Society of Sensory Integration)

https://www.sensorische-integration.org/en/

**WHAT IT DOES**

A non-profit organisation promoting awareness and understanding of Sensory Integration in Austria. Provides information about sensory processing, helps families find qualified ASI therapists, and raises awareness of sensory integration needs.

**WHO IT HELPS**

Children and individuals with sensory processing and integration differences, and their families in Austria and the broader European region.

Free information; optional supporting membership.

## Tourette Syndrome & Tic Disorders — Practitioner Directories

### Tourette Association of America – Find A Provider

https://tourette.org/find-a-provider/

**WHAT IT DOES**

A comprehensive directory of medical professionals, therapists, and clinics specialising in Tourette Syndrome and Tic Disorders. Allows users to search by location, age group, and clinical expertise.

**WHO IT HELPS**

Individuals seeking medical and therapeutic care for Tourette Syndrome and Tic Disorders in the United States.

Free to search; contact individual providers for their fees.

## Tourette Syndrome & Tic Disorders — Organisations & Advocacy

### Tourette Association of America (TAA)

https://tourette.org/

**WHAT IT DOES**

Founded in 1972, the TAA is the only national organisation in the US serving the Tourette Syndrome and Tic Disorder community. Works to raise awareness, advance research, and provide ongoing support to patients and families through educational webinars, events, and resources.

**WHO IT HELPS**

Patients and families impacted by Tourette Syndrome and Tic Disorders in the United States. Local chapters provide in-person support.

Free information, webinars, and educational resources. Donations accepted.

### Tourette's Australia (formerly the Tourette Syndrome Association of Australia)

https://www.tourette.org.au/

**WHAT IT DOES**

Australia's national peak body and registered charity for people with Tourette syndrome and chronic tic disorders: community connection, educational resources, seminars for professionals and educators, and advocacy for a more inclusive world.

**WHO IT HELPS**

Individuals with Tourette Syndrome and Tic Disorders, and their families in Australia.

Free information and support. Donations accepted.

### Tourette Canada

https://tourette.ca/

**WHAT IT DOES**

Canada's national organisation for Tourette Syndrome, providing education, advocacy, and support for individuals and families affected by TS and related conditions across Canada.

**WHO IT HELPS**

Individuals with Tourette Syndrome, their families, and professionals in Canada.

Free information; optional paid membership, which includes virtual support groups.

### Tourettes Action (UK)

https://www.tourettes-action.org.uk/

**WHAT IT DOES**

A UK support and research charity for people with Tourette syndrome: information, a helpline, a database of TS-knowledgeable professionals, an eLearning course and advocacy.

**WHO IT HELPS**

Individuals with Tourette Syndrome, their families, and professionals in the UK.

Free information, helpline and support services.

## Tourette Syndrome & Tic Disorders — Support Groups & Communities

### TAA Online Support Groups (parents and young adults)

https://tourette.org/online-support-groups-tourette-syndrome/

**WHAT IT DOES**

Online support groups from the Tourette Association of America — for parents and guardians, and for young adults aged 18–25 — led by trained facilitators. Each person joins one group, and priority goes to people with little access to local support.

**WHO IT HELPS**

Parents and guardians of people with Tourette syndrome or a tic disorder, and young adults aged 18–25 with TS or a tic disorder, in the United States.

Free to attend; registration required and space is limited.

### TAA TicTies – Young Adult Support Group

https://tourette.org/online-support-groups-tourette-syndrome/

**WHAT IT DOES**

A welcoming online support group for young adults (ages 18–25) with Tourette Syndrome or other Tic Disorders. Peer-led discussions cover topics relevant to young adults, including navigating college or work, mental health, relationships, and advocacy.

**WHO IT HELPS**

Young adults (ages 18–25) with Tourette Syndrome or Tic Disorders in the United States.

Free; registration is required and places are limited — check the page for the next registration window.

## Giftedness & Twice-Exceptional (2e) — Practitioner Directories

### Davidson Institute – Gifted Testers and Therapists List

https://www.davidsongifted.org/gifted-blog/gifted-testers-and-therapists-list/

**WHAT IT DOES**

An interactive map of professionals experienced in testing gifted and twice-exceptional children, from the Davidson Institute, which supports profoundly gifted young people aged 18 and under.

**WHO IT HELPS**

Parents and families seeking qualified professionals for gifted and 2e children.

Free to search; practitioner fees vary.

### Bright Insight Support Network – Therapist Directory

https://www.brightinsight.support/resources

**WHAT IT DOES**

Provides a directory of therapists, coaches, and resources for gifted and twice-exceptional (2e) adults, and hosts events including BloomCon for the 2e community.

**WHO IT HELPS**

Gifted and twice-exceptional (2e) adults, and professionals who work with them.

Free to search; practitioner fees vary.

## Giftedness & Twice-Exceptional (2e) — Organisations & Advocacy

### SENG (Supporting Emotional Needs of the Gifted)

https://sengifted.org/

**WHAT IT DOES**

A nonprofit organisation that empowers families and communities to guide gifted and twice-exceptional individuals to reach their goals socially, emotionally, and intellectually. Provides resources, education, and advocacy.

**WHO IT HELPS**

Gifted and twice-exceptional individuals, their families, caregivers, educators, and mental health professionals.

Free Explorer membership; paid memberships add more benefits.

### Potential Plus UK

https://potentialplusuk.org/

**WHAT IT DOES**

Supports children with high learning potential and their families in the UK. Provides resources, assessments, events, and consultancy sessions.

**WHO IT HELPS**

Children with high learning potential, their families, and schools in the UK.

Some free resources; family membership is paid — check current options.

### Australian Association for the Education of the Gifted and Talented (AAEGT)

https://www.aaegt.net.au/

**WHAT IT DOES**

A national organisation committed to furthering the education and wellbeing of gifted students in Australia through evidence-based leadership, advocacy, collaboration, and communication.

**WHO IT HELPS**

Gifted students, their families, educators, academics, and researchers in Australia.

Free information; optional paid membership.

### Gifted Children's Association of British Columbia (GCABC)

https://giftedchildrenbc.org/

**WHAT IT DOES**

Provides resources and support for gifted and twice-exceptional children and their families in British Columbia. Offers information on multi-exceptionality, education, and events.

**WHO IT HELPS**

Gifted and twice-exceptional children, their families, and educators in British Columbia, Canada.

CAD$40 for 12 months membership, which includes a regular newsletter, access to the GCABC Member's Corner, and reduced rates at all GCABC events.

## Giftedness & Twice-Exceptional (2e) — Support Groups & Communities

### r/TwiceExceptional (Reddit Community)

https://www.reddit.com/r/TwiceExceptional/

**WHAT IT DOES**

An online community for individuals who are twice-exceptional — gifted individuals who also have one or more disabilities — to share experiences, ask questions, and find support.

**WHO IT HELPS**

Twice-exceptional individuals, their families, and anyone interested in learning more about 2e. Global, online.

Free to join and participate.

10

# Self-Help Library — Books, Audiobooks, Courses, Apps & Tools

SELF-HELP

SELF-HELP

# Self-Help Library — Books, Audiobooks, Courses, Apps & Tools

Everything else in Discover points you to other people. This chapter is for what you can do yourself, tonight, with a library card or a phone: the books, audiobooks, workbooks, free courses, videos, podcasts, apps and printable tools that people and clinicians keep coming back to because they produce results. It covers the same ground as the rest of the directory — metabolic health and type 2 diabetes remission, ketogenic therapy for mental health (metabolic psychiatry), depression and anxiety, trauma and addiction recovery, ADHD, autism and other neurodivergence, sleep, cooking and eating on a budget, movement and breathing, and living with chronic pain and long-term illness. Each listing says what the resource teaches and the evidence behind it (a trial, a clinical scheme, an award, or very wide use), who it suits, what it costs and whether an audiobook exists; most books are free from public libraries. Where a well-known resource has real criticisms, the listing says so. None of it replaces your own clinician, and nothing here means changing medication on your own. Every resource was opened and checked before it was added.

## Metabolic Health — Books, Audiobooks, Courses & Free Guides

### Life Without Diabetes: The definitive guide to understanding and reversing type 2 diabetes — Professor Roy Taylor (book & audiobook)

https://simonandschuster.com.au/books/Life-Without-Diabetes/Roy-Taylor/9781761633256

**WHAT IT DOES**

The book from the Newcastle University scientist whose trials found type 2 diabetes can often be put into remission. It sets out his account of how losing 10–15 kg clears fat from the liver and pancreas, then gives the three-step Newcastle plan: an 8–12 week low-calorie phase, food reintroduction and long-term weight maintenance, with recipes. His DiRECT trial (The Lancet, 2018) found 46% of people in remission at one year.

**WHO IT HELPS**

People with type 2 diabetes or prediabetes, especially soon after diagnosis (not type 1). If you take insulin, sulfonylureas or blood-pressure medication, plan the low-calorie phase with your GP.

Paperback, ebook (approx. A$13) and unabridged audiobook; updated edition June 2025; widely available from public libraries.

### Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease—and How to Fight It — Benjamin Bikman PhD (book & audiobook)

https://benbellabooks.com/shop/why-we-get-sick/

**WHAT IT DOES**

A metabolic scientist's plain-English explanation of insulin resistance — what it is, how to tell if you have it, and why it underlies weight gain, type 2 diabetes, fatty liver and PCOS — followed by a practical plan: fewer refined carbohydrates, enough protein, whole-food fats, time-restricted eating and strength exercise, with food lists. Often recommended by metabolic-health clinicians; 2020 Foreword INDIES honourable mention.

**WHO IT HELPS**

People who want to understand the mechanism behind prediabetes, weight gain or metabolic syndrome before changing how they eat. If you take insulin or glucose-lowering drugs, involve your prescriber before cutting carbohydrate.

Paperback and ebook (US$12.99–18.95) plus audiobook (approx. US$15–25); widely available from public libraries including Hoopla and OverDrive. Note: Argues insulin resistance underlies most chronic disease, including cancer and Alzheimer's, beyond the settled evidence; the author co-founded a meal-replacement company.

### The Obesity Code & The Diabetes Code — Dr Jason Fung (books & audiobooks)

https://www.doctorjasonfung.com/

**WHAT IT DOES**

Two companion books by the kidney specialist who brought intermittent fasting into weight and diabetes care. The Obesity Code argues that weight gain is driven by hormones, chiefly insulin, not willpower, and gives five steps: cut added sugar and refined grains, eat more fibre and natural fats, moderate protein, and fast. The Diabetes Code applies this to type 2 diabetes. Over 2 million copies sold.

**WHO IT HELPS**

Adults with excess weight, prediabetes or type 2 diabetes struggling with calorie-counting. On insulin, sulfonylureas or SGLT2 inhibitors, involve your prescriber first; not for eating-disorder histories or pregnancy.

Paperback, ebook and audiobook for both titles (approx. US$12–20 each); companion cookbooks and journal also available; widely held by public libraries. Note: Its insulin-centred view of weight is debated among obesity researchers, and it is critical of some diabetes medicines: don't change your medication without your doctor.

### Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine — Robert H. Lustig MD (book & audiobook)

https://www.robertlustig.com/metabolical/

**WHAT IT DOES**

The paediatric endocrinologist behind the 2009 lecture 'Sugar: The Bitter Truth' sets out how processed food drives the eight cellular processes behind chronic disease and why medicine treats symptoms instead. The practical core is two supermarket rules: protect the liver (cut added sugar and refined carbohydrate) and feed the gut (eat fibre in whole foods). Successor to his New York Times bestseller Fat Chance.

**WHO IT HELPS**

Readers, including parents, who want the big picture on sugar, processed food and metabolic disease and simple eating rules. Long and argumentative rather than a step-by-step meal plan.

Hardcover, paperback, ebook and audiobook (approx. US$13–20; audiobook on Audible and library apps such as Hoopla); widely available from public libraries. Note: Some nutrition scientists think its case against sugar goes further than the evidence; its practical rules match mainstream advice.

### Ultra-Processed People: Why We Can't Stop Eating Food That Isn't Food — Chris van Tulleken (book & audiobook)

https://www.penguinrandomhouse.com/books/744755/ultra-processed-people-by-c

**WHAT IT DOES**

An infectious-diseases doctor spends a month eating 80% ultra-processed food, then explains what UPF is, how it is engineered to be overeaten, and what it does to appetite, weight and metabolic health. The takeaway is a simple test: does the ingredients list contain things you would not find in a home kitchen? New York Times bestseller; 2024 Fortnum & Mason Debut Food Book Award.

**WHO IT HELPS**

Anyone, including parents, who wants to understand why they overeat some foods and change what goes in the trolley. About the food environment, not a programme: no meal plan.

Hardcover, paperback, ebook and audiobook (11 h 36 min, read by the author and his twin brother; approx. US$12–26); very widely available from public libraries. Note: How ultra-processed food affects health is still being researched; the core advice is mainstream.

### The Art and Science of Low Carbohydrate Living — Stephen D. Phinney MD PhD & Jeff S. Volek PhD RD (book)

https://books.google.com/books?vid=ISBN9780983490708

**WHAT IT DOES**

The foundational 2011 text of low-carbohydrate and ketogenic nutrition, by the two researchers whose work underpins most clinical low-carb teaching. It explains insulin resistance as 'carbohydrate intolerance', how the body adapts to running on fat and ketones, why the first weeks feel rough and how to manage them (salt, magnesium, protein targets). The authors later co-founded Virta Health and co-authored its type 2 diabetes trials.

**WHO IT HELPS**

People who want the full science and practical detail of a well-formulated low-carb or ketogenic diet, and clinicians and carers supporting them. Technical and dense; not a gentle first introduction. If you take insulin, sulfonylureas or blood-pressure medication, involve your prescriber before starting; doses often need lowering within days.

Paperback and Kindle ebook (approx. US$20–30); no audiobook; the link is the Google Books page, which has a 'Find in a library' option. The authors' own site was unreachable from Australia when checked. Note: Its view of saturated fat within a ketogenic diet differs from mainstream heart-health advice, so have your cholesterol checked.

### Diet Doctor — free low-carb & keto guides, recipes and video courses

https://www.dietdoctor.com/low-carb

**WHAT IT DOES**

Self-described as the world's largest low-carb and keto education site, where everything necessary is free: beginner and type 2 diabetes guides, visual carbohydrate guides, more than 1,000 recipes, a two-week challenge and leaflets in around 40 languages. Every guide is doctor-written or reviewed, with research claims linked and graded. Around 500,000 visits a day; funded by membership, not adverts.

**WHO IT HELPS**

Anyone starting low-carb or keto for weight, prediabetes or type 2 diabetes wanting trustworthy free guidance. If you take diabetes or blood-pressure medication, involve your doctor first; doses need reducing.

Free guides, recipes, two-week challenge, starter video course and recipe app. Diet Doctor Plus (meal plans, programmes, full courses) US$14.99/month or US$119/year; no ads.

### Freshwell Low Carb Project — free website, app and meal planners from NHS GPs

https://lowcarbfreshwell.com/

**WHAT IT DOES**

A free, self-guided low-carb programme from two NHS GPs in Essex, created after their patients lost weight and came off medication on real-food, lower-carbohydrate eating. It offers a one-page guide to what to eat, a red/amber/green food guide, free four-week meal planners, videos and a free app. Across its local NHS network, 339 patients lost a combined 1,103 kg in 18 months.

**WHO IT HELPS**

Anyone with excess weight, prediabetes or type 2 diabetes wanting a simple, no-cost start from family doctors; also a GP handout. Ask your prescriber first if on insulin or sulfonylureas.

Free; website, downloadable PDF guides and meal planners, and the Freshwell app (iOS and Android); no referral, account or payment needed.

### Public Health Collaboration — free Real Food booklets & Dr David Unwin's sugar infographics

https://phcuk.org/resources/

**WHAT IT DOES**

Free, printable patient resources from a UK metabolic-health charity, built around GP Dr David Unwin's work. His sugar infographics show the blood-glucose effect of everyday foods as teaspoons of table sugar, in about 40 languages, alongside Real Food booklets and his Norwood Protocol for GP practices. Unwin's practice audit (BMJ Nutrition, Prevention & Health, 2023) reported drug-free remission in 51% of 186 patients.

**WHO IT HELPS**

People with prediabetes or type 2 diabetes, and their families, wanting a few clear pages for the fridge; also a tested clinician handout. Make medication changes with your doctor.

Free PDF downloads (infographics in about 40 languages, booklets in English and Italian); printed packs come with paid UK membership; optional email sign-up. Note: NICE withdrew its 2016 endorsement of the sugar infographics in 2020 for implying support for a low-carbohydrate diet, not for inaccuracy.

### Reversing Type 2 diabetes starts with ignoring the guidelines — Dr Sarah Hallberg, TEDxPurdueU (free video)

https://www.virtahealth.com/blog/dr-sarah-hallberg-ted-talk-reversing-diabetes

**WHAT IT DOES**

An 18-minute 2015 TEDx talk, watched more than 8 million times, where a physician running a supervised weight-loss clinic explains why a disease of carbohydrate intolerance is poorly served by advice to eat 'healthy carbs', and what happened when her patients went low-carb. She later led the Virta Health trial (Diabetes Therapy, 2018): about 60% of those who completed the year met its definition of diabetes reversal (HbA1c below 6.5% on no diabetes medication, or metformin only).

**WHO IT HELPS**

Anyone with type 2 diabetes who wants to hear a physician explain why she thinks remission is possible. A talk, not a programme; have your doctor adjust medication as her patients did.

Free; the TEDx video is on YouTube and embedded on Virta Health's page; no account needed.

### Adapt Your Life Academy — Dr Eric Westman (free YouTube videos & paid keto courses)

https://adaptyourlifeacademy.com/

**WHAT IT DOES**

Plain-spoken low-carb and keto education from the Duke University physician who ran some of the first clinical trials of ketogenic diets for type 2 diabetes. Free YouTube videos and a newsletter sit alongside paid courses, starting with a US$15 beginner course. The method is deliberately simple: a one-page food list, a daily carbohydrate ceiling (typically 20 g to start), eat when hungry, no calorie counting.

**WHO IT HELPS**

People who want a doctor to say what to eat for weight or diabetes, no tracking. On insulin or sulfonylureas, your prescriber must adjust doses as glucose falls.

YouTube channel and newsletter free; Start Keto Right course US$15; other courses paid (prices vary, periodic enrolment windows). Note: The results it shows are students' own stories rather than trials; it also offers a carnivore-diet course, an approach with little trial evidence.

## Metabolic Psychiatry — Ketogenic Therapy for Mental Health

**Before you start:** Never stop or change psychiatric medication on your own: plan any change with your prescriber, because some medicines cause withdrawal effects or a relapse if they are cut down too quickly. Ketogenic therapy for mental illness is still being studied.

### Brain Energy: A Revolutionary Breakthrough in Understanding Mental Health — Christopher M. Palmer MD (book & audiobook)

https://brainenergy.com/

**WHAT IT DOES**

The book that brought 'metabolic psychiatry' to a general audience. Palmer, a Harvard psychiatrist, argues that depression, bipolar disorder, schizophrenia and addiction share a root in how brain cells make and use energy, then works through the levers: sleep, light, exercise, alcohol, medications and diet, including the medical ketogenic diet. Evidence is early but real, including the Stanford pilot (2024: 21 adults, average 31% improvement).

**WHO IT HELPS**

Anyone with a serious or stubborn mental illness, and their families, who want an explanation of why metabolism matters. Not a diet manual; never change psychiatric medication without your prescriber.

Hardcover (approx. US$29), ebook (approx. US$15) and unabridged audiobook read by the author (12 h 30 min); widely held by public libraries. Note: The 'brain energy theory' is a hypothesis still being tested; evidence for ketogenic therapy in psychiatry remains pilot trials and case series.

### Change Your Diet, Change Your Mind: A Powerful Plan to Improve Mood, Overcome Anxiety, and Protect Memory for a Lifetime of Optimal Mental Health — Georgia Ede MD (book & audiobook)

https://www.diagnosisdiet.com/change-your-diet-change-your-mind

**WHAT IT DOES**

The practical companion to Brain Energy: a Harvard-trained psychiatrist shows what to eat. Ede explains how to check whether you are insulin resistant, then offers plans of increasing strictness: a whole-food moderate-carbohydrate plan, a ketogenic plan and a carnivore-style elimination option, with food lists and medication guidance. She co-authored the first inpatient ketogenic-diet study in treatment-resistant mental illness (2022) and led the 2026 expert consensus.

**WHO IT HELPS**

People or carers wanting a food-first plan for depression, anxiety, bipolar disorder, ADHD, cravings or memory concerns. Do the ketogenic chapters with your prescriber; not for crisis or underweight anorexia.

Hardcover (US$32.50), paperback (US$21.99), ebook (US$14.99) and unabridged audiobook (US$31.99); widely available from public libraries; newsletter subscribers get a free guide to refined carbohydrates. Note: Ede's positions on red meat, saturated fat and plant-based diets run against mainstream dietary guidelines, and the mental-health evidence is still pilot-stage.

### THINK+SMART — free self-guided ketogenic therapy & lifestyle program (Metabolic Mind)

https://www.metabolicmind.org/thinksmart/

**WHAT IT DOES**

A free programme for trying ketogenic therapy for a psychiatric condition, with a plan to take to your care team. THINK covers the diet in clinic order: baseline blood tests, protein and fat targets, ketone goals. SMART covers Sleep, Move, Avoid, Rebuild and Track. Sign-up brings three e-books, worksheets, a multi-month email course and recovery stories. Built by the Baszucki family after their son's recovery.

**WHO IT HELPS**

Adults with bipolar disorder, schizophrenia, depression, anxiety or OCD stable enough to plan a change, and their families. Self-guided: arrange the supervision it describes; not during an acute episode.

Free; email sign-up required to receive the e-books, worksheets and email course; no app or purchase needed. Note: Self-guided and not itself tested in a trial; the evidence for ketogenic therapy in psychiatry remains pilot studies and case series.

### Dr Georgia Ede's Guide to Ketogenic Diets and Psychiatric Medications — free PDF, with Metabolic Mind's 'Keto & Psych Meds' resources

https://www.metabolicmind.org/resources/topics/keto-and-psych-meds/

**WHAT IT DOES**

The most important safety document here. Ketosis can change how some psychiatric medicines behave: doses may need adjusting early, blood levels monitoring more closely, and blood-pressure and diabetes medicines lowering quickly. Psychiatrist Georgia Ede's free guide explains those interactions in plain language, what to monitor and when, and the principles of slow, supervised tapering only if your prescriber agrees. Explainer videos cover the same ground.

**WHO IT HELPS**

Anyone on psychiatric, blood-pressure or diabetes medication considering ketogenic therapy; also a handout for GPs and psychiatrists new to it. For working with your prescriber, not do-it-yourself tapering.

Free; the guide downloads as a PDF directly from the page without payment or sign-up; videos are free on YouTube. Note: Discusses medication tapering, which the guide insists happens only under your prescriber; it links to third-party tapering services Notbroken has not reviewed.

### Metabolic Mind Podcast & YouTube channel — Dr Bret Scher (free)

https://www.metabolicmind.org/resources/library/podcasts/metabolic-mind-podcast/

**WHAT IT DOES**

The field's running record: around 210 free episodes, twice a week, in which cardiologist Bret Scher interviews the researchers behind metabolic psychiatry (Chris Palmer, Georgia Ede), clinicians using ketogenic therapy day to day, and people who have recovered with it, plus explainers, breakdowns of each new study and 'Metabolic Mailbag' listener questions on ketone targets, plateaus and medications. Everything is also on YouTube.

**WHO IT HELPS**

Patients, families and clinicians who want to follow the science and hear how people manage the diet. Education to discuss with your care team, not instructions, especially on medication changes.

Free on Apple Podcasts, Spotify, YouTube and the Metabolic Mind website; no account needed. Note: Produced by a Baszucki-funded advocacy non-profit; candid that evidence is early but hopeful in tone, so weigh it alongside your clinician's advice.

### Bipolarcast — Dr Iain Campbell & Matt Baszucki on ketogenic therapy for bipolar disorder (free video podcast)

https://www.youtube.com/playlist?list=PLzWI83-NWCL7WpANN8fBuFgsNmgSkupFz

**WHAT IT DOES**

A 27-episode video podcast by two people with bipolar disorder who use ketogenic therapy to stay well. Iain Campbell was first author of the first European pilot of a ketogenic diet in bipolar disorder at Edinburgh; Matt Baszucki says he recovered from bipolar I disorder with sleep, exercise and a ketogenic diet, with his doctors. They interview peers and experts and talk frankly about living with the diet, setbacks included.

**WHO IT HELPS**

People with bipolar disorder, and their families, who want peers' accounts of living on ketogenic therapy. Experience, not evidence; diet and medication decisions belong with your psychiatrist; not crisis care.

Free; 27 videos on YouTube in the Metabolic Mind channel playlist; episodes also appear on the Metabolic Mind bipolar disorder hub. Note: Lived experience, not trial results; the co-host's Edinburgh pilot found the diet feasible but was not powered to show mood benefits.

### The Scientific and Clinical Rationale for the Use of Ketogenic Diets in Psychiatric Conditions — Dr Georgia Ede's free letter to take to your clinician

https://www.diagnosisdiet.com/full-article/free-resource-for-clinicians-and-patients

**WHAT IT DOES**

A four-page PDF, updated regularly, with one job: giving a sceptical or unfamiliar doctor the published evidence for considering a ketogenic diet in psychiatric conditions, with live links to studies and clinical resources, in the language clinicians use with each other. Ede wrote it for the clinicians she trains to hand to colleagues, and now offers it to patients and families who have met resistance.

**WHO IT HELPS**

Anyone unsure how to raise ketogenic therapy with their psychiatrist, GP or dietitian, and carers advocating for a relative. It argues for supervised treatment, not doing it yourself.

Free PDF download from the author's site; no email required.

### Awareness and best practices in using ketogenic therapy to treat serious mental illness: a modified Delphi consensus — Ede, Bernstein, Calabrese, Campbell, Laurent, Palmer, Sethi & Zupec-Kania (free open-access paper, Frontiers in Nutrition 2026)

https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1749406/full

**WHAT IT DOES**

The closest thing the field has to a rulebook, and free. Eight clinicians drafted 33 statements on what ketogenic therapy for serious mental illness is, who it suits and how to monitor it; 47 clinicians then voted and every statement passed with 89–100% agreement. Key points: an add-on to medication and therapy, never a replacement, and never alone during new mania, psychosis or suicidal thoughts.

**WHO IT HELPS**

Anyone planning ketogenic therapy for bipolar disorder, schizophrenia, depression or similar, and the clinician supervising them; print it for the appointment. Clinician language, but readable by a patient or carer.

Free; open-access article (HTML and PDF) in Frontiers in Nutrition, published February 2026; also linked from Metabolic Mind and diagnosisdiet.com. Note: Baszucki-funded expert opinion from clinicians who practise, and sometimes earn from, ketogenic therapy; a safety framework, not proof that it works.

### Metabolic Mind Training & Education — free accredited CME courses in metabolic psychiatry (Palmer, Ede, Bernstein, Scher, Kelly, Sarnyai, Milder)

https://www.metabolicmind.org/for-clinicians/trainings-courses/

**WHAT IT DOES**

Seven free, accredited online courses on myCME for health professionals supervising ketogenic therapy: Chris Palmer on the metabolic theory of mental illness, Georgia Ede on dietary change for major mental illness, Matthew Bernstein on the evidence, Bret Scher on cardiovascular safety, plus medication effects, mechanisms and type 2 diabetes. Patients can send the page to their own clinician; a clinician who has not been trained is a common barrier.

**WHO IT HELPS**

Psychiatrists, GPs, psychologists, dietitians and nurses supporting a patient on ketogenic therapy, and patients and families wanting a free way to upskill their clinician. Not a patient programme.

Free; AMA PRA Category 1 CME and CNE/CE credit via myCME (US accreditation; recognition varies by country). Partner courses on the same page are paid.

### Huberman Lab: Dr. Chris Palmer — Diet & Nutrition for Mental Health (free three-hour episode, video & audio)

https://www.hubermanlab.com/episode/dr-chris-palmer-diet-nutrition-for-mental-health

**WHAT IT DOES**

The conversation that carried Brain Energy's ideas to a mass audience, released alongside the book in 2022. Three hours of Palmer explaining to neuroscientist Andrew Huberman how diet, fasting and ketosis affect depression, schizophrenia and bipolar disorder, why the ketogenic diet works in epilepsy, and where GLP-1 drugs fit. Chaptered with timestamps and a transcript to jump to your own condition.

**WHO IT HELPS**

Anyone curious about the metabolic approach, or their family, wanting a free introduction before a book or diet. A science conversation, not clinical guidance; change medication only with a doctor.

Free on YouTube, Apple Podcasts and Spotify; timestamps and transcript on the episode page; no account needed. The podcast carries sponsor advertisements. Note: A long-form conversation rather than clinical guidance, and the show carries supplement and device sponsorships unrelated to the content.

## Mental Health — Evidence-Based Self-Help Books, Workbooks & Online CBT

### Feeling Good: The New Mood Therapy — David D. Burns MD (book & audiobook)

https://feelinggood.com/books/

**WHAT IT DOES**

The original cognitive behavioural therapy (CBT) self-help book (1980, revised 1999). It teaches you to notice the distorted thoughts that drive low mood, write them down and answer them with realistic ones. One of few self-help books trialled as a stand-alone treatment: in randomised trials, adults with mild to moderate depression who read it improved against a waiting list. More than 4 million copies sold.

**WHO IT HELPS**

Adults with low mood, mild to moderate depression or harsh self-criticism who want a structured, pen-and-paper, do-it-yourself method. Not a replacement for professional care in severe depression or crisis.

Paperback, ebook and unabridged audiobook (approx. US$10–20 / A$20–30); widely held by public libraries. Feeling Great app free to try, optional subscription.

### Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think — Dennis Greenberger PhD & Christine A. Padesky PhD (workbook & free worksheets)

https://www.mindovermood.com/

**WHAT IT DOES**

The standard CBT workbook: 60 worksheets that teach you to track moods, catch and test the thoughts behind them, build new core beliefs and plan to stay well, covering depression, anxiety, panic, anger, guilt and shame. More than 1.3 million copies in print; on the NHS Reading Well 'Books on Prescription' list and named by the BABCP 'The Most Influential Cognitive-Behavioral Therapy Publication'.

**WHO IT HELPS**

Anyone who wants to do CBT alone or between therapy sessions and will fill in worksheets over weeks. Does not replace treatment for severe depression, bipolar disorder or suicidal thoughts.

Paperback and PDF ebook (US$26.95 each); no audiobook; widely available from public libraries and free through Reading Well; some worksheets free online.

### The Happiness Trap (Second Edition): How to Stop Struggling and Start Living — Dr Russ Harris (book, audiobook & free resources)

https://thehappinesstrap.com/

**WHAT IT DOES**

The best-selling introduction to Acceptance and Commitment Therapy (ACT), which teaches you to stop fighting painful thoughts and feelings, make room for them and live by your values, with exercises for unhooking from worry and self-criticism. The book itself has been tested: a randomised trial (2011) found people given it had better mental health two months later. Over a million copies sold; second edition 2022.

**WHO IT HELPS**

People stuck in worry, anxiety, low mood or perfectionism who find 'just think positive' makes things worse, or want a looser relationship with a busy mind. Not a crisis resource.

Paperback (US$19.95), ebook and unabridged audiobook (approx. US$15–25 / A$20–35); widely available from public libraries. Free videos, sample chapter and worksheets online; 8-week programme US$295.

### Self-Compassion: The Proven Power of Being Kind to Yourself — Kristin Neff PhD (book, audiobook & free guided practices)

https://self-compassion.org/

**WHAT IT DOES**

The book that founded the field of self-compassion research, from the psychologist who defined and measured it. It argues that treating yourself as you would a struggling friend helps more than self-criticism, and teaches practices: the self-compassion break, compassionate letter-writing and loving-kindness meditation. The eight-week Mindful Self-Compassion programme was tested in a randomised controlled trial (2013). Nineteen guided practices are free on her website.

**WHO IT HELPS**

People with a relentlessly harsh inner voice, who feel 'not enough' or burn out caring for others. Not trauma therapy; self-kindness can stir up grief at first, so go slowly.

Paperback, ebook and audiobook (approx. US$12–20 / A$20–30); widely available from public libraries including Hoopla. Guided practices, exercises and self-compassion test free on self-compassion.org.

### The Mindful Way through Depression, Second Edition: Freeing Yourself from Chronic Unhappiness — Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn (book with guided audio)

https://www.guilford.com/books/The-Mindful-Way-through-Depression/Williams-Teasdale-Segal-Kabat-Zinn/9781593851286

**WHAT IT DOES**

The self-help version of Mindfulness-Based Cognitive Therapy (MBCT), by the three psychologists who invented it and Jon Kabat-Zinn, with audio he narrates. It explains why trying to think your way out of sadness deepens rumination, then walks you through an eight-week programme of short meditations. A pooled analysis of nine randomised trials (2016) found MBCT cut relapse by 31%; NICE recommends it for recurrent depression.

**WHO IT HELPS**

People with past depression who want a way to stop it returning, or caught in chronic overthinking. Start after an acute episode; not a substitute for treatment when severely depressed.

Paperback (US$23.95), hardcover and ebook from Guilford Press, with free downloadable guided meditations; unabridged audiobook also available; widely held by public libraries.

### Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts — Sally M. Winston PsyD & Martin N. Seif PhD (book & audiobook)

https://www.hachette.co.uk/titles/sally-m-winston/overcoming-unwanted-intrusive-thoughts/9781626254343/

**WHAT IT DOES**

The book anxiety specialists hand to people terrified by their thoughts: images of harming someone, blasphemous or sexual thoughts, 'what if I lose control' fears. The authors explain these are common, say nothing about who you are, and are kept alive by the struggle against them, then teach a two-step CBT-based approach for letting them pass. Recommended by the Association for Behavioral and Cognitive Therapies.

**WHO IT HELPS**

Anyone frightened or ashamed of intrusive thoughts, including OCD, postnatal anxiety, health anxiety or panic. Not a complete OCD treatment; seek urgent help if you fear acting on a thought.

Paperback (approx. US$17 / £16.99 / A$30), ebook and unabridged audiobook (Audible and library services); widely held by public libraries including Hoopla.

### Centre for Clinical Interventions (CCI) — free CBT self-help workbooks: Back from the Bluez, What? Me Worry?, Panic, Self-Esteem, Perfectionism and more

https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

**WHAT IT DOES**

CBT self-help workbooks from clinical psychologists at a public specialist clinic in Perth, given away as PDFs by the Western Australian health department. Short modules walk you through the therapy a psychologist would deliver: Back from the Bluez (depression), What? Me Worry? (generalised anxiety), and panic, self-esteem, bipolar disorder and disordered eating. Often recommended by GPs and psychologists in Australia, the UK and North America.

**WHO IT HELPS**

Anyone wanting a free, structured CBT programme to work through, and people waiting for therapy. No substitute for diagnosis or treatment, CCI says; involve your doctor if symptoms are severe.

Free; PDF modules and whole-workbook ZIP downloads; no account needed.

### Getselfhelp.co.uk — free CBT self-help guides, worksheets, MP3s and courses (Carol Vivyan)

https://www.getselfhelp.co.uk/

**WHAT IT DOES**

An ad-free library of CBT self-help that a UK mental-health nurse and cognitive therapist has given away for 25 years: problem-by-problem guides (depression, anxiety, panic, OCD, PTSD, anger and more), hundreds of printable worksheets, relaxation MP3s and a free CBT course. A published survey found it UK therapists' most popular source of CBT materials, so its handouts are often those used in NHS Talking Therapies.

**WHO IT HELPS**

Anyone wanting a free, printable explanation and a worksheet to start today, or extra copies of standard CBT tools. Not a service; people in crisis are pointed to emergency help.

Free; website with downloadable PDFs and MP3s; no account needed (donations invited).

### Reading Well for mental health (Books on Prescription) — The Reading Agency & Libraries Connected (free from public libraries)

https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-mental-health/

**WHAT IT DOES**

A clinician-vetted list of 37 self-help books you can borrow free from any public library in England and Wales, chosen with people with lived experience and supported by the Royal Colleges of GPs, Psychiatrists and Nurses, Mind and NHS England. It covers CBT, mindfulness, depression, anxiety, OCD, sleep and grief. Over 4.3 million books borrowed across the Reading Well lists; 92% of people surveyed found theirs helpful.

**WHO IT HELPS**

Anyone who wants a doctor-approved self-help book without guessing, and people waiting for therapy. Lending is England and Wales only; the booklist is a shortlist anywhere, most titles available worldwide.

Free to borrow from public libraries in England and Wales (print, ebook, audiobook); booklist and leaflet free to download; elsewhere, request titles from your library.

### Healthy Minds Program app — Humin (formerly Healthy Minds Innovations) & the Center for Healthy Minds, University of Wisconsin–Madison (free meditation & well-being training)

https://www.humin.org/wellbeing-tools/app

**WHAT IT DOES**

A free, ad-free app from neuroscientist Richard Davidson's lab that teaches well-being as trainable skills across four pillars: awareness, connection, insight and purpose. Short podcast-style lessons are followed by guided practices of 5–30 minutes. Unlike most meditation apps it has randomised-trial evidence: in a 343-person trial (2020), eight weeks of use lowered psychological distress against a waitlist, with 70% improving meaningfully versus 49% of controls.

**WHO IT HELPS**

People wanting a structured, science-grounded way to learn meditation and emotional skills without a subscription, or put off by commercial apps. Not a substitute for treating depression or anxiety disorders.

Free; iOS and Android; no paywall or subscription, funded by donations to a non-profit.

### THIS WAY UP — Depression, Mixed Depression & Anxiety, Generalised Anxiety, Panic, Social Anxiety and Worry programs (St Vincent's Hospital Sydney, online CBT)

https://thiswayup.org.au/what-we-treat

**WHAT IT DOES**

Online CBT courses from St Vincent's Hospital Sydney's anxiety and depression research unit: six lessons (about 20 minutes) with homework and symptom check-ins, self-paced over 90 days. Programs cover depression, generalised anxiety, panic, OCD, PTSD and perinatal mental health. The service reports trials with more than 1,400 patients and around 60 peer-reviewed papers, and is accredited to Australia's national digital mental health standards.

**WHO IT HELPS**

Adults in Australia with mild to moderate depression or anxiety who want a CBT course from home; clinician-guided suits mild to severe. Not for crisis; self-guided means no clinical contact.

Free with a clinician's prescription (they monitor your scores); self-guided A$59 per program (90 days), or covered by some Australian private health insurers.

### MindSpot Clinic — free online assessment, treatment courses and brief teletherapy for anxiety and depression (Macquarie University)

https://www.mindspot.org.au/

**WHAT IT DOES**

A free national digital clinic for Australian adults, run by Macquarie University and government-funded since 2012. After an online questionnaire and a phone consultation with a therapist, you choose between an eight-week online CBT course with therapist support, four phone sessions of brief teletherapy, or six weeks of daily well-being text messages. It has supported over 250,000 Australians and reports an average 50% symptom reduction.

**WHO IT HELPS**

Adults in Australia with anxiety, depression or stress who want assessment and a guided course without cost, waiting lists or referral. Not a crisis service; for mild to moderate symptoms.

Free (Australian Government funded); online with phone and secure-message therapist support; Australian adults only.

### moodgym — online CBT self-help program for depression and anxiety (Australian National University / e-hub Health)

https://moodgym.com.au/

**WHAT IT DOES**

One of the first and most-studied online CBT programs, written in 2001 at the Australian National University and used by more than a million people. Five modules teach the CBT core: spotting 'warped' thinking, testing it against evidence, problem-solving and relaxation. The program cites a 2016 meta-analysis of 12 studies confirming it reduces depression and anxiety symptoms in adults, with benefits lasting 12 months.

**WHO IT HELPS**

Adults and older teens anywhere with mild to moderate low mood or anxiety, or wanting CBT skills to prevent problems. Not designed for severe depression, and not a crisis service.

A$39 for 12 months' individual access (plus local taxes); free via an access token from a licensed employer, university or health service; users 16+.

## Trauma, Addiction & Recovery — Books, Workbooks & Apps

### The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma — Bessel van der Kolk MD (book & audiobook)

https://www.besselvanderkolk.com/

**WHAT IT DOES**

A psychiatrist researching traumatic stress since the 1970s explains why overwhelming experiences keep the body's alarm system switched on after the danger has passed, producing flashbacks, numbness, chronic pain and distrust, then surveys treatments including EMDR, trauma-sensitive yoga, neurofeedback and internal family systems. Published in 2014, it spent close to 300 weeks on the New York Times bestseller list and appears in 43 languages.

**WHO IT HELPS**

Adults wanting to understand their reactions after trauma, and partners and family. Graphic case histories: read in small doses, stop if activated, and pair it with a trauma-trained therapist.

Paperback, ebook and unabridged audiobook, approx. US$12–20 / £10–14 / A$20–25; one of the most widely held titles in public libraries. Note: Some of its neuroscience is debated; guidelines still recommend trauma-focused talking therapy and EMDR first.

### Complex PTSD: From Surviving to Thriving — Pete Walker MA MFT (book, audiobook & free articles)

https://www.pete-walker.com/

**WHAT IT DOES**

A Berkeley psychotherapist who grew up with complex trauma names what standard PTSD books miss: emotional flashbacks, the inner critic and the fight, flight, freeze and fawn survival styles, pairing each with tools including his 13 steps for managing a flashback. Self-published in 2013, it is a word-of-mouth bestseller with over 14,000 Goodreads ratings averaging 4.5 stars; the core articles are free on his website.

**WHO IT HELPS**

Adults neglected or abused as children who recognise themselves in shame, people-pleasing or emotional crashes. Not for crisis or instead of therapy; pace it, as it can stir up grief.

Paperback, ebook and audiobook, approx. US$10–18 / £10–15; website articles including '13 Steps for Managing Flashbacks' are free; held by many public libraries.

### Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body & Waking the Tiger — Peter A. Levine PhD (book, audio program & audiobook)

https://somaticexperiencing.com/se-books

**WHAT IT DOES**

Peter Levine developed Somatic Experiencing, the body-based trauma approach taught worldwide; these are his two self-help books. Waking the Tiger (1997) argues that trauma is survival energy the nervous system never discharged; Healing Trauma (2008) is a short book and audio programme where Levine guides 12 exercises for noticing sensation, finding safety and releasing held tension. Waking the Tiger is translated into over 30 languages.

**WHO IT HELPS**

People whose trauma lives in the body (startle, tension, shutdown) who want gentle exercises rather than talking. Go slowly, stop if sensations overwhelm, use alongside a therapist; not for crisis.

Healing Trauma: paperback (approx. US$17) and Levine-narrated 6¾-hour audio programme (US$15–25); Waking the Tiger: paperback (US$21.95), ebook and 9-hour audiobook; both in public libraries. Note: Only a few small trials support Somatic Experiencing and academics say its theory outruns the evidence; use alongside established trauma treatments.

### No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model — Richard C. Schwartz PhD (book & audiobook)

https://ifs-institute.com/store/419

**WHAT IT DOES**

Internal Family Systems (IFS) introduced by its creator. IFS sees the mind as 'parts' that took on protective jobs after painful experiences, alongside a calm core Self; instead of fighting them, you get curious about what they protect and help them unburden, with guided exercises throughout. IFS has grown quickly among trauma therapists; this book is the usual starting point.

**WHO IT HELPS**

Adults who feel 'at war with themselves' and want structured inner work. Exercises can stir strong feelings: pace yourself and use it alongside therapy, especially with dissociation or complex trauma.

Paperback (approx. US$20), ebook and audiobook (approx. US$12–20); widely available from public libraries, including Hoopla. Note: The IFS Institute's research page calls the evidence base 'limited in scope', with larger controlled trials under way; promising rather than proven.

### The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control & Becoming Whole — Arielle Schwartz PhD (workbook)

https://drarielleschwartz.com/the-complex-ptsd-workbook-dr-arielle-schwartz/

**WHAT IT DOES**

A clinical psychologist's do-it-yourself workbook for complex PTSD. It explains what repeated childhood or relational trauma does to the nervous system, then works through exercises from evidence-based approaches: grounding from somatic therapy, thought-work from CBT, emotion-regulation from DBT, resourcing from EMDR, mindfulness and self-compassion, with writing prompts in every chapter. Published in 2016 (UK edition 2020), therapists often set it as homework.

**WHO IT HELPS**

Adults with complex PTSD symptoms practising skills between sessions or while waiting for therapy. Go slowly, start with grounding chapters and skip what increases distress; complements therapy, not for crisis.

Paperback and ebook (Althea Press 2016, approx. US$15–20; Sheldon Press UK edition 2020, ebook £14.99); available from many public libraries.

### PTSD Coach, PTSD Coach Online & PTSD Family Coach — US Department of Veterans Affairs National Center for PTSD (free apps)

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

**WHAT IT DOES**

A free app from the US VA's National Center for PTSD: plain-language education, a validated symptom tracker, in-the-moment coping tools (paced breathing, grounding, muscle relaxation) you can personalise with photos and music, and crisis links. In a 2017 randomised trial of 120 adults not in treatment, users improved more in PTSD and depression than a waiting list. Over a million downloads in 115 countries.

**WHO IT HELPS**

Anyone with stress symptoms after trauma, veteran or not, anywhere; Family Coach is for supporters. Not a replacement for professional care: use it for hard moments while arranging therapy.

Free; iOS and Android; no account needed and data stays on your device. PTSD Coach Online (desktop) and PTSD Family Coach are also free.

### This Naked Mind: Control Alcohol — Annie Grace (book & audiobook) and The Alcohol Experiment (free 30-day program)

https://thisnakedmind.com/

**WHAT IT DOES**

The book behind the 'sober curious' movement, plus a free 30-day course. Taking the Allen Carr approach, it dismantles the beliefs that keep people drinking with research on alcohol's effects, so the desire fades instead of needing willpower. The Alcohol Experiment is 30 alcohol-free days with a daily video, journal prompt and private community app; the company says over 500,000 people have taken it.

**WHO IT HELPS**

'Grey area' drinkers wanting a break or to stop without labelling themselves. Not for anyone physically dependent: heavy daily drinkers should see a doctor first, since withdrawal can be dangerous.

Book: paperback (£9.99; approx. US$15–18), ebook and audiobook, including library apps. The Alcohol Experiment is free; the company's coaching programme is paid. Note: Grace is not a clinician, there are no independent trials, and the site's outcome figures are the company's own customer surveys.

### Allen Carr's Easy Way to Stop Smoking — Allen Carr (book & audiobook; also Easyway to Control Alcohol)

https://www.penguin.co.uk/books/288477/allen-carrs-easy-way-to-stop-smoking-by-carr-allen/9781405984874

**WHAT IT DOES**

The best-selling stop-smoking book (1985); Carr's smoking books sold over 20 million copies in 57 countries. Smokers continue, he argued, because they believe cigarettes give them something: dismantle each belief while smoking and you reach the final cigarette without fear, no willpower needed. A 2020 randomised trial of 620 smokers found the Easyway seminar at least as effective as the NHS Stop Smoking Service.

**WHO IT HELPS**

Smokers and vapers who have failed with patches, gum or willpower. Not a substitute for medical advice with smoking-related illness; if the book fails, try quitlines, seminars or medication.

Paperback (£10.99 / approx. US$15 / A$20), ebook and audiobook; in most public libraries. Easyway seminars from US$495 (money-back guarantee); online programmes from US$59. Note: The randomised trials tested the Easyway seminar, not the book; the one small study of the book alone found no significant effect.

### Alcoholics Anonymous ('the Big Book'), 4th edition — Alcoholics Anonymous World Services (free to read and listen online)

https://www.aa.org/the-big-book

**WHAT IT DOES**

The 1939 text that founded the recovery movement, free on AA's official site as PDF chapters, audio and sign-language video. The first 164 pages set out the Twelve Steps; the rest is members' first-person recovery stories. A 2020 Cochrane review of 27 studies found AA and Twelve-Step Facilitation produced higher abstinence than other treatments including CBT, about 42% versus 35% at one year.

**WHO IT HELPS**

Anyone curious what AA proposes before a meeting, or drawn to a peer-based path to sobriety; openly spiritual. Heavy daily drinkers need medical advice before stopping; withdrawal can be dangerous.

Free to read, listen and watch (ASL) at aa.org; inexpensive print copies from local AA offices and the online store; ebooks; in most public libraries.

### Rethinking Drinking — US National Institute on Alcohol Abuse and Alcoholism, NIH (free website, calculators & worksheets)

https://rethinkingdrinking.niaaa.nih.gov/

**WHAT IT DOES**

A free, no-sign-up site from the US NIH's alcohol institute for anyone wondering if they drink too much. It covers 'How much is too much?' (standard drinks, risk thresholds), then 'Thinking about a change?' with goal-setting and strategies that work in trials: tracking drinks, setting limits, pacing. Calculators show drink strength, calories and what drinking costs per year, with printable worksheets; nothing to sell.

**WHO IT HELPS**

Adults wanting a frank check on their drinking and a plan to cut down or stop, written for US adults. Not for dependence: heavy drinkers should see a doctor first.

Free; website with interactive calculators, downloadable worksheets and a free 20-page booklet in English and Spanish; no account needed.

### Dopamine Nation: Finding Balance in the Age of Indulgence — Anna Lembke MD (book, audiobook & The Official Dopamine Nation Workbook)

https://www.penguinrandomhouse.com/books/624957/dopamine-nation-by-anna-lembke-md/9780593409220

**WHAT IT DOES**

Stanford's head of addiction medicine explains the pleasure-pain balance: every dopamine hit from drinking, scrolling or gambling brings an equal, opposite dip, and repeated hits reset your baseline so you need more to feel normal. Her framework: try a 30-day fast from the one thing you cannot moderate, then abstain or set binding rules. Instant New York Times bestseller, 2021; official workbook 2024.

**WHO IT HELPS**

People caught in any compulsive habit, from drinking to phones or gaming. The 30-day fast is unsafe with heavy daily alcohol, benzodiazepine or opioid use: stopping suddenly needs medical supervision.

Hardcover (US$32), paperback (US$20), ebook and 6-hour audiobook read by the author; workbook paperback US$19, ebook and audio; widely available from public libraries.

### Tiny Habits: The Small Changes That Change Everything — BJ Fogg PhD (book, audiobook & free 5-day email program)

https://tinyhabits.com/

**WHAT IT DOES**

A habit-change method from the Stanford researcher whose Behavior Model underlies modern behaviour design. You shrink the new behaviour to something tiny (one deep breath, two push-ups), anchor it to something you already do and celebrate immediately so the brain wires it in. A New York Times bestseller (2019); the free 5-Day Program, run since 2011, gives you a human coach by email.

**WHO IT HELPS**

Anyone who has failed to change a habit through willpower, including people in early recovery building routines or living with ADHD or depression. Not a treatment for substance dependence.

Book: print, ebook and audiobook (approx. US$12–20; in public libraries). The 5-Day Program is free, by email with a human coach; paid courses are separate.

### I Am Sober (sobriety tracker app)

https://iamsober.com/

**WHAT IT DOES**

Self-described as the number-one sobriety app, free at its core. You set up each habit or substance you are quitting (alcohol, cannabis, nicotine, gambling), pledge each morning and review each night; the app counts sober time, marks milestones, shows money saved, and shares short stories from others at your stage. No trials, but scale: it reports over 200,000 five-star reviews and 30 million habits tracked.

**WHO IT HELPS**

Anyone in recovery or pausing a habit who wants a daily anchor and company. Not treatment or a crisis service; peer advice is lived experience, not clinical guidance. If you drink heavily every day or use benzodiazepines, see a doctor before stopping: withdrawal can be dangerous.

Free core app (tracker, pledges, milestones, community) on iOS and Android; optional Plus subscription adds extras such as multiple trackers, priced by region.

## Neurodiversity — ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Tics & Sensory

### Taking Charge of Adult ADHD, Second Edition: Proven Strategies to Succeed at Work, at Home, and in Relationships — Russell A. Barkley PhD with Christine M. Benton (book & audiobook)

https://www.guilford.com/books/taking-charge-of-adult-adhd/russell-barkley/9781462546855

**WHAT IT DOES**

The adult ADHD self-help book from the field's most-cited researcher. Barkley explains ADHD as a problem of self-regulation and executive function rather than willpower, then gives step-by-step strategies for work, home, money and relationships, plus plain answers on diagnosis and medication. The 2021 second edition adds mindfulness, emotional self-control and time management; it is often the first book ADHD clinicians and organisations recommend.

**WHO IT HELPS**

Adults diagnosed with ADHD or strongly suspecting it, and partners wanting to understand. Thorough and fairly dense. Not a substitute for a proper assessment.

Paperback and ebook (US$19.95), hardcover (US$30) and unabridged audiobook (10¾ hours, approx. US$20); widely available from public libraries including audiobook apps.

### Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program, Client Workbook, Second Edition — Steven A. Safren, Susan E. Sprich, Carol A. Perlman & Michael W. Otto (Oxford 'Treatments That Work')

https://global.oup.com/academic/product/mastering-your-adult-adhd-9780190235567

**WHAT IT DOES**

The client workbook for the Massachusetts General Hospital CBT programme for adult ADHD, the skills programme with the strongest trial evidence: in the authors' NIMH-funded randomised trial (JAMA, 2010), medicated adults who completed it improved more than a relaxation-and-education control group. Session by session it covers organising and planning (one calendar, one task list), distractibility and adaptive thinking, with worksheets and homework throughout.

**WHO IT HELPS**

Adults with ADHD struggling with organisation and follow-through despite medication, wanting a week-by-week skills programme. Designed for use with a CBT therapist but usable alone; not a substitute for assessment.

Paperback workbook (US$59, 144 pp) and ebook; expensive for a workbook, so check university and medical libraries or ask a therapist whether they use it.

### How to ADHD — Jessica McCabe (free YouTube channel, plus the book 'How to ADHD: An Insider's Guide to Working with Your Brain (Not Against It)' in print, ebook & audiobook)

https://howtoadhd.com/

**WHAT IT DOES**

Since 2016 Jessica McCabe has posted a practical video most weeks on one ADHD problem at a time (losing things, time blindness, rejection sensitivity, medication questions), explaining the research in plain language, then showing a workaround she and her community have tested. The channel passed one million subscribers in 2022; her 2024 book, a New York Times bestseller, gathers the strategies by area of life.

**WHO IT HELPS**

Anyone newly diagnosed, waiting for assessment or wondering whether they have ADHD, from teenagers up, plus partners and parents. The gentlest entry point; not clinical advice.

Videos are free (ad-supported, optional Patreon). Book: hardcover, paperback, ebook and unabridged audiobook (approx. US$15–30); widely available from public libraries.

### goblin.tools — Magic ToDo and other free AI helpers for overwhelming tasks (Bram De Buyser)

https://goblin.tools/

**WHAT IT DOES**

Small, single-purpose web tools 'mostly designed to help neurodivergent people' when a task feels too big to start. Magic ToDo breaks any task into smaller steps; Estimator guesses how long things take; Compiler turns a brain-dump into actions. No clinical trial, but free, account-free and, since 2023, among the most widely recommended executive-function aids in ADHD and autistic communities and university disability services.

**WHO IT HELPS**

Anyone with ADHD, autism or other executive-function difficulties who freezes at 'where do I start', and carers. The output is AI guesswork: check it, and never paste in sensitive information.

Free on the web, no account needed; iOS and Android apps a one-off US$2.99; optional Pro subscription for advanced features, with existing features never paywalled.

### ADDitude ADHD Experts Webinars & Podcast — free expert webinar library (ADDitude magazine)

https://www.additudemag.com/tag/webinar/

**WHAT IT DOES**

A free library of more than 600 one-hour webinars in which ADHD clinicians and researchers explain one topic in depth and answer audience questions: medication choices, sleep, emotional dysregulation, late diagnosis, parenting and school. New webinars run live most weeks; replays follow on the site and YouTube, and the audio becomes the ADHD Experts podcast. ADDitude has published on ADHD since 1998.

**WHO IT HELPS**

Adults with ADHD, parents of children with ADHD and teachers who want a specialist's take on a specific issue. Not a treatment programme or a substitute for seeing a clinician.

Free (email registration for live webinars and replays; podcast free in any app; no ADDitude subscription needed); optional attendance certificates US$10. Note: ADDitude is an advertising-supported commercial magazine and webinar quality depends on the speaker; check presenter credentials and favour researchers and practising clinicians.

### Unmasking Autism: Discovering the New Faces of Neurodiversity — Devon Price PhD (book & audiobook read by the author)

https://www.penguinrandomhouse.com/books/688819/unmasking-autism-by-devon-price-phd/

**WHAT IT DOES**

The bestselling book on 'masking', hiding autistic traits, and the exhaustion, burnout and loss of self that follow. Price, a social psychologist who is autistic, combines research and interviews with exercises: a values inventory, reclaiming special interests, building autistic community and choosing accommodations to ask for. Since 2022 one of the books late-identified autistic adults most often recommend, with a starred Library Journal review.

**WHO IT HELPS**

Adults diagnosed late or wondering whether they are autistic, especially women, people of colour and LGBTQ+ people, and their loved ones. Not a diagnostic tool; little on high support needs.

Hardcover (US$28), ebook and unabridged audiobook (nearly 10 hours, author-read); paperback due October 2026 (US$19); widely available from public libraries. Note: Self-advocacy rather than clinical; some clinicians feel it leans towards self-diagnosis and asks masking to explain too much; pair with formal assessment.

### AASPIRE Healthcare Toolkit — free online toolkit for autistic adults, including the Autism Healthcare Accommodations Tool (AHAT)

https://researchautism.org/healthcaretoolkit

**WHAT IT DOES**

A free website built by autistic adults and researchers as equal partners: guides and worksheets on preparing for appointments, describing symptoms and handling sensory problems, plus the Autism Healthcare Accommodations Tool, which generates a personalised report for your doctor on what helps. In the NIMH-funded evaluation with 259 autistic adults (2016), barriers to healthcare fell from 4.07 to 2.82 and 94% found it useful.

**WHO IT HELPS**

Autistic adults who find medical visits confusing, overwhelming or unproductive, their supporters, and GPs. Written for the US system, but the worksheets and accommodations report work anywhere. Not for emergencies.

Free website; no account needed; worksheets and the accommodations report can be printed or saved.

### Is This Autism? A Guide for Clinicians and Everyone Else — Donna Henderson PsyD, Sarah Wayland PhD & Jamell White PhD LCSW-C (Routledge, 2023)

https://www.routledge.com/Is-This-Autism-A-Guide-for-Clinicians-and-Everyone-Else/Henderson-Wayland-White/p/book/9781032150222

**WHAT IT DOES**

Criterion by criterion, it explains what autism looks like in the people routinely missed: adults, women and girls, and anyone who camouflages. For each criterion the authors describe the less obvious presentations, with quotes from over 100 autistic people, then cover what the criteria leave out: autistic strengths, empathy, interoception, burnout and co-occurring conditions. Endorsed by Steve Silberman (NeuroTribes) and neuropsychologist Lauren Kenworthy PhD.

**WHO IT HELPS**

Adults wondering whether they are autistic, parents of children who defy the stereotype, and clinicians and teachers. Helps you prepare for an assessment, but is not a self-diagnosis tool.

Paperback, hardback and ebook (paperback approx. US$30–40); a professional title, so check public and university libraries or ask your library to buy it.

### Overcoming Dyslexia: Second Edition, Completely Revised and Updated — Sally Shaywitz MD with Jonathan Shaywitz MD (Knopf, 2020; book & audiobook read by the author)

https://dyslexia.yale.edu/research-science/overcoming-dyslexia/

**WHAT IT DOES**

The standard book on dyslexia from the Yale neuroscientist whose brain imaging showed what it is: an unexpected difficulty with the sound structure of words in an otherwise capable person, affecting about one in five. The 2020 edition covers recognising dyslexia at every age, what evidence-based reading instruction looks like, a home reading programme, schools and accommodations. The first edition sold more than 400,000 copies.

**WHO IT HELPS**

Parents of a child struggling to read, adults who suspect dyslexia, and teachers. Long; the school chapters are American, but the science, identification guidance and home programme apply anywhere.

Paperback, ebook and unabridged audiobook (read by Sally Shaywitz), approx. US$18–25; widely available from public libraries.

### Managing Tourette Syndrome: A Behavioral Intervention — Adult Workbook — Douglas W. Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence Scahill, John Walkup & Sabine Wilhelm (Oxford 'Treatments That Work'; the CBIT programme)

https://global.oup.com/academic/product/managing-tourette-syndrome-9780195341300

**WHAT IT DOES**

The patient workbook for CBIT. Over 11 sessions it teaches you to notice the urge before each tic and use a 'competing response' that blocks the tic until the urge passes. CBIT is the best-evidenced non-drug treatment for tics: in randomised trials 52.5% of children improved versus 18.5% with supportive therapy, and 38% of adults versus 6%; first-line in American Academy of Neurology guidelines.

**WHO IT HELPS**

Adults and older teenagers with Tourette syndrome or chronic tic disorder. Designed to accompany a CBIT-trained therapist but usable alone where none is available; complements, not replaces, your doctor's care.

Paperback workbook (US$53, 80 pp) and ebook; expensive for its size, so check libraries. Companion Therapist Guide and Parent Workbook second editions appeared in 2025.

### The Out-of-Sync Child, Third Edition: Recognizing and Coping with Sensory Processing Differences — Carol Stock Kranowitz MA (book & audiobook)

https://www.penguinrandomhouse.com/books/295627/the-out-of-sync-child-third-edition-by-carol-stock-kranowitz/

**WHAT IT DOES**

The book that made sensory processing understandable for parents; the New York Times called it 'the parents' bible'. With examples and checklists, Kranowitz explains the patterns a child can show (over- or under-responsiveness to touch, sound, movement or light), how to tell them from ADHD and autism, and what helps at home and school, including a 'sensory diet'. Third edition 2022; Mom's Choice Gold Award.

**WHO IT HELPS**

Parents and teachers of children whose reactions to touch, noise or movement make life hard, including autistic and ADHD children. To understand and support, not diagnose; an occupational therapist assesses.

Paperback (US$20, 416 pp), ebook and unabridged audiobook (11 hours, read by Ellen Archer; recorded 2016, before the 2022 revision); widely available from public libraries. Note: 'Sensory processing disorder' is not a DSM-5 or ICD-11 diagnosis, and the American Academy of Pediatrics calls sensory integration therapy evidence limited.

### Caged in Chaos: A Dyspraxic Guide to Breaking Free (Updated Edition) — Victoria Biggs (Jessica Kingsley Publishers)

https://uk.jkp.com/products/caged-in-chaos

**WHAT IT DOES**

The first-person guide to dyspraxia (developmental coordination disorder) most often recommended to teenagers and newly diagnosed adults. Biggs wrote it at 16; funny and blunt about disorganisation, clumsiness, bullying and low self-esteem, it then gives workarounds that fit a dyspraxic brain: routines, memory aids, typing, explaining yourself to teachers, friendships and independent living. The updated edition adds her adult experience; dyspraxia charities often recommend it.

**WHO IT HELPS**

Dyspraxic teenagers and young adults, parents and teachers; adults diagnosed late will find most of it applies. A guide to living well with dyspraxia, not a motor-skills treatment programme.

Paperback and ebook (£16.99 / US$24.95); available from public libraries.

### The Dyscalculia Toolkit: Supporting Learning Difficulties in Maths, Fourth Edition — Ronit Bird (Sage, 2021), with free resources at ronitbird.com

https://www.sagepub.com/shop/buy-a-book/the-dyscalculia-toolkit-4-275474

**WHAT IT DOES**

The hands-on manual for helping a child or teenager who cannot make numbers 'stick': 220 activities and 55 games using concrete materials (Cuisenaire rods, dice, cards) that teach number sense for understanding rather than rote, for ages roughly 6–14. Developed through the Harrow Dyscalculia Project, it is the book UK specialist teachers name first; her website offers free tip sheets, game boards and videos.

**WHO IT HELPS**

Parents, tutors and teachers supporting a child or teenager who struggles badly with maths, diagnosed or not; adults with dyscalculia can use the games themselves.

Paperback, hardcover and ebook; approx. £30 in the UK but US$98 list in the US; in libraries. Free tip sheets, games and videos at ronitbird.com.

### Misdiagnosis and Dual Diagnoses of Gifted Children and Adults (2nd edition): ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders — James T. Webb, Edward Amend, Nadia E. Webb, Marianne Kuzujanakis, F. Richard Olenchak & Jean Goerss (Gifted Unlimited)

https://www.giftedunlimitedllc.com/store/p38/Misdiagnosis_and_Dual_Diagnoses_of_Gifted_Children_and_Adults_%282nd_edition%29__ADHD%2C_Bipolar%2C_OCD%2C_Asperger%E2%80%99s%2C_Depression%2C_and_Other_Disorders.html

**WHAT IT DOES**

The reference book on how traits of gifted people (intensity, questioning, sensitivity) get mistaken for ADHD, bipolar disorder, OCD, autism or depression, and on twice-exceptional people, where giftedness and disability mask each other. For each condition it compares gifted behaviours with signs of disorder and advises on choosing a knowledgeable professional. The 2005 first edition created the topic; the second updates it to DSM-5.

**WHO IT HELPS**

Parents of bright children whose diagnosis does not fit, gifted and twice-exceptional adults, and their counsellors and teachers. For asking better questions at an assessment, not ruling a diagnosis out.

Paperback (US$29.95, 320 pp); the publisher's own store showed it unavailable at the time of checking, but booksellers and public libraries stock it. Note: Researchers debate how often giftedness is misdiagnosed, and gifted people can also have ADHD or autism: use it to inform an assessment, not to rule one out.

## Sleep — Books, Audiobooks, Programs & Tools

### Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School — Gregg D. Jacobs PhD (book & audiobook; Conquering Insomnia online program)

https://www.cbtforinsomnia.com/

**WHAT IT DOES**

The original self-help version of cognitive behavioural therapy for insomnia (CBT-I), the first-line treatment in every major guideline, as a six-week programme: sleep diary, consistent wake time, trimming time in bed to actual sleep time, getting up when awake, and tackling the anxious thinking behind insomnia. Jacobs' NIH-funded randomised trial (2004) found the programme beat zolpidem, with gains that held while the drug's did not.

**WHO IT HELPS**

Adults with trouble falling or staying asleep wanting a self-run six-week programme, or to cut sleeping pills with their doctor. Snoring, breathing pauses or daytime sleep attacks need assessment first. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Paperback (2009 updated edition, approx. US$19), ebook and 8-hour unabridged audiobook; widely available from public libraries. The link is Jacobs' own site for his paid five-week online version, Conquering Insomnia.

### Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain — Colleen E. Carney PhD & Rachel Manber PhD (book & audiobook)

https://drcolleencarney.com/

**WHAT IT DOES**

A CBT-I workbook for insomnia that sits alongside depression, anxiety or chronic pain. Its authors built the evidence: Manber led the trials showing CBT-I works, and lifts mood, when insomnia and depression co-occur, and Carney is first author of the Consensus Sleep Diary used worldwide. It covers the sleep diary, your sleep window, and the traps pain, low mood and worry set for sleep.

**WHO IT HELPS**

Adults whose insomnia sits alongside depression, anxiety or chronic pain; use alongside treatment for it. Suspected sleep apnoea or bipolar disorder: check with your clinician before restricting time in bed.

Paperback and ebook (approx. US$17–22) and unabridged audiobook (2024, 6.7 hours); available from public libraries; Carney's worksheets and sleep diary are free on her site.

### Overcoming Insomnia, 2nd Edition: A self-help guide using cognitive behavioural techniques — Professor Colin Espie (book, ebook & audiobook)

https://www.hachette.co.uk/titles/colin-espie/overcoming-insomnia-2nd-edition/9781472141415/

**WHAT IT DOES**

The UK's standard CBT-I self-help book, by the Oxford sleep-medicine professor who went on to build Sleepio, the NICE-recommended digital CBT-I programme. A complete course in CBT-I, the first-line treatment for chronic insomnia: a sleep diary, a wind-down routine, a new sleep-wake schedule, relaxation and 'racing mind' techniques. The 2006 edition was on England's first Reading Well Books on Prescription list; fully revised in 2021.

**WHO IT HELPS**

Adults with persistent insomnia wanting a clear, step-by-step programme, including those on waiting lists for CBT-I. Heavy snoring, breathing pauses or involuntary daytime sleep need a doctor, not a book. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Paperback (Robinson, 2021, £12.99), ebook and downloadable audiobook; widely held by UK public libraries (the 2006 edition was on the first Reading Well list) and available from libraries elsewhere.

### The Sleep Book: How to Sleep Well Every Night — Dr Guy Meadows (book, ebook & audiobook)

https://www.hachette.co.uk/titles/guy-meadows/the-sleep-book/9781409157618/

**WHAT IT DOES**

The sleep title on the current NHS-endorsed Reading Well for mental health list, stocked free in public libraries across England and Wales. It takes a different route from CBT-I: a five-week plan based on Acceptance and Commitment Therapy and mindfulness, teaching you to stop struggling with wakefulness (clock-watching, forcing sleep, dreading tomorrow), accept night-time thoughts without fighting them and rebuild a normal relationship with bed.

**WHO IT HELPS**

Adults whose insomnia is driven by anxiety about sleep itself, who find rigid rules counter-productive, or who want a mindfulness-based approach. Loud snoring or breathing pauses still need assessment.

Paperback (Orion, 2014, £10.99), ebook and unabridged audiobook; free to borrow from UK public libraries via Reading Well and widely held by libraries elsewhere. Note: ACT's trial evidence for insomnia is smaller and newer than the decades of trials behind CBT-I, which remains the better-tested first choice.

### Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications — Jade Wu PhD (book & audiobook)

https://us.macmillan.com/books/9781250883803/hellosleep/

**WHAT IT DOES**

A 2023 CBT-I book by a behavioural sleep medicine specialist for people more anxious about sleep than ever. It teaches CBT-I's core elements (sleep diary, getting up when awake, letting go of sleep effort) in a flexible, kind voice rather than as rigid rules, plus light therapy, tapering sleep medication with a prescriber, and guidance for pregnancy, menopause, chronic pain and depression.

**WHO IT HELPS**

Adults with chronic insomnia, particularly perfectionists about sleep and people in pregnancy, menopause or new parenthood where standard advice fails. Snoring, breathing pauses or daytime sleep attacks still need assessment. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Hardcover, paperback, ebook and unabridged audiobook (2023; price varies by retailer); widely available from public libraries including OverDrive and Hoopla; free workbook on her site.

### Why We Sleep: Unlocking the Power of Sleep and Dreams — Matthew Walker PhD (book & audiobook)

https://www.simonandschuster.com/books/Why-We-Sleep/Matthew-Walker/9781501144325

**WHAT IT DOES**

The book that made sleep a public-health conversation. A New York Times bestseller endorsed by Bill Gates, it explains what sleep does for memory, mood, immunity and blood sugar, why alcohol and sleeping pills are not sleep, and how caffeine, light and timing work. Not a treatment programme: it ends with twelve habits that match clinical advice, and Walker's advice for chronic insomnia is CBT-I.

**WHO IT HELPS**

Anyone who treats sleep as optional and needs a readable, convincing case. Less suited to people with insomnia lying awake worrying about their health: its alarm can feed that anxiety.

Hardcover, paperback (Scribner, 2018, approx. US$19), ebook and unabridged audiobook (read by Steve West); in almost every public library. Note: Some of its statistics have been questioned since it was published; the broad message stands, but treat individual numbers with caution.

### Life Time: The New Science of the Body Clock, and How It Can Revolutionize Your Sleep and Health — Russell Foster (book & audiobook)

https://www.penguin.co.uk/books/321815/life-time-by-foster-russell/9780241529317

**WHAT IT DOES**

A plain-English account of circadian science from the scientist whose lab discovered the light-sensing eye cells that set the body clock. Foster explains how light, meals, exercise, caffeine and medication timing move your clock, what happens with shift work, jet lag and age-related sleep changes, and how to use that: morning daylight, consistent timing, when to eat, exercise and take medicines. A Sunday Times bestseller.

**WHO IT HELPS**

Anyone whose sleep problem is really a timing problem: night owls, shift workers, frequent flyers, teenagers and parents, older adults waking early. Science and strategy, not an insomnia treatment programme.

Paperback (Penguin Life, 2023, £10.99), ebook and unabridged audio download (about 11½ hours, read by the author); widely available from public libraries.

### Consensus Sleep Diary (free web/iOS/Android app and printable PDF)

https://www.consensussleepdiary.com/

**WHAT IT DOES**

The standardised sleep diary insomnia researchers and CBT-I clinicians use, free as a web app, iOS and Android, and printable PDFs. A one- to two-week diary starts every CBT-I programme: its numbers (time to fall asleep, time awake, sleep versus time in bed) set your sleep window and track progress. Agreed by an international expert panel (SLEEP, 2012), it takes about two minutes each morning.

**WHO IT HELPS**

Anyone starting CBT-I, seeing a doctor about sleep, or wanting honesty instead of a wearable's guess. Fill it in each morning, never by clock-watching; stop if tracking raises anxiety.

Free for personal and not-for-profit use: web app with iOS and Android, plus free PDF from drcolleencarney.com. For-profit use needs the first author's permission.

### Sleep problems and insomnia self-help guide — NHS inform (free online CBT-based guide)

https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide/

**WHAT IT DOES**

A free 14-section self-help guide from Scotland's national health information service, built on cognitive behavioural therapy. It explains what keeps insomnia going, then the core tools: fixed routines, no napping, bed only when sleepy, getting up after about 15 minutes awake, a daily 'worry time', progressive muscle relaxation and challenging the thoughts that fuel night-time anxiety. A free first step while waiting for full CBT-I.

**WHO IT HELPS**

Adults with mild to moderate sleep problems anywhere (phone numbers are Scottish). Not a substitute for assessment of suspected sleep apnoea, narcolepsy or restless legs, or for crisis support. With bipolar disorder or epilepsy, check with your clinician before restricting time in bed.

Free; online, works on any device, no account or login; save as PDF to keep your progress.

## Cooking & Eating Well — Skills, Recipes, Budget Food & Nutritional Psychiatry

### Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking — Samin Nosrat (book, audiobook & Netflix series)

https://www.saltfatacidheat.com/

**WHAT IT DOES**

Nosrat's book for people who want to stop following recipes and understand cooking: four elements (salt, fat, acid and heat) decide whether food tastes good, and she shows how to use each, then gives about 100 flexible base recipes with variations. Won the 2018 James Beard Award for General Cookbook and IACP Cookbook of the Year, and became a four-part Netflix series in 2018.

**WHO IT HELPS**

Cooks who can follow a recipe but want the confidence to improvise, including people making simple low-carb or whole-food ingredients taste good. A general cooking book, not a diet book.

Hardcover approx. US$35–40, ebook US$19.99 and an adapted audiobook read by the author; widely available from public libraries; website recipes and guides free.

### The Food Lab: Better Home Cooking Through Science — J. Kenji López-Alt (book; free Serious Eats column)

https://wwnorton.com/books/9780393081084

**WHAT IT DOES**

A 900-page home-cooking manual built from thousands of kitchen experiments: why a steak browns, why eggs turn rubbery, how to roast a chicken reliably every time. It grew from López-Alt's free Serious Eats column, where most of the same testing is still available at no cost. Over a million copies sold; 2016 James Beard Award for General Cooking and IACP Cookbook of the Year.

**WHO IT HELPS**

People who learn by understanding why and want techniques that work first time. Nearly 300 savoury American recipes, many naturally low-carb; a heavy book to browse and dip into.

Hardcover approx. US$40–50 and ebook; no audiobook; widely held by public libraries. The Serious Eats column it grew from is free online.

### Good and Cheap: Eat Well on $4/Day — Leanne Brown (free PDF cookbook & paperback)

https://leannebrown.com/good-and-cheap-2/

**WHAT IT DOES**

A cookbook for the US food-stamp budget of about US$4 a day, free as a PDF since 2014 and downloaded more than 15 million times. It teaches how to make cheap food good: stocking a tiny pantry, cooking dried beans, building meals around eggs and vegetables, using leftovers. The print edition won the 2015 IACP Judges' Choice Award and was a New York Times bestseller.

**WHO IT HELPS**

Anyone eating on a tight budget, or with limited energy or kitchen, who needs simple, forgiving recipes. Ordinary balanced-diet advice, not low-carb; skip the pasta and baking pages if managing blood sugar.

Free PDF via the author's free newsletter (Spanish edition also free); paperback approx. US$16.99 with a buy-one-give-one donation; widely held by public libraries.

### Budget Bytes — free budget recipe site with the cost of every recipe worked out (website)

https://www.budgetbytes.com/

**WHAT IT DOES**

A free recipe site, running since 2009, where each of its 1,700-plus recipes shows total cost and cost per serving, with step-by-step photos a beginner can follow. Large sections cover meal prep, one-pot meals, recipes under $10 and kitchen basics. Won the 2016 Saveur Blog Award for Best How-To Food Blog; featured by the New York Times and NPR; now run by a test-kitchen team.

**WHO IT HELPS**

People who need to eat well on little money or energy and want tested, cheap, quick recipes. Low-carb eaters filter for the meat, egg and vegetable dishes; prices are in US dollars.

Free to browse all recipes (ad-supported); optional BudgetBytes+ membership US$4.99/month adds weekly meal plans and removes ads; a 2014 print cookbook is also available.

### The Art of Fermentation — Sandor Ellix Katz (book)

https://www.chelseagreen.com/product/the-art-of-fermentation/

**WHAT IT DOES**

The reference book that brought home fermentation back to ordinary kitchens: sauerkraut, kimchi, yoghurt, miso, tempeh, sourdough, taught by understanding the process rather than following rigid recipes, with sections on safety and troubleshooting. Won the 2013 James Beard Foundation Book Award, sold more than 250,000 copies, and is on the New York Times list of the 25 most influential cookbooks of the last 100 years.

**WHO IT HELPS**

Anyone curious about fermenting for gut health, flavour or thrift; a 500-page reference, not a quick recipe book. If your immune system is weakened, ask your clinician before eating home-fermented foods.

Hardcover US$39.95 on the publisher's site, often less from retailers, and ebook; no audiobook listed; widely held by public libraries.

### Food and Mood: Improving Mental Health Through Diet and Nutrition — free online course (Deakin University Food & Mood Centre, FutureLearn)

https://futurelearn.com/courses/food-and-mood

**WHAT IT DOES**

A free three-week online course from the Deakin University research centre that ran the SMILES trial, the first randomised controlled trial to show that improving diet can reduce symptoms of major depression. It explains how food affects mood, the gut microbiome's role and the evidence for a modified Mediterranean-style diet, then helps you plan your own change. Since 2019, more than 95,000 learners; rated 4.6/5.

**WHO IT HELPS**

People with low mood, anxiety or depression wanting to know how food fits in, and family or health workers. It supports treatment rather than replacing it: do not stop medication or therapy.

Free to join (three weeks' access, no certificate); optional one-off upgrade approx. US$109 for unlimited access and a certificate. About 3 hours a week, online.

### Brain Changer: The Good Mental Health Diet — Professor Felice Jacka (book & audiobook)

https://www.panmacmillan.com.au/9781760556518/

**WHAT IT DOES**

The book from the scientist whose randomised trial showed that changing what you eat can ease depression. Jacka explains how diet quality relates to depression and anxiety risk, the gut's role in mood, and why she argues for a whole-food, Mediterranean-style way of eating rather than supplements or restriction. The second half is practical: habit change, meal plans and recipes from the SMILES trial diet.

**WHO IT HELPS**

People with low mood, anxiety or depression who want a non-faddish food plan, and family cooking for them. Not a weight-loss book; it sits alongside medication, therapy and your clinician's advice.

Paperback A$34.99 in Australia, approx. £10–15 in the UK; ebook and unabridged audiobook read by the author; widely available from public libraries.

### Carb Manager: Keto & Macro Log — low-carb tracking and meal-planning app

https://www.carbmanager.com/

**WHAT IT DOES**

One of the most-downloaded keto trackers: a food diary that counts net carbohydrate (barcode scanning, voice or photo logging, over a million foods), with optional tracking of blood glucose, ketones, fasting windows and weight. The free tier covers core carb tracking; paid adds meal plans, recipes and a diabetes tracker. Rated 4.8 from about 736,000 App Store ratings; around 8 million users.

**WHO IT HELPS**

Low-carb, keto or diabetes-management dieters who want carbs and glucose or ketone readings in one place. Not for anyone with disordered eating; if on insulin or glucose-lowering drugs, involve your prescriber first.

Free tier (carb and macro tracking, barcode scanning); Premium approx. US$8.49/month or US$25–60/year for meal plans, recipes and advanced tracking; iOS, Android and web. Note: The app itself hasn't been tested in clinical trials; treat it as a tracker, not medical guidance.

### Wholesome Yum — free low-carb and keto recipes, 10 ingredients or fewer (website & app)

https://www.wholesomeyum.com/

**WHAT IT DOES**

One of the largest free keto and low-carb recipe sites: more than 1,000 tested recipes, each using ten ingredients or fewer and no refined sugar or flour, plus beginner guides, keto food lists and a companion app. Its evidence is reach: millions of readers a month, a mailing list of over 400,000, and a USA Today-bestselling cookbook. Short ingredient lists keep cooking quick and cheap.

**WHO IT HELPS**

Low-carb or keto eaters who need simple weeknight recipes, and anyone who finds long ingredient lists exhausting. Not medical advice: agree the diet with your clinician, especially if on glucose-lowering medication.

Free to browse recipes and guides (ad-supported); optional Wholesome Yum Plus under US$5/month removes ads and adds meal plans; two cookbooks approx. US$20–30; free iOS and Android app. Note: A commercial recipe site whose recipes aren't clinically reviewed: use it for cooking ideas, not nutrition advice.

### This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More — Uma Naidoo MD (book & audiobook)

https://umanaidoomd.com/pages/this-is-your-brain-on-food

**WHAT IT DOES**

A condition-by-condition guide to eating for mental health, with a chapter each on depression, anxiety, trauma, ADHD, OCD, insomnia and more: what the evidence says, which foods to eat more of or cut back, and simple recipes. Naidoo is a psychiatrist and trained chef who set up the first hospital-based nutritional psychiatry service in the US, at Massachusetts General Hospital. An instant bestseller in 2020.

**WHO IT HELPS**

People with a mental-health condition who want food changes alongside treatment, and their carers. Not a substitute for treatment or crisis care; anyone with an eating disorder needs their clinician's agreement first.

Hardcover approx. US$28 (Little, Brown Spark, 2020), with ebook and audiobook editions; widely available from public libraries. Note: Some condition-specific food advice outruns current trial evidence; treat the Mediterranean-style core as well supported and the detail as promising, not proven.

### Oldways Mediterranean Diet resources — the Mediterranean Diet Pyramid, free recipes and eating guides (website)

https://oldwayspt.org/explore-heritage-diets/mediterranean-diet

**WHAT IT DOES**

The home of the Mediterranean Diet Pyramid, created by Oldways in 1993 with the Harvard School of Public Health and the World Health Organization, still the standard picture of how to eat this way. The site turns it into practice with a free recipe library, factsheets and cooking-and-nutrition curricula. The diet has strong evidence: the PREDIMED randomised trial cut major cardiovascular events by about 30%.

**WHO IT HELPS**

People told to 'eat a Mediterranean diet' for heart, blood sugar or mood who want to know what that means on a plate. Not low-carb; keep grain portions small if controlling glucose.

Free (recipes, pyramid, glossary, factsheets and curricula; no account needed); an optional 4-week Mediterranean menu-plan ebook is sold separately. Note: Oldways is a non-profit that accepts food-industry sponsorship, so whole grains and pasta get more room than low-carb clinicians allow.

## Movement, Exercise & Breathing — Books, Programs & Free Workouts

### Spark: The Revolutionary New Science of Exercise and the Brain — John J. Ratey MD with Eric Hagerman (book & audiobook)

https://www.hachettebookgroup.com/titles/john-j-ratey-md/spark/9780316113502/

**WHAT IT DOES**

The book that made 'exercise is medicine for the brain' a mainstream idea. Ratey, a Harvard psychiatrist, explains what aerobic exercise does to mood, anxiety, attention, stress and ageing, and ends each chapter with what to do: how hard, how often, which kinds. Published 2008; a 2024 BMJ meta-analysis of 218 trials found walking, yoga and strength training meaningfully reduce depression.

**WHO IT HELPS**

Anyone who needs a convincing reason to start moving, especially with low mood, anxiety, ADHD or chronic stress. A motivator, not a workout plan, and not a substitute for treatment in crisis. With a heart condition or years of inactivity, check with your GP before pushing hard.

Trade paperback US$19.99, ebook US$11.99, unabridged audiobook US$27.99 (Little, Brown Spark, 2008); widely available from public libraries.

### Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being — Michael W. Otto PhD & Jasper A. J. Smits PhD (book)

https://global.oup.com/academic/product/exercise-for-mood-and-anxiety-9780199791002

**WHAT IT DOES**

A self-help manual from two clinical psychologists who research exercise for depression and anxiety: how to use movement deliberately for your mood and, above all, how to keep going when you feel flat and unmotivated. Based on the authors' clinician programme in Oxford's Treatments That Work series; carries the Association for Behavioral and Cognitive Therapies' Self-Help Seal of Merit, for methods consistent with research evidence.

**WHO IT HELPS**

People with low mood, anxiety or stress who know exercise would help but cannot get started or keep going; works alongside therapy or medication. Not a replacement for crisis care. With a heart condition or years of inactivity, check with your GP before pushing hard.

Paperback approx. US$27 or £17 and ebook (Oxford University Press, 2011; 248 pages); no audiobook; available from public and university libraries.

### Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding — Daniel E. Lieberman (book & audiobook)

https://www.penguinrandomhouse.com/books/557099/exercised-by-daniel-e-lieberman/

**WHAT IT DOES**

Lieberman, a Harvard evolutionary biologist, takes the guilt out of hating exercise by showing that avoiding unnecessary effort is normal and ancient, then tackles the questions (does running wreck knees, how much is enough) using hunter-gatherer, athlete and trial evidence. His conclusions, which public-health guidelines echo: make activity necessary and social, mix walking with vigorous effort and strength work, and stop shaming yourself.

**WHO IT HELPS**

Sedentary people who feel they 'should' exercise and hate it, and anyone wanting a myth-free account of how much movement matters. A long read, not a programme; the audiobook suits tired readers. With a heart condition or years of inactivity, check with your GP before pushing hard.

Paperback US$18 (Vintage, 2021; 464 pages), ebook, and unabridged audiobook (13 h 14 min, narrated by Sean Runnette); widely available from public libraries.

### Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully — Kelly Starrett DPT & Juliet Starrett (book & audiobook)

https://www.penguinrandomhouse.com/books/707121/built-to-move-by-kelly-starrett-and-juliet-starrett/

**WHAT IT DOES**

A mobility book for ordinary bodies by a physical therapist who spent two decades with elite athletes. Ten home self-tests (getting up from the floor without your hands, balancing on one leg, how much you walk), each paired with a ten-minute daily practice, plus plain advice on sitting less, sleep and protein. Gentle, with almost no equipment. An instant New York Times bestseller in 2023.

**WHO IT HELPS**

Stiff, sore, sedentary or ageing people who want a gentle daily routine to restore range of motion, balance and breathing. Not for treating an injury or diagnosed condition; see a physiotherapist.

Hardcover US$28, ebook, and audiobook (8 h 32 min, read by the authors); available from public libraries. A free 10-day video challenge is on The Ready State website (registration required).

### Breath: The New Science of a Lost Art — James Nestor (book & audiobook)

https://www.penguinrandomhouse.com/books/547761/breath-by-james-nestor/

**WHAT IT DOES**

The 2020 book that made millions notice how they breathe. Science journalist James Nestor, who spent ten days nose-plugged in a Stanford experiment, shows how mouth breathing and shallow over-breathing are linked to snoring, poor sleep, anxiety and blood pressure, and the fix: breathe through your nose, slow to five or six breaths a minute, exhale fully. Over three million copies in 44 languages.

**WHO IT HELPS**

People with snoring, poor sleep or anxiety wanting an introduction to slow nasal breathing. Journalism, not treatment: with asthma, COPD, sleep apnoea or panic disorder, keep your treatment and ask your clinician.

Paperback US$20 (2025 edition), hardcover US$30, ebook, and audiobook (7 h 56 min, read by the author); widely available from public libraries. Free breathing videos at mrjamesnestor.com. Note: Some of its health claims go further than the research so far; the slow-nasal-breathing advice is mainstream.

### The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions — Richard P. Brown MD & Patricia L. Gerbarg MD (book with audio tracks & audiobook)

https://www.shambhala.com/products/healing-power-of-the-breath-simple-techniques-to-reduce-stress-and-anxiety-enhance-concentration-and-balance-your-emotions

**WHAT IT DOES**

A short, practical breathing course from two psychiatrists, with the audio tracks needed to do it. The core technique is Coherent Breathing (about five slow breaths a minute, paced by a chime), combined with resistance breathing and simple movements in a 20-minute daily programme. Their Breath-Body-Mind programme was tested in a small randomised trial (29 people with inflammatory bowel disease), where it reduced anxiety, depression and the inflammation marker C-reactive protein.

**WHO IT HELPS**

People with anxiety, low mood, insomnia or trauma symptoms who want a gentle daily breathing practice. Not a replacement for psychiatric care; with serious lung or heart disease, ask your doctor first.

Paperback US$19.95 with downloadable audio tracks (Shambhala, 2012); ebook; unabridged audiobook with author updates (6 h 2 min, 2022, approx. US$25). Available from public libraries including OverDrive.

### DAREBEE — free, non-profit home-fitness library (2,800+ workouts, programmes and challenges)

https://darebee.com/

**WHAT IT DOES**

A very large free fitness library with nothing to sell. Darebee is a volunteer-run non-profit publishing original home workouts since 2012: more than 2,800 illustrated one-page workouts (most needing no equipment), around a hundred multi-week programmes including gentle starters such as Primer and Soft Cardio, a monthly challenge and free books, all printable. No ads, product placement, account or paywall; funded by small donations.

**WHO IT HELPS**

Anyone wanting free, no-equipment exercise at home, especially those who prefer a printed card to a video. Self-guided: with an injury or limiting condition, get advice first and start easy.

Free; no account or app required; optional donation. Works on any device; also available in French, Greek and Russian.

### Fitness Blender — free full-length home workout videos from certified trainers

https://www.fitnessblender.com/

**WHAT IT DOES**

Hundreds of complete follow-along workout videos to do at home free, searchable by length, difficulty, equipment and impact level. Started on YouTube in 2009 by two personal trainers, Kelli and Daniel Segars, as a plain, no-hype alternative to fitness marketing, it became the most-watched fitness channel on YouTube by 2017 and passed six million subscribers by 2020. Clear form cues and a calm, non-judgemental tone.

**WHO IT HELPS**

People wanting to be shown exactly what to do, free, including beginners and those returning after illness. Not individualised: with a heart condition, joint problems or pregnancy, check with your clinician first.

Free (hundreds of full-length videos, ad-supported). FB Plus US$8.99/month or US$79.99/year adds about 1,200 extra workouts, 128 programmes and an ad-free site. Web and YouTube; no app required.

### HASfit — free home workouts for beginners, seniors and low-impact exercisers

https://hasfit.com/

**WHAT IT DOES**

A large free library of full-length home workouts with particular strength in what most fitness channels neglect: beginner, senior (including seated), low-impact cardio and rehabilitation routines. Coaches Joshua and Claudia Kozak demonstrate an easier and a harder version of every move, so any workout can be scaled down. The site reports more than a billion completed workouts over 13 years and a 4.7-star app rating.

**WHO IT HELPS**

Older adults, people deconditioned by illness and beginners who want someone friendly to follow for 10–30 minutes. Not clinically supervised; with heart disease, osteoporosis or recent surgery, get clearance first.

Free (website, YouTube and iOS/Android app), supported by donations, Patreon and a paid diet guide; no account required for the videos.

### We Are Undefeatable — free 'ways to move' for people living with long-term health conditions (15 UK health charities)

https://weareundefeatable.co.uk/

**WHAT IT DOES**

A free movement campaign for people whose health makes exercise hard, run by fifteen UK health charities (Mind, Diabetes UK, British Heart Foundation, Versus Arthritis, Macmillan and others) with Sport England and National Lottery funding. Condition-by-condition starting points, short follow-along workouts, honest advice on bad days, a free app, and Five in Five, a booklet of seven five-minute routines with every move seated or standing.

**WHO IT HELPS**

Anyone with a chronic physical or mental health condition told to be more active who does not know where to begin safely, and their carers. Online anywhere; local signposting is for England. If your condition is unstable, check with your clinician first and start with the seated options.

Free; website, downloadable PDF booklets and a free app; no account needed.

### NHS Active 10 — free brisk-walking app (ten minutes a day counts)

https://www.nhs.uk/better-health/get-active/

WHAT IT DOES

A simple free app for people doing almost no exercise: it detects brisk walking and rewards every brisk minute, aiming for one daily 'Active 10': ten brisk minutes in a row. Built for Public Health England on UK Chief Medical Officers' advice that ten brisk minutes a day lowers heart disease, type 2 diabetes and low-mood risk. Over 500,000 Android installs; 4.5 stars.

WHO IT HELPS

Inactive adults or those recovering from illness who want the smallest meaningful first step: a short daily brisk walk. Counts walking only. Designed for England; the app may not be available everywhere. After surgery or a cardiac event, follow your care team's advice on when to start.

Free; iOS and Android; no account needed (optional NHS login for a personalised plan); no in-app purchases listed.

## Chronic Illness, Pain & Neurological Conditions — Self-Management Books & Programmes

### Living a Healthy Life with Chronic Conditions, 5th Edition — Kate Lorig DrPH and colleagues (book, audiobook & free tools)

https://www.bullpub.com/living-a-healthy-life-with-chronic-conditions-5th-edition.html

WHAT IT DOES

The handbook of the Stanford Chronic Disease Self-Management Program, the most-studied self-management course in the world, by the team that created it. Skills that work across conditions: weekly action plans you can keep, problem solving, easing symptoms with your mind, exercise, talking with doctors. Its randomised trial (952 patients, 1999) found better symptom management, less fatigue and fewer hospital stays; over 1.5 million copies sold.

WHO IT HELPS

Anyone with long-term conditions (including depression) who wants a practical, trial-tested routine for taking charge, and family helping them. It does not replace your treatment plan; it helps you carry it out.

Paperback list US$26.95, PDF ebook US$24.95, audiobook on CD US$29.95 or MP3 download US$26.95; widely held by public libraries. The publisher's worksheets are free.

### The Explain Pain Handbook: Protectometer — G. Lorimer Moseley & David S. Butler, with Explain Pain Second Edition (workbook, book, ebook & audiobook)

https://www.noigroup.com/product/ep-handbook-protectometer/

WHAT IT DOES

Explain Pain changed how clinicians treat persistent pain; this 48-page handbook is its hands-on version. 'Pain is always real – but it is not always a sign of damage.' You map your DIMs (Danger in Me) and SIMs (Safety in Me), then use six strategies to turn protection down. A 2016 review of 13 randomised trials found pain neuroscience education, the approach it teaches, reduces pain, disability and fear of movement.

WHO IT HELPS

People with pain lasting months or years where no damage needing treatment has been found, and anyone frightened by scans or moving. Persistent pain only: have new or unexplained pain checked first.

Handbook softcover A$31.50 (roughly US$20) from Noigroup; Explain Pain Second Edition print A$75, ePub or author-read MP3 audiobook A$35; Explain Pain is held by many libraries.

### Tame the Beast — It's time to rethink persistent pain (free 5-minute video & website, Prof Lorimer Moseley)

https://www.tamethebeast.org/

**WHAT IT DOES**

A free five-minute animated film, narrated by pain scientist Lorimer Moseley, explaining persistent pain, with follow-up pages, stories and a Spanish version. Its message: when pain goes on for a long time 'your system becomes more sensitive. It learns pain.' The site explains how to retrain an over-protective system through understanding and gradual, planned movement. Pain clinics worldwide show it as a first step.

**WHO IT HELPS**

Anyone with pain lasting more than a few months, and family wanting to understand it. 'Always get a health professional to check you over first.' A starting point, not a complete programme.

Free; watch online, no account; transcript and Spanish version provided.

### Retrain Pain Foundation — free pain-science lessons in 23 languages

https://www.retrainpain.org/

**WHAT IT DOES**

A free library of short slide-based lessons teaching the modern science of persistent pain, a few minutes each: why pain can become over-sensitive after tissues heal and how to turn it down. 15 English lessons, translated into 23 languages. Not trialled itself, but it teaches the pain neuroscience education that a 2016 review of 13 randomised trials found reduces pain, disability and fear of movement.

**WHO IT HELPS**

People with persistent pain who want to understand it in their own language, and clinicians sharing it with patients. Education, not treatment or medical advice; have new or unexplained pain checked first.

Free; no login or payment; lessons open as online slides. Optional email newsletter.

### The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain — Alan Gordon LCSW with Alon Ziv (book & audiobook)

https://www.penguinrandomhouse.com/books/617809/the-way-out-by-alan-gordon-and-alon-ziv/

**WHAT IT DOES**

The step-by-step guide to Pain Reprocessing Therapy by its developer. Its claim: most long-standing pain without ongoing injury is a learned false alarm, unlearned by collecting evidence it is not dangerous and by 'somatic tracking' (watching sensation with calm curiosity). In a 2022 randomised trial of 151 people, 66% on PRT were pain-free or nearly pain-free versus 20% on placebo and 10% on usual care.

**WHO IT HELPS**

People with persistent pain and no structural cause found, willing to work on fear and attention. Not for pain from untreated injury, infection, cancer or inflammatory disease; get a medical check first.

Paperback US$20, ebook, and unabridged audiobook read by Alan Gordon (4 h 51 min); Avery (Penguin Random House), 2021–22; widely available from public libraries including Libby. Note: One 151-person trial co-authored by the developer, in a selected chronic back-pain group; independent replication is awaited; only for pain with structural causes excluded.

### The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life — Rachel Zoffness PhD (workbook & free audio)

https://www.zoffness.com/

**WHAT IT DOES**

A workbook from a UCSF pain psychologist turning what pain clinics teach into home exercises. Pain is shaped by body, thoughts, stress and sleep, so it can change; you build a plan of pacing, CBT skills for thoughts that turn pain up, and mindfulness. CBT and mindfulness have decades of trial evidence for chronic pain; endorsed by Lorimer Moseley and Stanford's Pain Psychology Fellowship director.

**WHO IT HELPS**

Adults (teen edition available) with persistent pain who want a programme to write in, and clinicians using it with patients. Medically assessed pain only; do not change prescribed treatment without your doctor.

Paperback about US$25 or £20 and ebook (New Harbinger, 2020); library ebook via OverDrive/Libby in many systems. Guided audio free on the author's website with a free account.

### Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness — Jon Kabat-Zinn PhD (book & audiobook)

https://jonkabat-zinn.com/offerings/books/

**WHAT IT DOES**

The book behind Mindfulness-Based Stress Reduction (MBSR), Kabat-Zinn's eight-week course from 1979 for chronic pain and illness, now in more than 720 hospitals and clinics worldwide. It teaches the course: body scan, meditation, yoga, and attending to pain and stress rather than fighting them. A 342-person randomised trial of chronic back pain found 60.5% on MBSR had meaningfully better function versus 44.1% with usual care.

**WHO IT HELPS**

People with chronic pain or long-term illness willing to practise 45 minutes a day for eight weeks. Not a substitute for medical care; with severe depression or trauma, start with a teacher.

Paperback about US$25 (second edition, 2013; 720 pages) and ebook about US$15; abridged audiobook read by the author (5 h 59 min). Very widely held by public libraries.

### #MEAction Pacing and Management Guide for ME/CFS and Long COVID (free PDF; adult, paediatric and clinician editions)

https://www.meaction.net/pacing-and-management-guides

**WHAT IT DOES**

A free four-page guide to pacing, for illnesses where exertion makes you worse. It explains post-exertional malaise (PEM), 'the cardinal symptom of ME/CFS', then gives the method: halve activity to find a baseline, set a heart-rate alert below your PEM threshold, and 'radical rest' before planned exertion. It warns graded exercise 'may do more harm than good'. It matches US CDC guidance on managing PEM.

**WHO IT HELPS**

People with ME/CFS, Long COVID or any condition with post-exertional malaise, and family helping them. A starting handout, not a programme or a substitute for medical care; written to show your doctor.

Free PDF downloads (no account); adult, paediatric and clinician editions; Swedish, Italian and Dutch translations.

### The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles — Terry Wahls MD with Eve Adamson (revised edition; book & audiobook)

https://terrywahls.com/the-wahls-protocol/

**WHAT IT DOES**

The best-known diet book for multiple sclerosis, by a physician with progressive MS who says the diet took her from a wheelchair to cycling. Three levels of a vegetable-heavy, gluten- and dairy-free diet, plus an elimination diet and lifestyle advice. The 87-person randomised WAVES trial found the Wahls and older Swank diets both meaningfully reduced fatigue, with no advantage for either: evidence for easing MS fatigue, not reversing MS.

**WHO IT HELPS**

People with MS or another autoimmune condition wanting a demanding food-first plan (around nine cups of vegetables and fruit a day). Not a replacement for disease-modifying therapy; involve your neurologist.

Paperback US$25, ebook, and unabridged audiobook (revised edition, 18 h 14 min); Avery (Penguin Random House); widely held by public libraries. The book is complete on its own. Note: The title promises more than the research so far, which is one 87-person trial in MS fatigue.

### Every Victory Counts manual — Davis Phinney Foundation for Parkinson's (free manual, print or digital, with Care Partner edition)

https://davisphinneyfoundation.org/every-victory-counts-manual/

**WHAT IT DOES**

A free book-length manual on living well with Parkinson's, with more than 80 expert contributors, now in its seventh edition. It covers how Parkinson's changes over time, exercise as treatment, getting the most from medicines, the non-motor symptoms doctors often miss, building a care team, and acting on what you can control. More than 100,000 copies distributed; a separate Care Partner Manual for families.

**WHO IT HELPS**

People living with Parkinson's at any stage, and their care partners; free Every Victory Counts Live events extend it. It complements, and does not replace, your neurologist's care.

Free ('print or digital, always free'): digital download anywhere; printed copies posted free in the US and, via Parkinson Canada, in Canada; Care Partner Manual also free.

### The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss — Nancy L. Mace MA & Peter V. Rabins MD MPH, 8th edition (book & audiobook)

https://www.press.jhu.edu/books/title/54015/36-hour-day

**WHAT IT DOES**

The dementia caregiver's handbook since 1981, now in its eighth edition (Johns Hopkins University Press, 2025), with more than four million copies sold. Practical throughout: how memory and behaviour change; handling bathing, wandering and night-time; responding to anger, suspicion and hallucinations without making things worse; legal, financial and long-term-care decisions; and two chapters on caring for yourself. Alzheimer's organisations and memory clinics recommend it first.

**WHO IT HELPS**

Family and friends caring for someone with Alzheimer's or another dementia at any stage; also useful for paid carers. About caring for someone else, not self-management for a person with early dementia.

Paperback US$24.95, hardcover US$59.95, ebook US$24.95; unabridged audiobook of the 2025 edition (17 h 12 min) on Audible and library services; very widely held by public libraries.

### How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers, Second Edition — Toni Bernhard (book & audiobook)

https://wisdomexperience.org/product/how-be-sick-second-edition/

**WHAT IT DOES**

A gentle book about what no treatment plan covers in chronic illness: grief, isolation, guilt and fear of a smaller life. Bernhard, a law professor who fell ill in 2001 and never recovered, offers practices you can do lying down, drawn from mindfulness and Buddhist psychology but needing no religious belief. Award-winning, and often recommended by chronically ill readers since 2010.

**WHO IT HELPS**

People with a long-term illness who feel they are failing at being sick, and their partners and carers. Emotional support, not medical advice; no replacement for treatment or mental-health care if depressed.

Paperback US$21.95 and ebook US$17.99 (Wisdom Publications); unabridged audiobook of the second edition (7 h 22 min, 2018) on Audible and library services; commonly available from public libraries.

11

# Sleep Directories & Resources

SLEEP SUPPORT

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# Sleep Directories & Resources

Poor sleep sits underneath many metabolic and mental health struggles, and good sleep care is hard to find. Everything here is for the person who cannot sleep: where to find an accredited sleep clinic or specialist, free and NHS/Medicare-backed CBT-I programs and apps, registers for finding a CBT therapist, psychologist, acupuncturist or naturopathic doctor, patient organisations with helplines and plain-English guides, and peer communities for insomnia, sleep apnoea, narcolepsy, restless legs and body-clock disorders — across the US, UK, Europe, Canada, Australia/NZ and Asia. Every listing was opened and checked before it was added.

## Sleep Medicine — Find a Sleep Clinic or Specialist

### AASM Sleep Center Directory (SleepEducation.org)

https://sleepeducation.org/sleep-center/

**WHAT IT DOES**

The American Academy of Sleep Medicine's public finder for AASM-accredited sleep centres across the United States, searchable by location (5–100 mile radius) or state, with a filter for centres accredited for home sleep apnea testing. Only accredited centres appear.

**WHO IT HELPS**

Anyone in the US who needs a sleep study or specialist assessment for sleep apnea, insomnia, narcolepsy or other sleep disorders and wants an accredited facility.

Free to search; sleep-centre consultation and sleep-study fees vary and are usually billed to insurance (site links to a Financial Assistance page).

### Sleep Apnoea Trust — List of NHS Sleep Clinics in the UK

https://sleep-apnoea-trust.org/sleep-apnoea-trust-list-nhs-sleep-clinics-uk/

**WHAT IT DOES**

A charity-maintained list of NHS sleep clinics across England (by county, around 50 areas), Scotland, Wales, Northern Ireland and the Crown Dependencies, with a town/city map search (10–200 mile radius) and directions. Stated as correct at 1 January 2025 and modified September 2025.

**WHO IT HELPS**

UK residents who suspect sleep apnoea or another sleep disorder and want to know which NHS clinic their GP can refer them to.

Free to use; NHS clinic assessment and CPAP treatment are free at point of care for UK residents (page points to the NHS site for private options).

### Narcolepsy UK — UK Sleep Centres

https://www.narcolepsy.org.uk/resources/uk-sleep-centres/

**WHAT IT DOES**

A regional directory of specialist NHS sleep centres able to assess and diagnose narcolepsy and related hypersomnias, split into ten regional pages covering England, Scotland, Wales and Northern Ireland.

**WHO IT HELPS**

People in the UK with suspected or diagnosed narcolepsy, idiopathic hypersomnia or other central disorders of hypersomnolence, and the GPs referring them.

Free to use; NHS specialist assessment is free at point of care with a GP referral.

### DGSM — List of Certified Sleep Laboratories (Germany)

https://www.dgsm.de/en/society/patient-information/sleep-laboratories

**WHAT IT DOES**

The German Sleep Society's public list of sleep laboratories it has accredited against defined quality criteria, naming each lab's medical director; the list loads dynamically on the page (English version of the DGSM site).

**WHO IT HELPS**

People in Germany (and German-speaking Europe) who need a quality-assured sleep laboratory for diagnosis or treatment of a sleep disorder.

Free to browse; sleep-lab diagnostics in Germany are generally covered by statutory or private health insurance with a referral. Note: Germany only; the list is rendered by script and may take a moment to load, and the page states the data is for personal, non-commercial use.

### NATA Find Accredited Organisation — Sleep Disorders Services (Australia)

https://nata.com.au/find-organisation/

**WHAT IT DOES**

The national accreditation body's public search of accredited organisations, which can be filtered by the 'Sleep Disorders Services' standard (assessed against the Australasian Sleep Association standard) and by state or territory to find accredited sleep investigation services in Australia.

**WHO IT HELPS**

Australians seeking a sleep study or sleep clinic that has independent, ASA-standard accreditation, and GPs choosing where to refer.

Free to search; sleep-study and specialist fees vary and are often partly Medicare-rebated with a referral. Note: General accreditation search, not a sleep-specific finder — select 'Sleep Disorders Services' under Accreditation Standard to filter; NATA accreditation covers the sleep service, not individual physicians.

### Hypersomnia Foundation — International Directory of Healthcare Professionals

https://www.hypersomniafoundation.org/directory/

**WHAT IT DOES**

A filterable international directory of sleep doctors, behavioural sleep medicine specialists, psychologists, nurse practitioners and GPs who report experience treating idiopathic hypersomnia, narcolepsy and Kleine-Levin syndrome, searchable by profession, country/state/city, condition, adults vs children and specialty. Country filters include the US, UK, Canada, Australia, India, France, Netherlands, Brazil, Chile, Croatia and Oman.

**WHO IT HELPS**

People with suspected or diagnosed hypersomnia or narcolepsy anywhere in the world who need a clinician familiar with these rarer disorders.

Free to search; consultation fees depend on each provider and country (often insurance- or public-system-covered with referral). Note: Professionals self-join or are recommended by the community; the Foundation states it has not independently verified credentials and listing is not an endorsement.

## Insomnia Treatment — CBT-I Programs, Therapists & Natural-Therapy Practitioners

### Society of Behavioral Sleep Medicine — Provider Directory

https://behavioralsleep.org/index.php/directory

**WHAT IT DOES**

The SBSM's directory of behavioural sleep medicine clinicians (CBT-I and related therapies), browsable by region and country — roughly 490 North American listings plus Europe, Asia, Oceania and Africa, a telemedicine section, and lists of fellows and training sites. Listings show credentials (e.g. DBSM), populations served and whether new patients are accepted.

**WHO IT HELPS**

People with insomnia, nightmares, circadian problems or paediatric sleep issues who want a clinician trained in non-drug behavioural treatment, and clinicians seeking referrals or training sites.

Free to search; provider fees vary widely (private-pay CBT-I typically US$100–$300 per session in the US, often insurance-billable). Note: Heavily US-weighted; listings are self-maintained by members and a few contain placeholder or duplicate data.

### International Directory of CBT-I Providers (cbti.directory)

https://cbti.directory/

**WHAT IT DOES**

An international, searchable directory of clinicians who deliver cognitive behavioural therapy for insomnia — running since 2017 with over 1,100 clinician profiles, browsable by US state, Canada, Mexico, Europe, Oceania, Asia, Africa, the Middle East and South America, plus a telemedicine filter. The University of Pennsylvania's former CBT-I provider directory now points here.

**WHO IT HELPS**

Adults with chronic insomnia who want a CBT-I-trained therapist locally or by video, and therapists wanting to be found after CBT-I training.

Free to search; therapist fees vary by country and are set by each provider. Note: Clinicians self-register and the site does not publish vetting criteria; check each therapist's licence and training.

### Canadian Sleep Research Consortium — Canada-Wide CBT-I Provider Directory

https://researchsleep.ca/cbtimap

**WHAT IT DOES**

A bilingual (English/French) directory of roughly 100 CBT-I providers across Canada organised by province/territory and city, noting telehealth coverage, languages, age groups served, referral requirements and in some cases cost or public-health coverage.

**WHO IT HELPS**

Canadians with insomnia looking for a CBT-I therapist in their province or by telehealth, including French-language options.

Free to use; some listed services are OHIP/MCP-covered or free via clinical trials, others private-pay or extended-health-insurance. Note: Providers add themselves via a form and the Consortium states listings are not verified or endorsed; confirm credentials directly.

### BABCP CBT Register UK

https://portal.babcp.com/therapist/register

**WHAT IT DOES**

The UK register of Accredited and Registered cognitive behavioural therapists, searchable by name, profession type and county, run by the British Association for Behavioural and Cognitive Psychotherapies and accredited by the Professional Standards Authority. Useful for checking that a therapist offering CBT for insomnia is properly accredited.

**WHO IT HELPS**

UK residents seeking an accredited CBT therapist (including for insomnia) and employers verifying a therapist's standing.

Free to search; private CBT sessions in the UK typically cost £60–£150, or free via NHS Talking Therapies referral. Note: Not sleep-specific — there is no insomnia filter, so you must ask therapists about CBT-I training; some accredited therapists in private practice are on a separate advertising list.

### Australian Psychological Society — Find a Psychologist

https://psychology.org.au/find-a-psychologist

**WHAT IT DOES**

The APS's directory of thousands of psychologists in private practice across Australia, searchable by issue combined with location (5–500 km radius), name or area of practice, with a shortlist-and-request feature. The APS's companion insomnia 'Seeking help' page explains that psychologists treat insomnia with tailored CBT-I.

**WHO IT HELPS**

Australians with insomnia or other sleep problems who want a registered psychologist, ideally with a GP Mental Health Treatment Plan for Medicare rebates.

Free to search; psychologist fees vary (APS recommended fee is around A$300 per standard consultation, with Medicare rebates of roughly A$96–$141 available via GP referral). Note: General psychology directory rather than a sleep-specialist list — search by issue and ask about CBT-I experience; only APS members appear.

### British Acupuncture Council — Find an Acupuncturist

https://acupuncture.org.uk/find-an-acupuncturist/

**WHAT IT DOES**

The BAcC's public register search for traditional acupuncturists by distance (2–100 miles) from a location, showing any conduct sanctions; the BAcC register is part of the Professional Standards Authority's Accredited Registers scheme.

**WHO IT HELPS**

UK residents considering acupuncture for insomnia or stress-related sleep problems who want a practitioner on a government-backed accredited register.

Free to search; acupuncture sessions typically cost £40–£90 (fees set by each practitioner). Note: Evidence for acupuncture in insomnia is mixed; the register confirms training and conduct standards, not sleep specialisation.

### Institute for Natural Medicine — Find an ND

https://naturemed.org/programs/find-an-nd/

**WHAT IT DOES**

A non-profit database of licensed naturopathic doctors in the US and Canada who graduated from an accredited naturopathic medical school, passed NABNE board exams and hold a state or provincial licence; many offer telemedicine. Sleep is one of the site's health topics.

**WHO IT HELPS**

North Americans wanting a licensed (not merely self-styled) naturopathic doctor for integrative approaches to sleep and related metabolic or mood issues.

Free to search; ND consultations typically US$150–$400 initial visit, generally private-pay. Note: Not sleep-specific and naturopathic licensure exists in only about half of US states; the linked search database is partly sponsored by a state ND association.

### Insomnia Coach & CBT-i Coach (US Department of Veterans Affairs)

https://mobile.va.gov/app/insomnia-coach

**WHAT IT DOES**

Two free CBT-I apps from the VA. Insomnia Coach is a self-guided weekly training plan with a sleep diary, sleep coach feedback and 17 tools. CBT-i Coach is a companion app for people doing CBT-I with a provider (education, sleep diary, routines, relaxation). Both on iOS and Android.

**WHO IT HELPS**

Anyone with insomnia, not just veterans: Insomnia Coach for self-help; CBT-i Coach for people already in CBT-I with a clinician.

Free to download and use; no in-app purchases listed.

### THIS WAY UP - Insomnia Program (St Vincent's Hospital Sydney)

https://thiswayup.org.au/what-we-treat/insomnia

**WHAT IT DOES**

Online CBT-based insomnia course: four story-based modules covering sleep science, stress reduction, relaxation, thought challenging and staying asleep, with sleep diary tracking and action plans. Self-paced over 90 days (extendable), either fully automated self-help or prescribed and monitored by your own clinician.

**WHO IT HELPS**

Adults with insomnia symptoms for more than three months. Australians can self-enrol; people outside Australia must sign up through a clinician.

Free for both self-help and clinician-prescribed enrolment (funded by the Curran Foundation at St Vincent's Hospital, Sydney). Note: People living outside Australia must enrol via the clinician-supervised pathway rather than self-help.

### Sleepstation (UK)

https://www.sleepstation.org.uk/

**WHAT IT DOES**

Online CBT-I programme for persistent insomnia: an assessment week, then a step-by-step personalised plan with daily actions (about 10 minutes a day) and messaging support from trained sleep coaches. Most people see improvement over three to four sessions, usually within four weeks.

**WHO IT HELPS**

UK adults aged 18+ with persistent sleep problems. Not recommended for people with epilepsy, bipolar disorder, psychosis or in active detox.

Free on the NHS in participating areas (self-refer via your GP surgery or ask your GP); otherwise self-pay from £295. Note: Free only via NHS referral in participating areas; otherwise self-pay from £295.

### Sleepio (Big Health)

https://www.bighealth.co.uk/sleepio

**WHAT IT DOES**

Six-week digital CBT-I programme: weekly interactive sessions tailored from your daily sleep diary and questionnaires, with techniques to practise between sessions (about 10 minutes a day), delivered via web and app.

**WHO IT HELPS**

Adults 18+ with insomnia or poor sleep. Free NHS access for residents of Scotland and the Frimley and BOB regions of England; elsewhere via an employer or health plan.

Free via the NHS in Scotland and some parts of England (no GP referral needed); otherwise only through employers or health plans, with no direct individual purchase listed. Note: Free only via the NHS in Scotland and some English regions; otherwise access depends on an employer or health plan, as no direct purchase option is listed.

## Sleep — Patient Organisations, Helplines & Plain-English Guides

### SleepEducation.org (American Academy of Sleep Medicine)

https://sleepeducation.org/

**WHAT IT DOES**

The AASM's consumer education site (since 2005): plain-language guides to insomnia, hypersomnias, parasomnias, sleep-related breathing and movement disorders, healthy-sleep tips by age, a bedtime calculator and sleep diary, explanations of sleep studies, CPAP and CBT-I, financial-assistance information and the accredited sleep-centre finder.

**WHO IT HELPS**

Patients and families in the US (and English speakers generally) who want authoritative explanations of sleep disorders and treatments.

Free; the site accepts advertising and has a sponsored sleep-product guide. Note: Carries advertising and an 'Advertised Products' guide; editorial review process is not described on the site.

### Sleep Health Foundation (Australia) — Sleep Fact Sheets A–Z

https://www.sleephealthfoundation.org.au/all-sleep-factsheets-a-z

**WHAT IT DOES**

Australia's not-for-profit sleep health charity, established in 2009 from within the Australasian Sleep Association, publishing around 94 evidence-based fact sheets — 40 on sleep disorders (insomnia, narcolepsy, RLS, sleep apnoea) and 54 on topics such as shift work, menopause, children, mental health and jet lag — plus newsletters, reports and Sleep Awareness Week.

**WHO IT HELPS**

Australians and New Zealanders wanting locally relevant, clinician-reviewed sleep information, including GPs and teachers.

Free; membership and donations optional. Note: Lists corporate partners including ResMed and Takeda; the Foundation states it operates independently with untied funding.

### The Sleep Charity (UK) — National Sleep Helpline

https://thesleepcharity.org.uk/national-sleep-helpline/

**WHAT IT DOES**

A UK charity providing sleep information for children, teenagers and adults, accredited sleep-practitioner training, and the National Sleep Helpline (03303 530 541) staffed by trained sleep advisors Monday–Thursday 9–11am and Monday, Tuesday and Thursday 7–9pm.

**WHO IT HELPS**

UK adults, parents of children over 12 months, young people, shift workers and health professionals who want practical, non-medical sleep advice.

Free information; helpline charged at standard network rate; training courses are paid. Note: Advisors cannot give medical advice and it is not a crisis line; babies under 12 months are referred elsewhere.

### Hypersomnia Foundation

https://www.hypersomniafoundation.org/

**WHAT IT DOES**

A US-based non-profit for idiopathic hypersomnia, narcolepsy and Kleine-Levin syndrome offering plain-language education on symptoms, medicines, school, work and insurance, an international patient registry, clinician education, an international directory of healthcare professionals, an annual conference and a newsletter.

**WHO IT HELPS**

People with hypersomnia disorders and their families worldwide, plus clinicians and researchers.

Free; donations optional.

### Restless Legs Syndrome Foundation

https://www.rls.org/

**WHAT IT DOES**

The US non-profit for RLS/Willis-Ekbom disease, providing diagnosis and treatment information, webinars, a network of 17 certified RLS Quality Care Centers (15 in the US plus Lugano and Innsbruck), free weekly virtual support meetings, local groups and over US$2 million in research grants.

**WHO IT HELPS**

People with restless legs syndrome or periodic limb movement disorder, their families and the clinicians treating them.

Free information and support meetings; membership (optional) unlocks member publications.

### Circadian Sleep Disorders Network

https://www.circadiansleepdisorders.org/

**WHAT IT DOES**

An all-volunteer, independent non-profit for people with chronic circadian rhythm disorders such as delayed sleep phase disorder and non-24, offering Q&A documents (English, Spanish, German), accommodation-letter templates for school and work, a patient registry and a patient-recommended Find a Doctor list covering 30 US states and 16 other countries.

**WHO IT HELPS**

Night owls and people with DSPD or Non-24 who struggle to be understood by employers, schools and general clinicians.

Free resources and printed brochures; membership dues optional. Note: Small volunteer organisation; its doctor list is based on patient suggestions and is not vetted.

## Sleep — Peer Support Groups & Communities

### Narcolepsy Network — Online Peer Support Groups

https://narcolepsynetwork.org/virtual-support-group-meeting/

**WHAT IT DOES**

Weekly national Zoom peer-support meetings run by the US patient organisation founded in 1986: every Thursday 8pm ET for people with narcolepsy or idiopathic hypersomnia, and every second Thursday 6:45pm ET for parents and supporters, plus a state-by-state list of local peer-led groups and a Facebook community.

**WHO IT HELPS**

People living with narcolepsy or IH and the parents and partners supporting them.

Free (requires a free Zoom account); membership optional. Note: Groups exclude clinicians, researchers, industry staff and active trial participants; local group list depends on a locator widget that may load slowly.

### Wake Up Narcolepsy — Online Narcolepsy Support Groups

https://www.wakeupnarcolepsy.org/online-narcolepsy-support-groups/

**WHAT IT DOES**

Nine free weekly online peer-support groups hosted on the HeyPeers platform, open worldwide to people with narcolepsy (and idiopathic hypersomnia) and their families, alongside Brown Bag webinars, a Family Weekend for children and teens and research funding.

**WHO IT HELPS**

Adults, teens and families affected by narcolepsy who want regular live peer support regardless of location.

Free; donations optional. Note: 2026 support groups are sponsored by pharmaceutical companies (Takeda, Alkermes, Jazz, Centessa); groups are peer-led, not therapy.

### Project Sleep

https://project-sleep.com/about-us/

**WHAT IT DOES**

A patient-led sleep advocacy non-profit running a free Sleep Helpline with personalised support, the Rising Voices speaker-training programme, the Narcolepsy Nerd Alert and Sleep Apnea Squad peer-learning communities, narcolepsy scholarships, World Narcolepsy Day and a podcast.

**WHO IT HELPS**

People with narcolepsy, sleep apnea and other sleep disorders who want peer connection and to become advocates.

Free; donations optional. Note: Homepage uses a JavaScript challenge that may block some browsers; advocacy-focused rather than clinical.

### WSCN (formerly American Sleep Apnea Association) — AWAKE Peer Mentor Program

https://www.sleephealth.org/wscn/awake-peer-mentor-program/

**WHAT IT DOES**

Free virtual one-on-one mentoring that pairs people new to or struggling with CPAP/PAP therapy with experienced users, built on 25+ years of the A.W.A.K.E. sleep apnea support group network; the organisation also runs a CPAP Assistance Program and patient education.

**WHO IT HELPS**

People with sleep apnea starting PAP therapy, especially those with mask, comfort or adherence problems.

Free; donations optional. Note: The ASAA rebranded as the Wellness, Sleep & Circadian Network in June 2025 and the old sleepapnea.org domain is now a commercial site owned by Sleep Doctor Holdings; use sleephealth.org.

### Apnea Board Forum

https://www.apneaboard.com/forums/index.php

**WHAT IT DOES**

A long-running, donation-supported peer forum for sleep apnea and CPAP users with over 380,000 posts, a software-support forum for OSCAR and similar therapy-data tools, free CPAP clinical manuals and named volunteer moderators.

**WHO IT HELPS**

CPAP users worldwide who want help interpreting their therapy data, fixing mask and pressure problems or understanding their equipment.

Free account; run on member donations (not tax-deductible). Note: Peer advice, not medical advice; some members discuss self-adjusting CPAP settings, which should be done with a clinician.

### Hope2Sleep Charity (UK) — Sleep Apnoea Support Group

https://www.hope2sleep.co.uk/

**WHAT IT DOES**

A UK charity run by sleep apnoea patients, CPAP/NIV users and sleep professionals offering a private Facebook support group of 10,400+ members, a forum, a phone line, free appointments at the charity and practical guides on CPAP, UARS, children's sleep apnoea and DVLA driving rules.

**WHO IT HELPS**

UK people with sleep apnoea or sleep-disordered breathing, especially new CPAP users and their partners.

Free support and information; small online shop for masks and accessories (£10–£150). Note: Main community lives in a private Facebook group; the charity sells CPAP accessories to fund itself.

### RLS-UK / EARLS Restless Legs Syndrome Community (HealthUnlocked)

https://healthunlocked.com/rlsuk

**WHAT IT DOES**

An active moderated online community for restless legs syndrome hosted on the HealthUnlocked health-network platform, run in connection with the UK charity RLS-UK and the European Alliance for Restless Legs Syndrome, where members share experiences of treatments, augmentation and daily management.

**WHO IT HELPS**

People in the UK and Europe (and worldwide) living with RLS or PLMD who want peer advice and a place to ask questions.

Free to read and join; RLS-UK membership optional at £15 per year. Note: Peer discussion often covers prescription medicines (e.g. gabapentin, buprenorphine); treat as experience-sharing, not medical advice.

### Hypersomnolence Australia — Living with IH / Living with Narcolepsy Groups

https://www.hypersomnolenceaustralia.org.au/supportgroup

**WHAT IT DOES**

Monthly peer-led online community groups for Australians and New Zealanders diagnosed with idiopathic hypersomnia (3rd Wednesday) or narcolepsy (1st Wednesday) via Google Meet, with occasional in-person meet-ups, parent/carer sessions, and vetted recommendations of independent Facebook groups.

**WHO IT HELPS**

Adults in Australia and New Zealand with a confirmed IH or narcolepsy diagnosis, and parents of diagnosed minors.

Free; donations optional. Note: Registration required at least 24 hours before first meeting; the page itself warns that recommended Facebook groups cannot verify members or claims.

12

# Exercise & Movement — Find Qualified Professionals, Clinical Programs & Inclusive Sport

GET MOVING

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# Exercise & Movement — Find Qualified Professionals, Clinical Programs & Inclusive Sport

Exercise is one of the best-evidenced treatments for depression, anxiety, poor sleep, insulin resistance and chronic pain — and the hardest advice to act on alone. This chapter is about finding the right people and programs wherever you live: the registers through which you can check that a clinical exercise physiologist, physiotherapist, sport and exercise physician, personal trainer or yoga teacher is qualified and insured; the clinical programs — cardiac and pulmonary rehabilitation, GLA:D for arthritis, exercise oncology — built for people who are frightened to start; the adaptive and Paralympic networks that make sport possible with a disability or a long-term condition; and the official guidelines and the PAR-Q+ screening questionnaire that say how much to do and when to check with a doctor first. Wherever possible the listing is the national or international body that keeps the register, because those outlast any single gym, app or trainer; where a register is voluntary or lists only members, the listing says so. The walking and activity groups in chapter 13 and the free home-workout libraries in the self-help library complement this chapter. Every page was opened and checked before it was added.

## Clinical Exercise Physiologists & Exercise-is-Medicine Networks — Find an Accredited Professional

### ESSA — Find an Accredited Exercise Physiologist or Exercise Scientist (Australia)

https://essa.org.au/Maps

**WHAT IT DOES**

Exercise & Sports Science Australia's member location search lets you enter a postcode and find accredited exercise physiologists, exercise scientists and sports scientists near you. Accredited Exercise Physiologists (AEPs) are university-trained allied health professionals who design and supervise exercise for people with chronic conditions, injuries or disability, and are used to working with people who have never exercised.

**WHO IT HELPS**

Anyone in Australia who wants exercise prescribed and supervised by a qualified clinician, especially people with diabetes, heart disease, cancer, mental illness, chronic pain or a long gap since they last moved much.

The search is free; AEP sessions are charged by the practitioner and may be partly covered by Medicare chronic disease plans, DVA, NDIS or private health extras.

### Exercise is Medicine — Global Network Directory of National Centres (international)

https://acsm.org/eim/programs/global/directory/

**WHAT IT DOES**

Exercise is Medicine is the American College of Sports Medicine's initiative to make physical activity assessment and prescription part of routine health care. This directory lists its 33 national centres, from Albania to the United States plus a Latin America entry, each with an email link and, for most, a website and fact sheet, so you can find the EIM body in your own country.

**WHO IT HELPS**

People outside the big English-speaking markets who want to know whether their country has an exercise-and-health network, and clinicians looking for the local EIM contact.

Free to browse; the national centres are coordinating bodies rather than clinics, so any services they point to are priced locally. Note: Lists national centres, not individual practitioners; a few entries (e.g. Brazil, Chile, Mexico) have no website link, and the email links route through ACSM.

### US Registry of Exercise Professionals — Find & Verify Certified Professionals (United States)

https://usreps.org/registry/

**WHAT IT DOES**

USREPS is the public registry that accredited US certifying bodies feed into, so you can search more than 130,000 certified exercise professionals by city, state or ZIP code and radius, or verify a name against a credential. It includes ACSM Certified Clinical Exercise Physiologists alongside ACE, NSCA, NCSF and other NCCA-accredited certifications, and flags credentials that are internationally portable. ACSM's own ProFinder now redirects here.

**WHO IT HELPS**

Americans who want to check that a trainer or clinical exercise physiologist holds a current accredited credential, or to find one nearby; also employers and clinicians who refer.

Searching is free; the professionals listed set their own fees. Note: Only organisations that are USREPS members appear (NASM, for example, is not listed), so absence from the registry does not necessarily mean someone is uncertified.

### CSEP — Member Directory of Clinical Exercise Physiologists & Personal Trainers (Canada)

https://store.csep.ca/pages/member-directory

**WHAT IT DOES**

The Canadian Society for Exercise Physiology certifies two levels of exercise professional: the CSEP Clinical Exercise Physiologist (CSEP-CEP), a degree-qualified clinician who can work with people with medical conditions, functional limitations or disabilities, and the CSEP Certified Personal Trainer. Its member directory lets you look up certified members near you and see their credentials before you make contact.

**WHO IT HELPS**

Canadians who want exercise assessed and prescribed by someone with clinical training, including people referred by a doctor after a diagnosis, and anyone checking a trainer's CSEP certification.

The directory is free; members charge their own fees, and some employer or extended health plans reimburse CSEP-CEP services. Note: Listings are opt-in — the page states not all members have chosen to appear — so a certified professional may be missing from the search.

### CASES (formerly BASES) — Regulated Member Directory of Exercise Scientists (United Kingdom)

https://www.cases.org.uk/consultants.php

**WHAT IT DOES**

The Chartered Association of Sport and Exercise Sciences, successor to BASES, runs this finder for professionals holding its Sport and Exercise Scientist Accreditation, High Performance Sport Accreditation or Exercise Science Certified Practitioner status. You can filter by specialism such as exercise physiologist, exercise psychologist or exercise referral, by specialist population and by UK region, then view contact details.

**WHO IT HELPS**

People in the UK and Ireland wanting an accredited exercise physiologist or exercise-referral specialist rather than a general gym trainer, and GPs or physios looking for someone to refer to.

Free to search; accredited members work privately or through NHS and university services and set their own charges. Note: Covers accredited sport and exercise scientists; registered UK Clinical Exercise Physiologists (CEP-UK) sit on the separate Academy for Healthcare Science register, which this directory does not include.

### CPRB / CEPNZ — Register of Clinical Exercise Physiologists (New Zealand)

https://cprb.org.nz/view-the-register

**WHAT IT DOES**

New Zealand's Clinical Physiologists Registration Board publishes the register that Clinical Exercise Physiology New Zealand (CEPNZ) points its own 'find an expert' page to. The table lists every registered clinical physiologist by name with annual practising certificate status, scope of practice (Exercise, Cardiac, Respiratory, Renal, Sleep, Neurophysiology) and registration number, so you can confirm someone is current before booking.

**WHO IT HELPS**

New Zealanders referred for supervised exercise after a cardiac event, cancer treatment or a chronic-disease diagnosis, and anyone wanting to check a clinical exercise physiologist's registration status.

Free to view; clinical exercise physiologists charge privately or work within public health and ACC-funded programmes. Note: A plain alphabetical table with no location filter — you check a name rather than search by town; CEPNZ's own finder page simply links here.

## Physiotherapy & Rehabilitation — Find a Physio; Cardiac, Pulmonary, Cancer & Arthritis Exercise Programs

### World Physiotherapy — Our Members: national physio associations by country (international)

https://world.physio/our-members

**WHAT IT DOES**

World Physiotherapy is the global confederation of 129 national physiotherapy associations representing around 600,000 physiotherapists. Its members page is an A–Z of countries and territories, each linking to the national association — the body that usually runs that country's find-a-physio directory and sets its standards — so wherever you live you can reach the right national gateway in one step.

**WHO IT HELPS**

Anyone outside the English-speaking countries listed here, expats, and travellers who need a route to a properly regulated physiotherapist in their own country.

Free to browse; the national associations it links to may have free public directories, and physiotherapy itself is priced locally.

### APTA ChoosePT — Find a Physical Therapist near you (United States)

https://choosept.com/find-a-pt

**WHAT IT DOES**

The American Physical Therapy Association's consumer directory searches licensed physical therapists by city, state or ZIP code within 10 to 100 miles, with a free-text field for condition or focus area and filters for board specialties such as orthopaedics, neurology, oncology, geriatrics and pelvic health, plus telehealth and home-visit options. The page notes you do not need a doctor's referral to see a physical therapist.

**WHO IT HELPS**

People in the US recovering from injury or surgery, managing pain or a neurological condition, or wanting a graded return to exercise with a licensed therapist.

The directory is free; visits are billed by the clinic and commonly covered in part by health insurance or Medicare. Note: Profiles are managed by the therapists themselves and APTA says it does not validate or endorse the skills described; check state licence status separately if in doubt.

### Chartered Society of Physiotherapy — Physio2u: find a chartered physio (United Kingdom)

https://www.csp.org.uk/public-patient/find-physiotherapist/physio2u

**WHAT IT DOES**

Physio2u is the CSP's public directory of chartered physiotherapists in private practice. You search by postcode and can narrow to one of around 40 specialities, from sports physiotherapy and hydrotherapy to women's health and neurology. The CSP's companion guidance explains NHS routes, self-referral and First Contact Physiotherapy, and reminds you to look for 'MCSP' after a name and HCPC registration.

**WHO IT HELPS**

People across the UK who want a private physiotherapist quickly, or who are weighing private treatment against NHS waiting times, and want to be sure the person is chartered and regulated.

Searching is free; private appointments are paid directly or through health insurance, while NHS physiotherapy is free at the point of use. Note: A member-only directory of CSP members who choose to list; NHS-only physiotherapists generally do not appear.

### Physiotherapy New Zealand — Find a Physio (New Zealand)

https://physio.org.nz/

**WHAT IT DOES**

Physiotherapy New Zealand's public site helps you find a member physiotherapist and browse by area of practice or condition — back pain, stroke, COPD, falls prevention, sports and exercise and more — with plain explanations of what physiotherapy is and how it helps. It is the consumer-facing side of the professional body, built around its 'Find a Physio' search.

**WHO IT HELPS**

New Zealanders looking for a physiotherapist for an injury, a long-term condition or a safe start to exercise, including those using ACC-funded treatment.

Free to search; treatment is charged by the clinic, with ACC subsidising injury-related physiotherapy and many practices charging set co-payments. Note: Lists PNZ member practices only; the fetched page described the directory and its condition filters but the search form itself loads dynamically.

### Australian Physiotherapy Association — Choose Physio: Find a Physio (Australia)

https://choose.physio/find-a-physio

**WHAT IT DOES**

Choose Physio is the Australian Physiotherapy Association's consumer directory of member physiotherapists, and the APA's own website names this page as its Find a Physio directory. It is where you look for APA member physiotherapists near you, including APA Titled and Specialist physiotherapists who have completed extra postgraduate training in fields such as sports, musculoskeletal, neurological, cardiorespiratory and pain physiotherapy.

**WHO IT HELPS**

Australians who want a physiotherapist for rehabilitation, persistent pain or a supervised start to exercise, especially those looking for clinicians with recognised extra training.

Free to search; physiotherapy is paid privately, with rebates available through private health extras, Medicare chronic disease management plans, DVA and NDIS. Note: The page is a JavaScript app; our fetch confirmed only the page title, not the search form, so check it in a browser. Lists APA members only.

### GLA:D International — osteoarthritis exercise programmes by country (international)

https://gladinternational.org/home/international-programs/

**WHAT IT DOES**

GLA:D (Good Life with osteoArthritis in Denmark) is a researched education-and-exercise programme for hip and knee osteoarthritis, developed at the University of Southern Denmark and delivered by certified physiotherapists. This page lists the countries running it — Denmark, Canada, Australia, Switzerland, Austria, Ireland, Germany, the Netherlands, Finland, China and New Zealand, with Korea coming — and links to each national site, where the clinic finders live.

**WHO IT HELPS**

People with hip or knee osteoarthritis who have been told to exercise more and want a structured, supervised programme with evidence behind it instead of surgery or painkillers alone.

Free to browse; programme fees are set by each clinic and vary by country, with some public funding or insurance cover. Note: An umbrella page: China and New Zealand are listed without links, and you must go to the national site to find a clinic.

### GLA:D Australia — Locations: find a certified hip & knee osteoarthritis clinic (Australia)

https://gladaustralia.com.au/locations/

**WHAT IT DOES**

GLA:D Australia's locations page is a map and list of clinics whose physiotherapists or exercise physiologists have completed GLA:D certification. You type 'Suburb, State' into the search bar to see providers near you, with addresses and phone numbers; some offer telehealth, home visits or community venues. The programme itself is two education sessions and twelve supervised exercise sessions over about six weeks.

**WHO IT HELPS**

Australians with hip or knee osteoarthritis symptoms — including those on a joint-replacement waiting list — who want a guideline-recommended exercise programme close to home.

Free to search; clinics set their own programme fees, which may be rebated through private health extras or a GP chronic disease management plan.

### AACVPR — Program Directory: find cardiac & pulmonary rehabilitation (United States)

https://apps.aacvpr.org/programdirectory/

**WHAT IT DOES**

The American Association of Cardiovascular and Pulmonary Rehabilitation's map lets you enter a city, state or ZIP code, choose a 5–50 mile radius and filter for cardiac rehab, intensive cardiac rehab, pulmonary rehab, maintenance (Phase III), supervised exercise therapy for peripheral artery disease and hybrid or virtual delivery, with an option to show only AACVPR-certified programmes.

**WHO IT HELPS**

Americans recovering from a heart attack, stent, bypass or heart failure diagnosis, or living with COPD or other lung disease, who have been referred to rehab or want to ask for it.

The directory is free; cardiac and pulmonary rehab are covered by Medicare and most insurers when medically referred, with usual co-payments. Note: Listing requires at least one AACVPR member on staff, so some hospital programmes are absent; use the 'AACVPR Certified' filter if you want externally reviewed quality.

### Heart Foundation — Find a cardiac rehabilitation program near you (Australia)

https://www.heartfoundation.org.au/your-heart/cardiac-services-directory

**WHAT IT DOES**

The National Heart Foundation of Australia's directory of cardiac rehabilitation and heart failure programmes across Australia. Enter your postcode or a service name, set a radius from 5 to 50 km, and see hospital and community programmes with their referral requirements, format and any costs. The page also explains what cardiac rehab involves and lists statewide telehealth options for people who cannot attend in person.

**WHO IT HELPS**

Australians who have had a heart attack, stent, bypass, valve surgery or a heart failure diagnosis and were not automatically referred to rehab, and family members helping them find one.

Free to search; most hospital-based programmes are free through the public system, while private programmes may charge or bill health insurance.

### Lung Foundation Australia — Pulmonary rehabilitation & find a program (Australia)

https://lungfoundation.com.au/find-support/support-services/exercise-programs/pulmonary-rehabilitation/

**WHAT IT DOES**

Lung Foundation Australia explains pulmonary rehabilitation — a six-to-eight-week programme of supervised exercise and education, usually two sessions a week — and what to expect, then links to its support services directory. There you filter by lung condition, service type (including pulmonary rehab and the follow-on Lungs in Action maintenance classes), delivery method (in person, online, phone), postcode and a 50–200 km radius.

**WHO IT HELPS**

People with COPD, bronchiectasis, pulmonary fibrosis, asthma or long-COVID breathlessness, and anyone who has finished rehab and wants a maintenance exercise class.

Free to search; public hospital programmes are generally free with a referral, and community classes charge modest fees.

### ACSM Moving Through Cancer — Exercise Program Directory for people with cancer (international)

https://acsm.org/eim/programs/cancer/directory/

**WHAT IT DOES**

Exercise is Medicine's Moving Through Cancer directory lists hospital- and community-based exercise and rehabilitation programmes for people during and after cancer treatment, grouped by setting: medical, community facility or at home. You search by area to see what is available and how to make contact. ACSM relaunched it in 2025 with more than 2,300 programmes and a triage tool (EXCEEDS) that matches people to the right level of programme.

**WHO IT HELPS**

People living with or beyond cancer who have been told exercise is safe and helpful but cannot find a programme that understands treatment side-effects, plus oncology nurses and clinicians who refer.

Free to search; listed programmes range from free hospital classes to paid community sessions. Note: Programmes self-list and ACSM states they have not been evaluated by it; coverage is strongest in the United States although the directory accepts international entries.

## Sport & Exercise Medicine Doctors — Find a Specialist

### ACSEP — Find a Sport & Exercise Physician (Australia & New Zealand)

https://www.acsep.org.au/

**WHAT IT DOES**

The Australasian College of Sport and Exercise Physicians' home page carries its public 'Find a sport & exercise physician' search: choose an Australian state or territory or a New Zealand region (or type a name) to find specialist sport and exercise physicians. SEM physicians are medical specialists who use exercise as a core part of treatment — from elite athletes to people with chronic disease — and can coordinate physios, exercise physiologists and surgeons.

**WHO IT HELPS**

People with a stubborn musculoskeletal injury, an exercise-limiting medical condition or a complex return-to-activity question who want a doctor whose specialty is exercise rather than surgery.

Free to search; consultations are specialist fees with a Medicare rebate on GP referral in Australia, or private or ACC-funded in New Zealand.

### AMSSM Sports Medicine Today — Find a Sports Doctor (United States)

https://www.sportsmedtoday.com/find-a-sports-doctor.htm

**WHAT IT DOES**

Sports Medicine Today is the American Medical Society for Sports Medicine's public site, and its finder searches AMSSM physician members by ZIP code within 5–50 miles, or by state, city, country, name or keyword. These are doctors — most trained in family medicine, paediatrics or internal medicine with a sports medicine fellowship — who manage injuries, exercise with chronic illness and safe return to activity without defaulting to surgery.

**WHO IT HELPS**

Americans wanting a non-surgical sports medicine doctor for an injury, a medical clearance to start exercising, or help exercising with asthma, diabetes, heart disease or after concussion.

Free to search; visits are billed through the usual insurance or self-pay arrangements of each practice. Note: Searches AMSSM's own membership, so sports medicine physicians who are not members will not appear; the country option means a small number of international members are also listed.

### CASEM — Find a Sport Medicine Physician (Canada)

https://www.casem-acmse.org/public-directory/find-a-sport-medicine-doctor/

**WHAT IT DOES**

The Canadian Academy of Sport and Exercise Medicine's public directory filters physician members by first or last name, clinic, city, province and country, and by base specialty — family practice, paediatrics, physical medicine and rehabilitation, orthopaedic surgery, psychiatry or sport medicine. CASEM also publishes a list of doctors who hold its Diploma in Sport and Exercise Medicine, the recognised Canadian credential.

**WHO IT HELPS**

Canadians with a sports injury, exercise-related problem or a chronic condition who want a physician trained to prescribe and supervise activity, and coaches or clubs seeking a team doctor.

Free to search; referred visits are generally covered by provincial health plans, while some sport medicine clinics charge privately for uninsured services.

### FIMS — National Associations of Sports Medicine Worldwide (international)

https://www.fims.org/membership/national-association-of-sports-medicine/nasm/

**WHAT IT DOES**

The International Federation of Sports Medicine lists its roughly 125 national member associations alphabetically from Albania to Venezuela, usually with the association's name, a contact person, address, email and website. FIMS admits one association per country, so this is the quickest way to find the recognised sports medicine body — and through it the doctors — in countries without a public find-a-physician tool.

**WHO IT HELPS**

Anyone outside Australasia, North America and the UK looking for a sports and exercise medicine doctor, and clinicians wanting the national body in another country.

Free to browse; the national associations may or may not offer public directories, and consultations are priced locally. Note: Coverage is uneven — some entries carry only an email address or say details are unavailable, and the list has not been proofread recently. The FIMS website was down for maintenance when checked on 7 November 2026; if the link does not work, try again later.

## Personal Trainers & Strength Coaches — National Registers of Qualified Professionals

### ICREPs — Member Registers of Exercise Professionals by country (international)

https://icreps.org/members/

**WHAT IT DOES**

The International Confederation of Registers for Exercise Professionals is the umbrella for national registers of personal trainers and fitness instructors that are independent of training providers. Its members page links each register — AUSactive, CIMSPA UK, Fitness Leadership Canada, NZ REPs, US REPs, REPs India, REPs Ireland and others — and shows whether it is a full or associate member, so you can find the register that vets trainers where you live.

**WHO IT HELPS**

People anywhere who want to know whether a trainer is on their country's independent register, and trainers moving between countries checking how their qualifications carry over.

Free to browse; the national registers it links to are free to search, and trainers set their own fees.

### AUSactive — Australian Register of Active Health Professionals: Find a Professional (Australia)

https://directory.ausactive.org.au/directory/professionals

**WHAT IT DOES**

AUSactive (formerly Fitness Australia) runs the national register of personal trainers, group exercise instructors, yoga and Pilates teachers and other exercise professionals. Search by location with a radius from 1 to 500 km, then refine by membership tier (Accredited or Registered), level, registration category and 'Delivery Knowledge & Skills' such as Specific Populations, Group Exercise or Exercise Science, and by spoken language.

**WHO IT HELPS**

Australians choosing a personal trainer or instructor who want proof of current qualifications, first aid and insurance, including older adults or people with health conditions looking for trainers skilled with specific populations.

Free to search; trainers and studios charge their own rates. Note: Registration is voluntary, so good trainers who are not AUSactive members will not appear; being registered confirms qualifications and insurance, not clinical training.

### REPs New Zealand — Exercise Professional Registry (New Zealand)

https://reps.org.nz/registry/

**WHAT IT DOES**

The Register of Exercise Professionals is New Zealand's independent register of trainers, instructors and exercise facilities. The public registry lists every registered professional by name, filterable by region (Auckland, Canterbury, Otago, Wellington and sub-areas) and by registration level or type, including Personal Trainer, Yoga Teacher and Pilates Exercise Professional, with a separate facility registry and a formal complaints process.

**WHO IT HELPS**

New Zealanders looking for a personal trainer, group fitness instructor or gym that has signed up to a code of ethical practice, and anyone wanting to check a trainer's registration.

Free to search; registered professionals and gyms set their own fees, and the site points to some subsidised gym memberships. Note: Voluntary register — unregistered trainers are not necessarily unqualified; listings show region and level but little else without clicking through.

### EREPS — European Register of Exercise Professionals: Member Directory (Europe)

https://www.ereps.eu/member-directory

**WHAT IT DOES**

EREPS is EuropeActive's independent register of instructors, trainers and teachers across Europe, running since 2007. The public directory searches by country, town or city, last name or membership number, and by qualification — personal trainer, fitness instructor, Pilates matwork teacher, group fitness and master-trainer levels — returning each member's location, qualifications and registration expiry date, so you can confirm someone is current.

**WHO IT HELPS**

People in EU and wider European countries without a strong national register who want a trainer whose qualifications have been checked against the European standards framework.

Free to search; trainers set their own prices. Note: Voluntary register and coverage varies widely by country; many excellent trainers register only with their national body instead.

### Fitness Leadership Canada — National Registers of exercise professionals by province (Canada)

https://fitnessleadershipcanada.ca/national-registers

**WHAT IT DOES**

Fitness Leadership Canada is the partnership of not-for-profit provincial fitness bodies that sets national standards for exercise professionals. Its registers page explains that registered professionals must be currently certified, insured and hold current CPR, and links to the provincial registries where you look them up: Alberta/NWT, British Columbia (BCRPA), New Brunswick, Nova Scotia and Ontario online, with Manitoba and Saskatchewan by email.

**WHO IT HELPS**

Canadians choosing a personal trainer or group fitness leader who want to confirm they are certified and insured through their province's recognised register.

Free to browse, and the provincial registries are free to search; trainers set their own fees. Note: A hub page rather than a single search — you are sent on to the provincial register — and Manitoba and Saskatchewan offer only an email contact.

## Adaptive & Inclusive Sport — Disability, Older Adults & Long-Term Conditions

### Move United — Find a Location: adaptive sports member organisations (United States)

https://moveunitedsport.org/locations/

**WHAT IT DOES**

Move United, formed from Disabled Sports USA and Adaptive Sports USA, is the national network of community adaptive sport programmes. Its finder lists 278 chapters, affiliates, adaptive clubs, inclusive clubs and event partners, searchable by keyword and location and filterable by more than 70 sports from adaptive skiing and archery to wheelchair basketball, with list and map views.

**WHO IT HELPS**

Americans with physical, visual or intellectual disabilities — including veterans and children — who want to try a sport with adapted equipment and trained instructors, and families looking for a local programme.

Free to search; many member programmes are free or low-cost thanks to grants and donations, with some charging per session or season.

### ParalympicsGB Every Body Moves — Find a disability sport activity near you (United Kingdom)

https://everybodymoves.org.uk/find-a-local-activity

**WHAT IT DOES**

Every Body Moves is the British Paralympic Association's activity finder for disabled people, listing tens of thousands of local sessions, clubs and events running in the next two weeks. Enter a location or use your current position, then filter by activity type (swimming, wheelchair sports, yoga and Pilates and more), impairment type — hearing, learning, mental health, physical, social or behavioural, visual — distance, day and time.

**WHO IT HELPS**

Disabled people and those with long-term health conditions across the UK, their families and support workers, who want an inclusive local class or club rather than a generic gym.

Free to search; most listed sessions are low-cost community activities, with prices set by each provider. Note: Listings are supplied by activity providers, so details vary in accuracy; confirm with the organiser before travelling.

### Disability Sports Australia — Get Started in Sport: find a sport or organisation (Australia)

https://sports.org.au/resources/start-in-sport/

**WHAT IT DOES**

Disability Sports Australia's 'Get Started in Sport' hub walks you through five routes: find a national sport with a disability pathway, connect with a disability-specific sport organisation (for vision impairment, cerebral palsy, intellectual disability, deaf sport and more), find opportunities in your state or territory, explore wheelchair sport, or contact one of DSA's local member organisations.

**WHO IT HELPS**

Australians with any disability who want to try or return to sport, parents of children with disability, NDIS participants looking for recreation providers, and coaches wanting inclusive pathways.

Free to use; club fees vary and some programmes can be funded through NDIS plans. Note: A signposting hub rather than a postcode search; you choose a pathway and then follow links to sport-by-sport or state directories.

### Special Olympics — Find your local Program (international)

https://www.specialolympics.org/programs

**WHAT IT DOES**

Special Olympics offers year-round sports training and competition for people with intellectual disabilities aged eight and over, with Young Athletes for ages two to seven. The programme finder detects your location or lets you browse all accredited programmes by region — Africa, Asia Pacific, East Asia, Europe/Eurasia, Latin America, Middle East/North Africa and North America — down to country and, in the US, state, each linking to the local organisation.

**WHO IT HELPS**

People with intellectual disabilities of any age and ability, their families and carers, and volunteers or coaches; the movement spans more than 170 countries and over 200 programmes.

Free to search, and athletes are generally not charged to take part — several US programmes state that training, equipment and uniforms are free to registered athletes.

### International Paralympic Committee — National Paralympic Committees by country (international)

https://www.paralympic.org/npc

**WHAT IT DOES**

The IPC's list of its 185 National Paralympic Committees, searchable and alphabetical from Afghanistan to Zimbabwe, each linking to a profile page with the committee's website and contacts. NPCs are the national gateways to para sport: most run or signpost find-a-club and classification pathways for people with physical, visual and intellectual impairments at every level, not just elite.

**WHO IT HELPS**

People with an impairment anywhere in the world who want to find organised para sport in their country, and parents, teachers or clinicians looking for the right national contact.

Free to browse; club and programme costs depend on the national committee and sport. Note: Lists national committees, not clubs or sessions; some NPCs focus on elite athletes, so you may need to follow their links to grassroots partners.

### Achilles International — Find a Chapter: running & walking with disabilities (international)

https://www.achillesinternational.org/find-a-chapter

**WHAT IT DOES**

Achilles International pairs athletes with disabilities with volunteer guides to run, walk or roll together at weekly workouts and in mainstream races. Its chapter directory is grouped by US state — 33 chapters across 21 states plus DC — and by country, with 34 international chapters in 17 countries including Australia (Brisbane, Sydney, Melbourne), New Zealand, Canada, the UK, Brazil and Japan, each with meeting details or a contact.

**WHO IT HELPS**

Adults and children with any disability — visual impairment, amputation, cerebral palsy, stroke, autism and more — who want to start moving in a supportive group, and able-bodied runners who want to volunteer as guides.

Free to join and attend workouts; chapters are volunteer-run and funded by donations. Note: Some chapter entries are incomplete ('coming soon' or a contact name only) and many ask you to email before turning up.

### Halberg Foundation — Parafed Network: regional disability sport organisations (New Zealand)

https://halberg.co.nz/club/parafed-network/

**WHAT IT DOES**

The Halberg Foundation lists New Zealand's twelve regional Parafeds and disability sport organisations — from Parafed Northland and Disability Sport Auckland to Parafed Canterbury, Parafed Otago and Inclusive Activity Murihiku — each with a link to its website. Parafeds run local sport and recreation sessions for disabled people and lend adaptive equipment; the Foundation's wider Club Halberg programme adds activity grants and advisers for young people.

**WHO IT HELPS**

Disabled New Zealanders of all ages wanting local sport or recreation, and families of young people with physical disabilities who may qualify for Halberg Activity Fund grants.

Free to browse; Parafed memberships and sessions are usually low-cost, and Halberg Activity Fund grants can cover fees and equipment for eligible young people. Note: Website links only, with no phone or email per organisation; the Activity Fund is for young people with physical disability, not all ages or impairments.

## Yoga, Pilates, Tai Chi & Mind-Body Movement — Registered Teachers & Therapists

### Yoga Alliance — Find a Yoga Teacher directory (international)

https://yogaalliance.org/find-a-yoga-teacher/

**WHAT IT DOES**

Yoga Alliance's directory of Registered Yoga Teachers worldwide lets you search by designation — RYT 200, RYT 500, experienced E-RYT levels, Registered Children's (RCYT) and Prenatal (RPYT) teachers — with a plain 'definition of terms' tab explaining what each credential means; profiles show training, location and contact details. RYT 200 marks a teacher who has completed a foundational 200-hour training with a Registered Yoga School.

**WHO IT HELPS**

Anyone wanting to check a yoga teacher's training background or find registered teachers, especially beginners, pregnant students or parents choosing children's yoga, in any country.

Free to search; class prices are set by teachers and studios. Note: Registration records training hours completed with a registered school; it is not a licence or competency exam, and teachers pay annual fees to stay listed, so absence does not mean a teacher is unqualified.

### IAYT — Find a Certified Yoga Therapist (C-IAYT) (international)

https://www.iayt.org/search/custom.asp?id=4160

**WHAT IT DOES**

The International Association of Yoga Therapists certifies yoga therapists (C-IAYT) who have completed an IAYT-accredited programme of at least 800 hours in using yoga for health conditions. The finder lets you choose a country, then a state or province, city or the first digits of a postal code, or search by name, and returns up to 1,000 therapists with their town, country and postcode.

**WHO IT HELPS**

People who want yoga adapted to a health condition — back pain, anxiety, cancer recovery, chronic illness — delivered one-to-one or in small groups by someone trained clinically, and clinicians seeking referral partners.

Free to search; yoga therapy sessions are private-pay, with some therapists working inside hospitals or clinics. Note: Yoga therapy is not a regulated health profession; C-IAYT is a voluntary certification and most listings are in the US, with thinner coverage elsewhere.

### Yoga Australia — Find a Registered Teacher (Australia)

https://yogaaustralia.org.au/teachers/

**WHAT IT DOES**

Yoga Australia's directory of registered teachers, filterable by teaching level — Level 1 (350 hours), Level 2 (500 hours) and Level 3 Senior (1,000 hours) — and by specialist standards including Yoga Therapy, Children's Yoga, Private Health (teachers whose classes qualify for health fund rebates) and Registered Mentor, with meditation, pranayama and prenatal categories coming. Registered teachers commit to safe, effective practice and continuing education.

**WHO IT HELPS**

Australians starting yoga who want a teacher with verified training, people with injuries or health conditions looking for a yoga therapist, and those wanting classes eligible for health insurance rebates.

Free to search; class and therapy fees are set by teachers, with some private health extras rebates for eligible teachers. Note: Voluntary registration — many good teachers are not members. The page now lives at yogaaustralia.org.au/teachers/ (the old search address redirects there).

### NPCP — Find a Nationally Certified Pilates Teacher (US & international)

https://nationalpilatescertificationprogram.org/NPCP/Directory/CertifiedTeachersList.aspx

**WHAT IT DOES**

The NPCP runs the only third-party-accredited Pilates teacher certification exam, and its public list shows more than 4,200 Nationally Certified Pilates Teachers (NCPT) and Pilates Mat Certified teachers. Search by first or last name, city, state, ZIP code, country or certification type; results show certification ID, certified-since and expiry dates so you can confirm someone is current.

**WHO IT HELPS**

People choosing a Pilates teacher for rehabilitation, bone health or general conditioning who want a credential independent of any one training school, in the US and the growing number of countries with NCPTs.

Free to search; session prices are set by teachers and studios. Note: Coverage is mainly US; many excellent teachers hold school-specific certifications (STOTT, BASI, Polestar) rather than the NCPT exam, so absence here is not a red flag.

### International Feldenkrais Federation — national Feldenkrais guilds by country (international)

https://feldenkrais-method.org/member-organisations/

**WHAT IT DOES**

The Feldenkrais Method teaches gentle, attention-based movement lessons (Awareness Through Movement classes and hands-on Functional Integration) used for pain, balance, neurological conditions and simply moving more easily. The IFF lists its 28 national guilds and associations — including the Australian Feldenkrais Guild, Feldenkrais Guild UK and Feldenkrais Guild of North America — with contacts and websites, and tells you to contact your national association to find a certified practitioner.

**WHO IT HELPS**

People with chronic pain, stiffness, neurological conditions or anxiety about movement who want a slow, exploratory approach, and anyone wanting a practitioner who completed an accredited multi-year training.

Free to browse; group classes are usually inexpensive and individual lessons are private-pay. Note: An umbrella list — you must go to the national guild's own directory to find a practitioner near you.

### STAT — Find an Alexander Technique teacher near me (United Kingdom)

https://alexandertechnique.co.uk/searchgeo

**WHAT IT DOES**

The Society of Teachers of the Alexander Technique's map-based finder takes an address and search radius, optionally a teacher's name, and whether you want private lessons or a course, then shows STAT-registered teachers nearby. The Alexander Technique teaches you to notice and change habits of posture and tension; only teaching members who completed a STAT-approved three-year training and follow its rules may use the STAT seal.

**WHO IT HELPS**

People in the UK and Ireland with back or neck pain, repetitive strain, Parkinson's or performance-related tension who want to learn to move with less effort, including musicians, actors and desk workers.

Free to search; lessons are private-pay, typically booked as a series, with some teachers offering concessions. Note: Covers STAT members, mainly in the UK; for other countries use STAT's affiliated societies such as AmSAT (US) or AUSTAT (Australia).

### Taoist Tai Chi Society — Find a Location in 25 countries (international)

https://www.taoisttaichi.org/find-a-location/

WHAT IT DOES

The Taoist Tai Chi Society teaches a 108-move tai chi set in volunteer-led community classes, with beginner sessions offered year-round. The location finder lets you pick from 25 countries — Australia, New Zealand, the UK, Ireland, the US, Mexico, Costa Rica, Malaysia and much of Europe — then a city or town, with a map view and addresses; Canada has its own site linked from the page.

WHO IT HELPS

Older adults, people recovering from illness or managing arthritis, balance problems or stress, and anyone who wants gentle, sociable movement that can be learned slowly in a group.

Free to search; classes are run by a charity and funded mainly by modest membership fees and donations, with reduced rates commonly available. Note: A single organisation's branch locator (the Fung Loy Kok Institute of Taoism is a religious charity) rather than an independent register of tai chi teachers; instructors are trained volunteers.

## Getting Started Safely — Guidelines, Pre-Exercise Screening & Exercise for Mental Health

### World Health Organization — Physical activity fact sheet & guidelines (international)

https://www.who.int/news-room/fact-sheets/detail/physical-activity

WHAT IT DOES

WHO's fact sheet summarises the global guidelines on physical activity and sedentary behaviour: adults should do at least 150 minutes of moderate-intensity activity a week, muscle strengthening benefits everyone, and 'any amount of physical activity is better than none; all physical activity counts'. It sets out the health benefits, how many people fall short (31% of adults, 80% of adolescents) and links to the full age-specific guidelines.

WHO IT HELPS

Anyone who wants the authoritative baseline for how much movement is enough, including people with chronic conditions or disabilities, before they talk to a clinician or trainer.

Free.

### PAR-Q+ Collaboration — Physical Activity Readiness Questionnaire for Everyone (international)

https://eparmedx.com/

WHAT IT DOES

The official home of the PAR-Q+, the evidence-based pre-participation screening questionnaire used by exercise professionals worldwide, and its follow-on ePARmed-X+. Seven general health questions clear most people for unrestricted activity; a 'yes' leads to condition-specific follow-ups and, if needed, to the online ePARmed-X+ or a qualified exercise professional. Fillable PDF and online versions are provided, with translations including Chinese and Vietnamese.

WHO IT HELPS

Anyone about to start or step up exercise who wants an honest check on whether to see a doctor or exercise professional first, and trainers, physios and GPs who need the current official form.

Free to complete online or download; the site asks that you use only the official current version.

### Australian Department of Health — 24-hour movement guidelines for all Australians (Australia)

https://www.health.gov.au/topics/physical-activity/24-hour-movement-guidelines-for-all-australians

**WHAT IT DOES**

The Australian Government's official guidelines on physical activity, sedentary time and sleep across the whole day, with separate pages for infants and preschoolers, children and young people, adults (18–64), pregnancy, older adults (65+), people with disability and people with chronic conditions. Adults are asked for 30 minutes or more of moderate-to-vigorous activity on most days plus muscle-strengthening on two or more days, with balance and mobility work for older adults.

**WHO IT HELPS**

Australians of any age wanting the national recommendation, parents, teachers, and health professionals who need the official printed resources, which can be ordered from the page.

Free, including printed brochures ordered through the page.

### Moving Medicine (FSEM) — Patient Information Finder: activity leaflets by condition (UK)

https://movingmedicine.ac.uk/consultation-guides/patient-information-finder/

**WHAT IT DOES**

Moving Medicine, built by the UK Faculty of Sport and Exercise Medicine, helps clinicians have better conversations about physical activity. The Patient Information Finder picks an age group (adult, child, young person) and one or more conditions — asthma, cancer, diabetes, depression, anxiety, dementia, stroke, Parkinson's, MSK pain, menopause, pregnancy and more — and returns evidence-based leaflets written for patients explaining what activity is safe and worthwhile for that condition.

**WHO IT HELPS**

People with a diagnosed condition who want trustworthy, condition-specific reassurance about exercising, and GPs, nurses and physios who want something to hand to patients.

Free. Note: Written primarily for UK healthcare professionals to share, so some leaflets reference NHS services; the advice itself is general.

### Exercise Right (ESSA) — Find health information: exercise and your condition (Australia)

https://exerciseright.com.au/condition-search/

**WHAT IT DOES**

Exercise Right is ESSA's public health site, and this library covers about thirty conditions and life stages — diabetes, osteoarthritis, osteoporosis, cancers, lung conditions, Parkinson's, stroke, kidney disease, hypertension, fibromyalgia, menopause, pregnancy, ADHD, autism, dementia, anxiety, PTSD and mental health — each written by accredited exercise professionals, explaining why exercise helps, what kind to do and when to get professional guidance.

**WHO IT HELPS**

Anyone newly diagnosed and wondering whether exercise is safe for their condition, and carers or clinicians who want plain-language Australian information to share.

Free.

### Mind — How to get physically active for your mental health (United Kingdom)

https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/tips-for-getting-physically-active/

**WHAT IT DOES**

Mind's guide to starting activity when you live with a mental health problem: what to think about first (environment, alone or with others, realistic goals, triggers), how medication, eating problems, anxiety or panic can affect exercise, warning signs to stop, and a menu of options from everyday movement and outdoor activity to structured programmes and clubs. Its refrain is 'any physical activity is better than no physical activity'.

**WHO IT HELPS**

People with depression, anxiety or other mental health conditions who find standard fitness advice does not account for low motivation, medication or fear of judgement, and the friends or workers supporting them.

Free.

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# Activity & Wellness Groups

MOVE YOUR BODY, HEAL YOUR MIND

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Physical activity, fasting, and mindfulness are powerful metabolic interventions. These groups provide structured, supportive environments for implementing these healing practices.

## Walking & Hiking Communities

### Walk With A Doc

https://walkwithadoc.org/

**WHAT IT DOES**

Free walking programs in communities around the world, led by local doctors, other healthcare providers or medical students: walk (or roll), hear about a current health topic and meet people.

**WHO IT HELPS**

Anyone looking to improve their health through walking and connect with local doctors.

Free.

### parkrun

https://www.parkrun.com/

**WHAT IT DOES**

Free, weekly, community events all around the world (5k on Saturday mornings, plus junior parkrun 2k on Sundays for ages 4–14). Walkers are actively welcomed.

**WHO IT HELPS**

People of all ages and abilities looking for a supportive community to walk or run with.

Free.

### European Hiking Federation (ERA)

https://www.era-ewv-ferp.org/

**WHAT IT DOES**

Pan-European organization promoting walking, hiking, and trail access across Europe. Coordinates the network of European Long Distance Paths (E-paths).

**WHO IT HELPS**

Europeans seeking organized walking routes and hiking communities.

Free resources; membership through national organizations.

### Ramblers Wellbeing Walks (UK)

https://www.ramblers.org.uk/go-walking/wellbeing-walks

**WHAT IT DOES**

Free, short group walks designed for health and wellbeing, held across England and Wales — hundreds every week, with no need to book.

**WHO IT HELPS**

People in England and Wales looking for gentle, social walks for their physical and mental health.

Free; Ramblers membership is optional.

### Heart Foundation Walking (Australia)

https://www.heartfoundationwalking.org.au/

**WHAT IT DOES**

One of Australia's largest free walking programs: join a local walking group, or follow a Personal Walking Plan on your own, with tips, tools and support.

**WHO IT HELPS**

Australians looking for safe, social walking groups to improve cardiovascular and mental health.

Free.

### Arthritis Foundation Walk With Ease

https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease

**WHAT IT DOES**

The Arthritis Foundation's walking program for people with arthritis, done on your own (self-guided) or with a group: make a walking plan that suits you, stay motivated, manage pain and learn to exercise safely.

**WHO IT HELPS**

Individuals with arthritis or chronic joint pain.

Free self-guided materials on the site; check it for the guidebook and class options. US-based program.

### HIKE for Mental Health

https://ihike.org/

**WHAT IT DOES**

Organizes hikes to raise funds for mental health research and trail preservation.

**WHO IT HELPS**

Hikers in the United States wanting to support mental health causes and find community.

Free to register, but most hikes have a sponsorship (fundraising) amount to meet by hike day.

### GoodGym

https://www.goodgym.org/

**WHAT IT DOES**

Combines exercise with community service: members run, walk, or cycle to help isolated older people and community projects.

**WHO IT HELPS**

People in the UK seeking purposeful exercise that benefits their community and mental health.

Free to join; members can choose to donate.

## Biohacking & Wellness Communities

**Before you start:** Fasting, cold exposure and breathing practices can be risky. Check with your doctor first if you take regular medicines, are pregnant or have a heart, lung or blood-pressure condition, and never practise breath-holding in water.

### The Fasting Method Community

**Caution:** Long or water-only fasts can be dangerous. Only fast with your own doctor's agreement and medical supervision, and not at all if you are pregnant, underweight, have had an eating disorder, or take medicines for diabetes or blood pressure without your doctor adjusting them.

https://www.thefastingmethod.com/community/

WHAT IT DOES

An online fasting community with more than 20 live, coach-hosted meetings a week, coach-led support and monthly fasting challenges.

WHO IT HELPS

People using fasting for weight loss, type 2 diabetes and metabolic health.

Paid membership (monthly, annual or lifetime) — check current prices and any free trial on the site. Note: If you take medication for diabetes or blood pressure, talk to your doctor before fasting — doses often need changing.

### Zero – Fasting & Food Tracker

https://zerolongevity.com/

WHAT IT DOES

Fasting and nutrition tracker app designed to help users lose fat, protect muscle, and build healthy habits through intermittent fasting and protein tracking.

WHO IT HELPS

Individuals seeking a structured fasting and nutrition tracking tool for weight management and habit formation.

Free basic version; a premium subscription is available.

### Mayo Clinic Connect – LCHF Living & Intermittent Fasting Support Group

https://connect.mayoclinic.org/group/lchf-living-intermittent-fasting/

WHAT IT DOES

An online forum hosted and moderated by Mayo Clinic for patients and caregivers sharing information about LCHF living and intermittent fasting.

WHO IT HELPS

Patients and caregivers seeking peer support in a community hosted by Mayo Clinic.

Free. Note: Activity is low: when checked in November 2026, the newest discussion in the group was from November 2025.

### Wim Hof Method Community

**Caution:** Never do the breathing exercises in or near water, in a bath, while driving or standing up: you can faint without warning. Ask your doctor before cold exposure if you have a heart condition, high blood pressure or are pregnant.

https://www.wimhofmethod.com/

WHAT IT DOES

Global community practicing the method's three pillars — breathing, cold exposure, and commitment (mindset) — for immune regulation and mental resilience. Safety warning: never practice the breathing in or near water, in the shower, or while driving (blackouts have caused deaths). Avoid the breathing technique if you have a cardiovascular condition, epilepsy, are pregnant, or are prone to fainting.

WHO IT HELPS

Individuals seeking to improve stress resilience, recovery, and overall wellbeing through breathwork and cold exposure.

Free community groups; paid courses available.

## Adaptive Exercise & Movement Therapy

### Tai Chi For Health Institute

https://taichiforhealthinstitute.org/

**WHAT IT DOES**

Non-profit representing certified instructors of evidence-based Tai Chi programs for health and fall prevention.

**WHO IT HELPS**

Individuals seeking gentle, accessible movement therapy, including programs for arthritis, diabetes, osteoporosis, heart conditions, memory loss, back pain, and stroke recovery, as well as children's and workplace programs.

Fees vary by instructor and program.

### Qigong Institute

https://www.qigonginstitute.org/

**WHAT IT DOES**

A not-for-profit that has promoted the scientific understanding of qigong (and tai chi) through research and education since 1988, with research news and a database of scientific studies.

**WHO IT HELPS**

Individuals seeking traditional mind-body practices, as well as researchers, medical professionals, and policy makers.

Free resources; optional membership.

### Dance for PD (Parkinson's Disease)

https://danceforparkinsons.org/

**WHAT IT DOES**

Dance classes designed for people with Parkinson's, taught by Dance for PD-trained instructors in New York City and in hundreds of communities in about 30 countries, plus free interactive classes on Zoom.

**WHO IT HELPS**

Individuals with Parkinson's — along with their care partners, families, and friends — seeking to improve mobility, balance, and mood.

Many classes are free or low-cost; its Zoom classes are free.

### Rock Steady Boxing

https://rocksteadyboxing.org/

**WHAT IT DOES**

A non-contact, boxing-based fitness program designed specifically for people with Parkinson's disease.

**WHO IT HELPS**

Individuals with Parkinson's disease at all stages.

Varies by affiliate gym.

### Parkinson Wellness Recovery (PWR!)

https://www.pwr4life.org/

**WHAT IT DOES**

Online membership with Guided Plans, exercise classes, and Wellness Series webinars for PD, plus the in-person PWR!Gym in Tucson, Arizona.

**WHO IT HELPS**

Individuals with Parkinson's disease, and their care partners, seeking specialized exercise.

Paid online membership; the in-person PWR!Gym in Tucson has its own membership — check current prices on the site.

### LSVT BIG Physical Therapy

https://www.lsvtglobal.com/LSVTBIG

**WHAT IT DOES**

A standardized, one-on-one physical and occupational therapy protocol delivered by certified clinicians to improve movement in people with Parkinson's.

**WHO IT HELPS**

Individuals with Parkinson's and other neurological conditions.

Varies by provider. Note: Research on LSVT BIG has mainly involved people in the early to middle stages of Parkinson's.

### Cycling Without Age

https://cyclingwithoutage.org/

**WHAT IT DOES**

A worldwide movement providing joy and vitality to older adults through trishaw rides.

**WHO IT HELPS**

Elderly individuals and those with limited mobility.

Free.

### SilverSneakers

https://www.silversneakers.com/

**WHAT IT DOES**

Health and fitness program for adults 65+ included with many Medicare Advantage plans, offering gym access and online fitness classes.

**WHO IT HELPS**

Seniors — and some under-65 Medicare recipients with qualifying disabilities — seeking access to gyms, community fitness classes, and guided online workouts.

Free for eligible Medicare members.

### Couch to 5K (NHS)

https://www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/

**WHAT IT DOES**

A free NHS running plan for absolute beginners, guiding you to running 5km in 9 weeks.

**WHO IT HELPS**

Beginners in the UK looking to safely start running.

Free.

### Adaptive Training Foundation

https://www.adaptivetrainingfoundation.org/

**WHAT IT DOES**

A donor-funded training program in Carrollton, Texas, for veterans with service-connected disabilities, people living with limb loss and people with spinal cord injuries — through its 9-week REDEFINE program and a 10-day intensive camp.

**WHO IT HELPS**

Veterans, amputees, people with spinal cord injuries, youth, and others needing modified exercises to safely build strength.

100% free for accepted athletes (donor-funded).

### Yoga With Adriene

https://www.youtube.com/@yogawithadriene

**WHAT IT DOES**

Massive online community offering free yoga videos, including gentle and restorative practices.

**WHO IT HELPS**

Anyone looking to practice yoga safely at home.

Free on YouTube; an optional paid membership (Find What Feels Good) is also offered.

## Meditation, Mindfulness & Brain Retraining

**Before you start:** These programmes don't replace medical care. If meditation brings up distressing memories or feelings, slow down or stop, and talk to someone you trust or a professional.

### Palouse Mindfulness (Free MBSR)

https://palousemindfulness.com/

**WHAT IT DOES**

A free online 8-week course based on Mindfulness-Based Stress Reduction (MBSR), created by a fully certified MBSR instructor; more than 8,000 people in 120 countries have completed it. It is not an official UMass MBSR course.

**WHO IT HELPS**

Individuals dealing with chronic pain, illness, anxiety, and stress.

100% Free.

### Curable App

https://www.curablehealth.com/

**WHAT IT DOES**

Evidence-based chronic pain lessons using pain science education and brain retraining techniques.

**WHO IT HELPS**

Individuals suffering from chronic pain and persistent symptoms.

Free trial, then a paid subscription — check current prices.

### The Gupta Program

**Caution:** Not a substitute for medical diagnosis or treatment, and the evidence for these programmes is limited. Keep seeing your own doctor about your symptoms.

https://guptaprogram.com/

**WHAT IT DOES**

A brain retraining program, based on the theory of amygdala and insula retraining, for chronic fatigue, long COVID, and fibromyalgia. Evidence for its effectiveness remains limited.

**WHO IT HELPS**

Patients with ME/CFS, Long COVID, fibromyalgia, multiple chemical sensitivities, and other neuro-immune conditions.

Paid program, with a money-back guarantee — check its terms on the site.

### Dynamic Neural Retraining System (DNRS)

**Caution:** Not a substitute for medical diagnosis or treatment, and the evidence for these programmes is limited. Keep seeing your own doctor about your symptoms.

https://retrainingthebrain.com/

WHAT IT DOES

A self-directed, drug-free program based on the theory of neuroplasticity and limbic system retraining.

WHO IT HELPS

Individuals with conditions the program attributes to "limbic system impairment" (a founder-coined term, not a recognized medical diagnosis), such as chronic fatigue, multiple chemical sensitivities, and chronic pain.

Paid program, online or in person — check current prices on the site.

### Headspace Pain Management

https://www.headspace.com/articles/headspace-for-pain-management

WHAT IT DOES

A specialized meditation pack focused on changing your relationship with chronic pain.

WHO IT HELPS

Individuals seeking mindfulness techniques to cope with physical pain.

Part of a paid Headspace subscription.

### Living Mindfully With Illness Together Sangha

https://imcw.org/living-mindfully-with-illness-together-sangha/

WHAT IT DOES

A meditation group for people living with chronic illness — whether in an acute phase, in remission, or supporting someone as a caregiver. Some prior meditation experience is expected.

WHO IT HELPS

Patients seeking spiritual and emotional support.

Free/Donation-based.

### Meditation Chapel

https://meditationchapel.org/

WHAT IT DOES

A free online multi-faith community of contemplatives: meditation groups from any faith tradition use its online chapels, and anyone can join any group.

WHO IT HELPS

Anyone seeking a quiet, supportive virtual space for regular meditation.

Free.

## Nature Therapy

### Outdoor Swimming Society

https://www.outdoorswimmingsociety.com/

WHAT IT DOES

A community for outdoor swimmers, founded in 2006 and now with more than 200,000 members, sharing information on swimming outdoors, access to open water, events and water safety.

WHO IT HELPS

Outdoor swimmers of every kind, with guidance on cold-water safety and getting used to cold water.

Free community resources.

### The Forest Bathing Institute

https://tfb.institute/

**WHAT IT DOES**

A UK research, events, and training organization focusing on forest bathing (Shinrin-yoku), including its proprietary "Forest Bathing+" approach and partnerships with the NHS and government bodies. Its main offering is guide training (typically 8–12 months).

**WHO IT HELPS**

Individuals seeking therapeutic benefits of mindful time in nature, and those training to become forest bathing guides.

Varies by event; guide training courses are paid, with payment plans — check current prices.

### Association of Nature and Forest Therapy (ANFT)

https://anft.earth/

**WHAT IT DOES**

Trains and certifies forest therapy guides worldwide, keeps a directory of its guides, and offers an introductory course.

**WHO IT HELPS**

Those looking for guided therapeutic nature experiences.

Varies by guide; guide training and certification are paid.

### Green Gym (TCV)

https://www.tcv.org.uk/greengym/

**WHAT IT DOES**

Weekly outdoor sessions of about 3–4 hours, led by trained TCV leaders: gardening and conservation work from light to vigorous — planting trees, growing food, creating wildflower meadows, managing woodland — with a social tea break.

**WHO IT HELPS**

Individuals in the UK looking for outdoor exercise.

Free.

### Trellis Horticultural Therapy Alliance

https://trellishta.org/

**WHAT IT DOES**

Uses gardening and nature to enrich lives in the Atlanta/Decatur, Georgia area (distinct from the UK's Trellis Scotland).

**WHO IT HELPS**

People seeking therapeutic gardening, including those with mental health conditions, incarcerated individuals, and aging adults.

Free for participants (donor-funded 501(c)(3)).

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# Nutrition & Cooking Communities

FOOD AS MEDICINE

FOOD AS MEDICINE

# Nutrition & Cooking Communities

Dietary changes are foundational to metabolic therapy. These organizations provide the practical skills and community support needed to implement therapeutic diets.

## Dietary Protocol Communities

**Before you start:** Restrictive diets can change medicine needs quickly and aren't safe for everyone. Talk to your doctor first, especially if you take medicines for diabetes or blood pressure, are pregnant or have had an eating disorder.

### AIP Diet & Lifestyle Support Group

https://www.facebook.com/groups/aipdiet/

WHAT IT DOES

A private Facebook group, run by volunteer admins, for people following the Autoimmune Protocol (AIP) diet to share recipes, questions and experiences. Its admins say they are not medical professionals.

WHO IT HELPS

People with autoimmune conditions who follow, or are thinking about, the AIP diet. You ask to join with a Facebook account (it is a private group).

Free. (Facebook account required.). Note: The group was fairly quiet when checked on 7 November 2026, with only a few posts in the previous month.

### Carnivore Diet Community

**Caution:** An all-meat diet cuts out whole food groups and can change medicine needs within days. Talk to your doctor first, especially if you take medicines for diabetes or blood pressure, have kidney disease, are pregnant or have had an eating disorder.

https://carnivore.diet/community/

WHAT IT DOES

A community helping Carnivores stay motivated and troubleshoot.

WHO IT HELPS

Individuals using or exploring the carnivore diet for metabolic, autoimmune, or general health goals.

Paid membership — check the current price and any free trial on the site.

### World Carnivore Tribe

**Caution:** An all-meat diet cuts out whole food groups and can change medicine needs within days. Talk to your doctor first, especially if you take medicines for diabetes or blood pressure, have kidney disease, are pregnant or have had an eating disorder.

https://www.facebook.com/groups/worldcarnivoretribe/

WHAT IT DOES

A large public Facebook group where people following the carnivore (all-meat) diet share experiences, recipes and results. The carnivore diet is not endorsed by mainstream medical institutions, and its long-term effects have not been studied in trials.

WHO IT HELPS

People following or curious about the carnivore diet. Anyone can read the public group; joining and posting need a Facebook account.

Free. (Facebook account required.)

### Ketogenic Diet India

https://ketogenicdietindia.org/

**WHAT IT DOES**

A non-profit in India, founded by Dr Janak Nathan, that raises awareness of the ketogenic diet as a therapy, especially for epilepsy, through educational resources, patient support groups and community events across India.

**WHO IT HELPS**

Individuals in India seeking ketogenic diet support for epilepsy and other neurological and metabolic conditions.

Free resources.

## Cooking Classes & Culinary Education

### Food for Life (PCRM)

https://www.pcrm.org/good-nutrition/plant-based-diets/ffl

**WHAT IT DOES**

An exclusively plant-based (vegan) nutrition education and cooking class program run by the Physicians Committee for Responsible Medicine (PCRM), an advocacy organization. ("Award-winning" is PCRM's own description.)

**WHO IT HELPS**

Individuals looking to manage diabetes, cancer risk, and heart disease through nutrition.

Many classes free; some vary by instructor and location.

### Culinary Medicine Kitchen

https://centers.louisville.edu/aging/optimal-aging-clinic/wellness-and-lifestyle/culinary-medicine-kitchen

**WHAT IT DOES**

The University of Louisville Trager Institute's Culinary Medicine Kitchen, where health care professionals, students and community members get hands-on cooking experience — with community cooking classes and demonstrations you can register for.

**WHO IT HELPS**

People in the Louisville area who want to learn to cook for their health, and health care professionals and students learning culinary medicine.

See the class listings for any fees.

## Meal Prep & Food Support

### Project Angel Food

https://angelfood.org/

**WHAT IT DOES**

Prepares and delivers healthy, medically tailored meals to feed people impacted by serious illness in Los Angeles County only.

**WHO IT HELPS**

Individuals whose illnesses prevent them from shopping or cooking.

Free for eligible clients.

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# Gut Health & the Microbiome — Specialists, Evidence & Communities

GUT HEALTH

GUT HEALTH

# Gut Health & the Microbiome — Specialists, Evidence & Communities

The gut–brain connection is real, the science is young, and the marketing is years ahead of the evidence. This chapter steers between the two. It lists the societies and registers through which you can find a gastroenterologist or a dietitian trained in the low-FODMAP diet and other evidence-based approaches; the independent sources — ISAPP, the Cochrane Library, the World Gastroenterology Organisation, the NIH and the yearly Clinical Guide to Probiotic Products — that say plainly which probiotics have evidence for what; the honest answer on consumer microbiome tests (not yet clinically useful, according to both the US standards agency NIST and European consensus); the regulated routes to faecal microbiota transplantation, which guidelines recommend only for recurrent C. difficile outside clinical trials; the national and umbrella patient organisations for IBS, inflammatory bowel disease and coeliac disease; and the psychogastroenterology directory for finding a therapist who treats disorders of gut–brain interaction. Nothing here replaces your own clinician — changing medication, starting FMT or a restrictive diet is something to do with one. Every page was opened and checked before it was added.

## Gastroenterologists & Digestive-Health Services — Find a Specialist

### American College of Gastroenterology — Find a Gastroenterologist (United States)

https://gi.org/patients/find-a-gastroenterologist/

WHAT IT DOES

The American College of Gastroenterology's patient-facing directory for locating an ACG member gastroenterologist near you. Search by location to find GI physicians who belong to the College — useful if you are in the US and want a specialist for IBS, IBD, coeliac disease, reflux or recurrent C. difficile without relying on advertising or review sites.

WHO IT HELPS

People in the United States who need a gastroenterologist, and carers helping someone find one; listings show practice details, not rankings or reviews.

Free to search; consultations are billed by the practice and usually covered by insurance. Note: Lists ACG members only — a good gastroenterologist who is not a member will not appear.

### World Gastroenterology Organisation — Regional & national member society lists (global)

https://www.worldgastroenterology.org/membership/regional-affiliate-associations

WHAT IT DOES

The World Gastroenterology Organisation is the federation of more than 100 national gastroenterology societies. This page is the gateway to its four regional member lists (Africa/Middle East, Americas, Asia/Pacific, Europe), each naming the national society for every country with a link to its website — the right starting point when you need the official gastroenterology body in a country not covered elsewhere in this section.

WHO IT HELPS

Anyone, anywhere, trying to find the recognised national gastroenterology society for their country, including patients seeking a professional body to contact and clinicians relocating.

Free to browse; national societies' own specialist finders vary. Note: Lists societies, not individual doctors; some national societies have no website or no public finder.

### United European Gastroenterology — National and specialist member societies (Europe)

https://ueg.eu/about/our-members

**WHAT IT DOES**

United European Gastroenterology lists its 50 national gastroenterology societies — from Austria and Germany to Ireland, Poland and Portugal — and 17 specialist societies such as ECCO (IBD), ESGE (endoscopy), ESNM (neurogastroenterology) and ESPGHAN (paediatrics), each linking to that society's own website, where you will find clinical standards and, in many cases, member or centre listings.

**WHO IT HELPS**

People across Europe (including the UK and Ireland) looking for their national gastroenterology society or the European specialist body for IBD, motility disorders or paediatric gut disease.

Free to browse. Note: A few national societies have no website link; the page lists societies, not individual clinicians.

### British Society of Gastroenterology — Information for Patients (United Kingdom)

https://www.bsg.org.uk/information-for-patients

**WHAT IT DOES**

The British Society of Gastroenterology's patient page: it explains that the BSG cannot advise individuals, points you to Guts UK (the charity that grew out of the BSG) and its helpline, then lists contact details and websites for around 25 UK patient organisations covering coeliac disease, IBD, IBS, liver disease, pancreatic conditions and rare GI syndromes. Specialist referral in the NHS comes through your GP.

**WHO IT HELPS**

UK patients and families who want a vetted list of condition charities from the professional body itself, rather than from search results.

Free.

### Canadian Digestive Health Foundation — Digestive Conditions library (Canada)

https://cdhf.ca/en/digestive-conditions/

**WHAT IT DOES**

The Canadian Digestive Health Foundation's index of 26 plain-language condition pages — IBS, Crohn's, ulcerative colitis, coeliac disease, GERD, C. difficile, gastroparesis, lactose intolerance and a page on the microbiome — written for Canadians, with a free symptom-tracking app (myIBS). There is no specialist finder; in Canada you reach a gastroenterologist through your family doctor.

**WHO IT HELPS**

Canadians newly diagnosed or investigating gut symptoms, and families wanting readable, Canada-specific information before or after a specialist referral.

Free. Note: Charity partners include food, probiotic and pharmaceutical companies, and it runs a paid “CDHF Certified” product programme — read product mentions with that in mind.

### healthdirect — Service Finder: Australia's national directory of health services (Australia)

https://www.healthdirect.gov.au/australian-health-services

**WHAT IT DOES**

The Australian Government's healthdirect Service Finder searches the National Health Services Directory by service type and suburb or postcode — GPs (with a bulk-billing filter), hospitals, physiotherapy, psychiatry, pathology and the full list of services. In Australia a gastroenterologist or specialist gut dietitian is reached through a GP referral, so this is the practical first step: find a GP, then ask for the referral.

**WHO IT HELPS**

Anyone in Australia who needs a GP, hospital or allied-health service near them, including as the route to a gastroenterology referral.

Free; the listed services charge their own fees, many bulk-billed or Medicare-rebated. Note: Listings are self-registered by providers, and specialists are not always searchable by sub-specialty — ask your GP for the referral and use the finder for the practical details.

## Gut-Health Dietitians — FODMAP-Trained & Registered Dietitian Finders

### Monash University FODMAP — FODMAP Dietitians Directory (global)

https://monashfodmap.com/online-training/fodmap-dietitians-directory/

**WHAT IT DOES**

Monash University, which developed the low FODMAP diet for IBS, lists dietitians who have completed and passed its online FODMAP course. Filter by continent, face-to-face or online-only appointments, and language. Every listed dietitian must already be accredited by the dietetic body in their own country, so this is a sensible way to find someone trained to guide the diet properly, including the reintroduction phase.

**WHO IT HELPS**

People with IBS considering a low FODMAP diet anywhere in the world, and GPs or gastroenterologists who want to refer to a trained dietitian.

Free to search; dietitian fees vary by country and practitioner. Note: Monash states it "does not endorse the dietetic services" of those listed; completing the course is the only criterion beyond national accreditation.

### King's College London — FODMAPs & list of King's FODMAP-trained dietitians (United Kingdom)

https://www.kcl.ac.uk/slcps/our-departments/fodmap

**WHAT IT DOES**

King's College London adapted the low FODMAP diet for UK use and trains NHS and private dietitians through its courses. This page explains the diet plainly, stresses that it "is not recommended to be used without specialist dietary advice from a registered dietitian", and links to a regularly updated list of King's FODMAP-trained dietitians (published as a PDF) that you can use when choosing a UK dietitian.

**WHO IT HELPS**

UK adults with IBS who want a dietitian trained in the FODMAP approach, and health professionals looking for the courses.

Free to read and download the list; dietitian consultations are free on the NHS via referral or charged privately. Note: The dietitian list is a downloadable PDF rather than a searchable directory, and it covers only those who have taken King's courses.

### Dietitians Australia — Find a Dietitian (Australia)

https://dietitiansaustralia.org.au/find-dietitian

**WHAT IT DOES**

The national search for Accredited Practising Dietitians (APDs), with filters for location, telehealth and practice areas including irritable bowel syndrome. APD is the credential Medicare, private insurers and the NDIS recognise, so the search is a way to make sure the person advising you on IBS, coeliac or IBD diets is a regulated dietitian rather than a self-styled nutritionist.

**WHO IT HELPS**

Australians seeking a dietitian for gut conditions, including those on a GP Chronic Disease Management plan, and New Zealanders willing to use telehealth.

Free to search; consultations are paid, with Medicare rebates available under a GP management plan. Note: Dietitians Australia "relies on the professionals listed to provide true and correct information" and does not verify practice-area claims.

### British Dietetic Association — Find a Dietitian, freelance directory (United Kingdom)

https://www.bda.uk.com/find-a-dietitian.html

**WHAT IT DOES**

The British Dietetic Association's directory of around 450 freelance dietitians and dietetic companies, searchable by distance from your postcode and session type (in person, online, telephone, home visit), with clinical-expertise filters for gastroenterology, IBS and low FODMAP. Listed dietitians are BDA members, who must be HCPC-registered to use the protected title "dietitian" in the UK.

**WHO IT HELPS**

UK and Irish adults who want a private dietitian for IBS, IBD or coeliac disease, or who face long NHS waits for dietetic input.

Free to search; private fees are set by each dietitian. Note: Private practitioners only — NHS dietitians are reached by GP or consultant referral and will not appear here; check HCPC registration via the BDA's linked checker.

### Academy of Nutrition and Dietetics — Find a Nutrition Expert (United States)

https://eatright.org/find-a-nutrition-expert

**WHAT IT DOES**

The Academy's public directory of registered dietitian nutritionists (RDNs) and NDTRs who are Academy members, searchable by location, specialty, language and insurance or payment options. It is the straightforward way in the US to find a credentialed dietitian for IBS (including FODMAP work), coeliac disease, IBD or reflux, instead of an unregulated "nutritionist".

**WHO IT HELPS**

Americans looking for a registered dietitian, and clinicians referring patients; many listed RDNs offer telehealth across state lines where licensure allows.

Free to search; visits are paid or billed to insurance. Note: Only Academy members who opt in are listed; the fetched page did not show whether a specific IBS or gut-health specialty filter exists until you search.

### Dietitians of Canada — Find a Dietitian (Canada)

https://members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx?hkey=81abbd4d-e041-4223-8723-7af2d390f04c

**WHAT IT DOES**

Dietitians of Canada's public directory of member dietitians across all provinces and territories. Search by postal code, city or province, by language, and by health concern — "Digestion and GI nutrition" is one of the options — to find a regulated dietitian for IBS, IBD or coeliac disease.

**WHO IT HELPS**

Canadians who want a registered dietitian, particularly in private practice where no referral is needed.

Free to search; private consultations are paid, though many extended health plans cover them. Note: Lists members who opt in; dietitians in Canada are regulated provincially, so verify registration with your provincial college if in doubt.

### ICDA — National Dietetic Associations member list (global umbrella)

https://internationaldietetics.org/ndas/

**WHAT IT DOES**

The International Confederation of Dietetic Associations lists its roughly 50 national member associations — Australia, Canada, Japan, Korea, Mexico, Singapore, South Africa, the UK, the US and many more — with links to each association's website. When you need the recognised dietetic body in a country not covered above (for example Mexico's Colegio Mexicano de Nutriólogos), start here.

**WHO IT HELPS**

Anyone, anywhere, trying to locate the official dietetic association for their country before searching for a local dietitian.

Free. Note: India's association is not listed; a handful of entries have no website link, and not every national association runs a public finder.

### Indian Dietetic Association — Find a Registered Dietitian (India)

https://idaindia.com/registered-dietitians/

**WHAT IT DOES**

The Indian Dietetic Association's public register of dietitians who hold its RD credential, awarded after a national examination and supervised training. Names are grouped by state or city chapter (around 1,200 entries), so you can check whether a dietitian advising you on IBS, coeliac disease or IBD has passed the national RD exam.

**WHO IT HELPS**

People in India seeking a credentialed dietitian, and anyone wanting to verify an Indian dietitian's RD status.

Free to browse; consultation fees are set by each dietitian. Note: A plain name list filtered by chapter — no contact details, specialties or search box, and some duplicate entries.

### SNDA — List of Accredited Dietitians of Singapore (Singapore)

https://snda.org.sg/accreditations/dietitians

**WHAT IT DOES**

The Singapore Nutrition and Dietetics Association publishes its annual list of Accredited Dietitians of Singapore (ADS) by name and workplace. Dietetics is not state-registered in Singapore, so SNDA accreditation is the closest thing to a professional register when you want someone qualified to manage IBS, coeliac disease or IBD nutrition.

**WHO IT HELPS**

People in Singapore looking for a credentialed dietitian, or checking whether a hospital or private dietitian holds ADS status.

Free to view; consultation fees depend on the hospital or clinic. Note: Names and workplaces only — around 115 for 2026 — with no search, contact details or specialty filter.

## Microbiome Science — Trustworthy Evidence, Probiotic Guides & the Truth About Gut Tests

### ISAPP — Consumer resources on probiotics, prebiotics & fermented foods (global)

https://isappscience.org/for-consumers/

**WHAT IT DOES**

The International Scientific Association for Probiotics and Prebiotics explains what counts as a probiotic ("specific strains of living microorganisms at specific doses" with tested benefits), why not all fermented foods contain probiotics, how to read a label and how to choose a product, through infographics and short videos checked by academic scientists. It does not promote any company or product.

**WHO IT HELPS**

Anyone deciding whether a probiotic or prebiotic is worth trying, and clinicians wanting plain-language handouts.

Free. Note: ISAPP has industry members alongside its academic board, although the site states it does not recommend or endorse specific products.

### Gut Microbiota for Health (ESNM) — public science portal (global)

https://www.gutmicrobiotaforhealth.com/the-project/

**WHAT IT DOES**

A public portal on gut microbiota science run since 2012 by the European Society of Neurogastroenterology & Motility. Its News Watch section translates new research for the public in English, French and Spanish; Research & Practice and Food 4 Gut Health sections serve clinicians and dietitians; and there are infographics, videos, monthly newsletters and expert interviews.

**WHO IT HELPS**

Curious readers who want research news without hype, and dietitians or GPs who want a scientist-edited digest of microbiome studies.

Free. Note: Funded by Danone Research & Innovation and Biocodex (disclosed on its Funding page); editorial control sits with ESNM's scientific section.

### Clinical Guide to Probiotic Products — evidence-graded product charts (United States & Canada)

https://usprobioticguide.com/

**WHAT IT DOES**

An independently produced, evidence-graded chart of probiotic products actually sold in the United States (a sister chart, probioticchart.ca, covers Canada). Products are listed by indication — adult, women's and paediatric health, and functional foods — with strain, dose and a level-of-recommendation rating, updated yearly, so you can see which named products have trial evidence for antibiotic-associated diarrhoea, IBS or C. difficile prevention.

**WHO IT HELPS**

Pharmacists, GPs and dietitians choosing a probiotic for a patient, and consumers who want strain-level evidence rather than marketing claims.

Free on the web and as an app. Note: Only products marketed in the US or Canada appear; the chart renders in the browser, so the producer's name and the grading key were not visible in the fetched text and should be read on the site itself.

### NIH Office of Dietary Supplements — Probiotics fact sheet for consumers (United States)

https://ods.od.nih.gov/factsheets/Probiotics-Consumer/

**WHAT IT DOES**

A plain-English government fact sheet, updated November 2025, covering what probiotics are, which foods contain them, what the evidence says for IBS and antibiotic-associated diarrhoea ("might help", strain-dependent), who should be careful (preterm infants, seriously ill or immunocompromised people) and how to read a label — including why a higher CFU count is not automatically better.

**WHO IT HELPS**

Anyone weighing up a probiotic supplement, and carers of people with weakened immunity who need the safety warnings.

Free.

### World Gastroenterology Organisation — Global Guideline: Probiotics and Prebiotics (global)

https://worldgastroenterology.org/guidelines/probiotics-and-prebiotics

**WHAT IT DOES**

The World Gastroenterology Organisation's practice guideline on probiotics and prebiotics (2023 edition), with evidence tables of which strains and doses have trial support for specific adult and paediatric gut conditions. Written for clinicians but free, and available in English, French, Spanish, Portuguese, Russian and Mandarin — the most widely translated authoritative reference on the subject.

**WHO IT HELPS**

GPs, gastroenterologists, pharmacists and dietitians; motivated patients can use its tables to check a product's strain against the evidence.

Free to download. Note: A clinician-level document — there is no separate patient summary.

### Cochrane — Probiotics for preventing C. difficile diarrhoea, plain-language summary (global)

https://www.cochrane.org/evidence/CD006095_what-are-benefits-and-harms-probiotics-preventing-clostridioides-difficile-associated-diarrhea

**WHAT IT DOES**

Cochrane's plain-language summary of its September 2025 systematic review: across randomised trials, probiotics taken alongside antibiotics reduced C. difficile-associated diarrhoea from about 4% to 1.5% (moderate-certainty evidence), with the benefit seen mainly where baseline risk was above 5%, and probably no added harm. A model of how probiotic claims should be read: effect size, certainty and limitations stated plainly.

**WHO IT HELPS**

Patients and families facing a course of antibiotics in hospital, and clinicians deciding whether to recommend a probiotic.

Free.

### EUFIC — Microbiome testing: what it is, how it works and is it regulated? (Europe & global)

https://www.eufic.org/en/healthy-living/article/microbiome-testing-what-is-it-how-does-it-work-and-is-it-regulated

**WHAT IT DOES**

A plain-language explainer, written with the EU-funded Human Microbiome Action project, on the at-home gut microbiome tests sold online: what they measure, why the same stool sample can get contradictory 'diversity' scores from different companies, why bacteria–disease links are correlations rather than causes, and why the tests sit in a regulatory grey area. Its verdict: for curiosity, not for diagnosing or treating anything.

**WHO IT HELPS**

Anyone tempted by a consumer microbiome test or a supplement plan sold off the back of one, and clinicians who want a short page to share with patients.

Free to read.

### NIST — Evaluating the Analytical Performance of Direct-to-Consumer Gut Microbiome Tests (study, 2024)

https://www.nist.gov/publications/evaluating-analytical-performance-direct-consumer-gut-microbiome-testing-services

WHAT IT DOES

The US National Institute of Standards and Technology sent the same standardised stool material to seven commercial gut-microbiome testing services and compared what came back: results differed as much between companies as between different people, because of methodological variability and weak quality control. Published in Science (June 2024), it is the clearest independent evidence that consumer microbiome reports cannot yet be trusted to guide treatment.

WHO IT HELPS

People weighing up a paid microbiome test, and anyone who wants the primary evidence behind the advice to be cautious.

The NIST summary page is free; the full paper is in the journal Science (library access or purchase). Note: A research summary, not patient advice; the full article sits behind the journal's paywall.

## Regulated Microbiome Therapies — FMT Programs, Guidance & Clinical Trial Registries

### University of Birmingham — Microbiome Treatment Centre, MHRA-licensed FMT (United Kingdom)

https://www.birmingham.ac.uk/about/college-of-medicine-and-health/facilities/medicines-manufacturing-facility/microbiome-treatment-centre

WHAT IT DOES

The UK's first MHRA-licensed facility producing faecal microbiota transplant (FMT) under Good Manufacturing Practice, set up in 2017 inside the University of Birmingham's Medicines Manufacturing Facility. It explains what FMT is, why UK guidelines recommend it only for recurrent or refractory C. difficile, how NHS consultants request it on a named-patient basis, current trials (such as STOP-Colitis for ulcerative colitis) and how to become a donor.

WHO IT HELPS

UK patients with recurrent C. difficile who want to understand how their hospital obtains FMT, their consultants, and potential stool donors in the Birmingham area.

Supplied to hospitals at £1,300 per 50 ml aliquot; NHS patients do not pay. Note: Requests must come from a consultant clinician, not patients; FMT for conditions other than C. difficile is available in the UK only through clinical trials.

### NICE — FMT for recurrent C. difficile infection, guidance HTG638 (United Kingdom)

https://www.nice.org.uk/guidance/htg638

WHAT IT DOES

The National Institute for Health and Care Excellence's evidence-based recommendation that FMT be offered on the NHS for recurrent C. difficile infection, migrated unchanged from Medical Technologies Guidance 71 and last reviewed in August 2022. Reading it tells you what you are entitled to ask your hospital team about, and why FMT is not recommended outside C. difficile except in research.

WHO IT HELPS

UK patients and families dealing with repeated C. difficile episodes, and clinicians and commissioners implementing the pathway.

Free; NHS treatment is free at the point of care. Note: Written for health professionals and commissioners; it refers to related NICE guidance for the precise eligibility criteria rather than stating them on this page.

### TGA — Faecal microbiota transplant products: how they are regulated (Australia)

https://www.tga.gov.au/products/biologicals/faecal-microbiota-transplant-products/overview/faecal-microbiota-transplant-products-regulation

WHAT IT DOES

Australia's medicines regulator explains how FMT has been regulated since 1 July 2021: most products are Class 1 (made and used in the same hospital) or Class 2 (on the ARTG from a third-party supplier) biologicals, donors must be screened to Therapeutic Goods Order 105, and FMT cannot otherwise be supplied directly to the public. Essential context for anyone offered FMT outside a hospital or clinic.

WHO IT HELPS

Australians and New Zealanders considering FMT for C. difficile (or being marketed it for anything else), plus gastroenterologists and hospital pharmacists.

Free to read. Note: Written for manufacturers and clinicians rather than patients; it does not list which hospitals offer FMT.

### WHO International Clinical Trials Registry Platform — ICTRP search portal (global)

https://www.who.int/tools/clinical-trials-registry-platform/the-ictrp-search-portal

WHAT IT DOES

The World Health Organization's single search point across the world's primary clinical trial registries (ANZCTR, ISRCTN, EU, Chinese, Indian, Japanese and others), so you can look up recruiting microbiome, FMT, probiotic or IBD trials in any country without checking each registry separately. Also the place to confirm that a "study" a clinic quotes is actually registered.

WHO IT HELPS

Patients and families looking for a trial of FMT or microbiome therapies for IBD, IBS or C. difficile, and clinicians advising them.

Free. Note: Records are in English only and summarise each trial briefly — follow the link to the originating registry for contact details.

### ANZCTR — Australian New Zealand Clinical Trials Registry (Australia & New Zealand)

https://www.anzctr.org.au/default.aspx

WHAT IT DOES

The public registry of clinical trials under way in Australia and New Zealand (and some elsewhere), with basic and advanced search. Each record lists the condition, eligibility criteria and a public contact you can approach, so people with IBD, IBS or C. difficile can find local FMT, diet or probiotic trials — and check that a trial they have been offered is registered.

WHO IT HELPS

Australians and New Zealanders interested in joining gut-health research, and clinicians looking for referral options.

Free to search.

## IBS, IBD, Coeliac & Gut–Brain Disorders — Patient Organisations & Umbrella Federations

### IFCCA (formerly EFCCA) — National Crohn's & colitis associations (global umbrella)

https://www.ifcca-ibd.org/members

WHAT IT DOES

The International Federation of Crohn's & Ulcerative Colitis Associations — until recently the European federation EFCCA — lists its 51 national patient associations by region: 36 across Europe, eight in the Americas (Argentina, Brazil, Chile, Colombia, Costa Rica, Mexico, Trinidad & Tobago, Uruguay), Israel and Lebanon, and Australia, New Zealand, Singapore and Kazakhstan, with each association's website or contact.

WHO IT HELPS

People with Crohn's disease or ulcerative colitis anywhere who want their national patient association, and those moving between countries.

Free. Note: Some entries show only an email or social-media page; the US foundation is not a member (it is listed separately in this directory).

### Crohn's & Colitis UK — Information about Crohn's and Colitis (United Kingdom)

https://www.crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis

**WHAT IT DOES**

The UK's leading IBD charity's information hub: understanding Crohn's and colitis, symptoms, treatments, surgery, living with the conditions, work and education, benefits and finances, and supporting someone, plus downloadable booklets. The helpline (0300 222 5700, weekdays 10am–3pm, by phone, email or live chat) listens and signposts, and is clear that it is not medically trained.

**WHO IT HELPS**

People in the UK with Crohn's or ulcerative colitis, parents of children with IBD, partners and employers.

Free; optional membership from £15 a year.

### IFFGD — International Foundation for Gastrointestinal Disorders (United States)

https://iffgd.org

**WHAT IT DOES**

Founded in 1991 by a patient, IFFGD publishes reviewed information on functional and motility disorders — IBS, functional dyspepsia, GERD, gastroparesis, constipation, incontinence — through its main site and sister sites such as aboutibs.org, with a publications library, videos, Spanish-language material, a dietitian listing and a provider-finder link, and it funds research and advocacy in Washington.

**WHO IT HELPS**

People in the US (and English-speakers elsewhere) living with IBS or other disorders of gut–brain interaction, and families trying to understand them.

Free. Note: Its Industry Council includes AbbVie, Ironwood, Pfizer, Takeda and others (disclosed on the site); provider and dietitian listings are self-submitted.

### Guts UK — Information about digestive conditions and symptoms (United Kingdom)

https://gutscharity.org.uk/advice-and-information/

**WHAT IT DOES**

Guts UK, the national charity for the digestive system (it grew out of the British Society of Gastroenterology), offers PIF TICK-accredited information on more than 40 conditions and symptoms across gut, liver and pancreas, a helpline (0300 102 4887) for guidance and signposting, printed leaflets for clinics, patient stories and a "Poo-Torial" tool. It is also one of the few UK charities funding research across all digestive conditions.

**WHO IT HELPS**

Anyone in the UK with gut symptoms who wants trustworthy information before or after seeing a GP, including those with IBS, reflux, coeliac disease or IBD.

Free.

### Gastrointestinal Society (badgut.org) — Canada's digestive-health charity: information, helpline & groups (Canada)

https://badgut.org/

**WHAT IT DOES**

The Gastrointestinal Society, run with the Canadian Society of Intestinal Research, is Canada's charity for digestive health — 'all things gum to bum'. Its site holds a plain-English library on conditions from IBS and IBD to reflux, coeliac disease and C. difficile, the Inside Tract newsletter, patient surveys and free online support groups, with bilingual (English/French) material.

**WHO IT HELPS**

Canadians with chronic digestive conditions and their families; much of the material is useful to any English-speaking reader.

Free; donations optional.

### Celiac Disease Foundation — Find a Healthcare Practitioner (United States)

https://celiac.org/about-celiac-disease/find-a-healthcare-practitioner/

**WHAT IT DOES**

A free US directory of physicians, dietitians, mental-health and allied-health professionals who treat coeliac disease, searchable by address within 25–100 miles, name and specialty (gastroenterology, paediatric gastroenterology, dietetics). The Foundation verifies that each listed practitioner holds a valid licence and marks those in a Celiac Disease Recognized Unit of Excellence or with documented coeliac continuing education.

**WHO IT HELPS**

Americans with coeliac disease or suspected gluten-related disorders who need a clinician familiar with the condition, and parents of newly diagnosed children.

Free to search; visits are paid or insured. Note: Practitioners submit their own listings; licence verification is drawn from state boards and the Foundation disclaims endorsement.

### Coeliac Australia — Coeliac disease explained, fact sheets & helpline (Australia)

https://coeliac.org.au/learn/coeliac-disease/

**WHAT IT DOES**

Australia's national coeliac charity explains the condition ("approximately 1 in 70 Australians have coeliac disease… only 20% are diagnosed"), why diagnosis must come before going gluten-free, and how it differs from non-coeliac gluten sensitivity and IBS, with multilingual fact sheets and a self-assessment quiz. The helpline (1300 458 836) and membership give ongoing support; its health-professionals hub covers testing and the gluten challenge.

**WHO IT HELPS**

Australians (and New Zealanders using the material) with diagnosed or suspected coeliac disease, their families, and GPs wanting a testing pathway.

Free information and helpline; membership is paid. Note: No dietitian finder or local support-group listing on the site — use Dietitians Australia for an APD; the charity also runs a paid food-endorsement and restaurant-accreditation programme.

### Association of European Coeliac Societies (AOECS) — Member societies (Europe & affiliates)

https://www.aoecs.org/about-us/members/

**WHAT IT DOES**

The Association of European Coeliac Societies lists its 40 full member societies across Europe — from Ireland, the UK, France and Germany to Iceland, Malta and Ukraine — plus associate and affiliate members in Israel, Jordan, Turkey, Mexico and the United States, each with a website link. AOECS licenses the Crossed Grain gluten-free trademark and represents roughly 300,000 people with coeliac disease.

**WHO IT HELPS**

People with coeliac disease living in or travelling to Europe who want the national society (and its gluten-free food lists) for a particular country.

Free. Note: A few societies list only a Facebook page; services and membership fees vary by country.

## Gut–Brain Axis — Psychogastroenterology & Research Centres

### Rome Foundation — What is a Disorder of Gut–Brain Interaction? (global)

https://theromefoundation.org/what-is-a-disorder-of-gut-brain-interaction-dgbi/

**WHAT IT DOES**

The Rome Foundation, which writes the diagnostic criteria for IBS and functional dyspepsia, explains why these conditions are now called disorders of gut–brain interaction rather than "functional" disorders, how gut motility, sensitivity, immune function, microbiota and brain processing interact, and links to its patient video library, the Bristol Stool Scale and the GastroPsych directory of specialist therapists.

**WHO IT HELPS**

Anyone told they have IBS, functional dyspepsia or chronic constipation who wants to understand the diagnosis, and clinicians explaining it.

Free.

### Rome Foundation GastroPsych — Find a GI psychologist directory (global, mainly US)

https://romegipsych.org/

**WHAT IT DOES**

A searchable directory of psychologists and other mental-health clinicians trained in psychogastroenterology — the evidence-based brain–gut behaviour therapies for IBS and other disorders of gut–brain interaction — run by the Rome Foundation's GastroPsych section. Enter a city or postcode (with advanced options) to find members; about 70% hold doctoral psychology qualifications and roughly 20% practise outside the US.

**WHO IT HELPS**

People with IBS, functional dyspepsia or IBD-related distress whose gastroenterologist has suggested psychological treatment, and GI clinicians building referral networks.

Free to search; therapy fees vary and may be insured. Note: Listing is by Rome GastroPsych membership rather than independent credential checks, and coverage outside North America is still thin.

### APC Microbiome Ireland — Education and Public Engagement (Ireland)

https://www.ucc.ie/en/apc/outreach/

**WHAT IT DOES**

APC Microbiome Ireland, the Science Foundation Ireland research centre at University College Cork founded in 2003, is one of the world's leading groups on the microbiome–gut–brain axis. Its outreach page offers free public resources: the Microbe Magic website and Mind Your Microbes app for learning how diet, age and exercise change gut bacteria, World Microbiome Day events, IBD Insights patient articles and school programmes.

**WHO IT HELPS**

Curious adults, teachers and students who want evidence-based microbiome education, and people with IBD interested in first-hand accounts and research news from Ireland.

Free.

## Peer Support & Communities — Living With a Gut Condition

### Crohn's & Colitis UK — Find a Local Network (United Kingdom)

https://www.crohnsandcolitis.org.uk/info-support/find-a-local-network

**WHAT IT DOES**

Crohn's & Colitis UK's 47 volunteer-run Local Networks hold educational talks, social meet-ups and awareness events across England, Scotland, Wales and Northern Ireland. Search by postcode or browse by nation and region to find yours; the same page links the helpline (0300 222 5700) and the charity's virtual social events and online forum.

**WHO IT HELPS**

People of any age living with Crohn's or ulcerative colitis in the UK, and family members who want to meet others locally.

Free; membership optional.

### Crohn's & Colitis Australia — Find a support group near you (Australia)

https://crohnsandcolitis.org.au/support-groups/

**WHAT IT DOES**

Crohn's & Colitis Australia's locator for peer support groups: enter your location and a radius (10 to 500 km) to find facilitated meetings where everyone present, including the facilitator, is affected by Crohn's or colitis. Family, partners and loved ones are welcome; there is a separate young adult programme and an option to start a group where none exists. The IBD helpline is 1800 138 029.

**WHO IT HELPS**

Australians with inflammatory bowel disease, their partners and parents, and people in regional areas who may need to start a group.

Free.

### Crohn's and Colitis Canada — Peer Support groups (Canada)

https://crohnsandcolitis.ca/support-for-you/peer-support

**WHAT IT DOES**

Three free online peer support groups run by Crohn's and Colitis Canada: a monthly group for adults living with Crohn's or colitis, a Young Adult group (18–30) on the last Wednesday of each month, and a bimonthly Caregiver group for parents, partners and friends. Sign up through Crohn's and Colitis Connect or a registration form; the site also offers a Find My Community page for provincial chapters.

**WHO IT HELPS**

Canadians with IBD at any stage, young adults wanting peers their own age, and caregivers in any province (sessions are online, so distance is no barrier).

Free.

### Coeliac UK — Local Groups (United Kingdom)

https://www.coeliac.org.uk/local-groups/

**WHAT IT DOES**

Coeliac UK's volunteer-run local groups — around 67 across England, Scotland, Wales, Northern Ireland and the Isle of Man — host coffee mornings, gluten-free food events and talks. Pick your region to see each group's page and contacts; the charity's community pages also offer one-to-one support from volunteers who have lived with coeliac disease themselves.

**WHO IT HELPS**

Newly diagnosed adults and parents of coeliac children in the UK who want to meet others and swap practical gluten-free advice.

Free to attend; Coeliac UK membership (which includes the Food & Drink Guide) is paid.

### IFFGD — Support Groups for GI Conditions (United States & Canada)

https://iffgd.org/resources/patient-resources-organizations/support-groups-getting-the-help-you-need/

**WHAT IT DOES**

IFFGD's curated list of in-person and online support groups for functional and motility gut disorders in the US and Canada — gastroparesis, cyclic vomiting, motility disorders, IBD, chronic pain and the GI Society's IBS and IBD Zoom groups — with practical advice to ask a community hospital or GI practice if nothing fits. IFFGD states it does not endorse the groups and asks you to use your own judgement.

**WHO IT HELPS**

Americans and Canadians with IBS, gastroparesis or other disorders of gut–brain interaction who want peers, and clinicians signposting patients.

Free; a couple of listed organisations require membership. Note: A signposting list rather than IFFGD-run groups; check each group's current schedule as details change.

### Gastrointestinal Society (badgut.org) — Free Zoom support groups for IBD and IBS (Canada)

https://badgut.org/events/support-groups/

**WHAT IT DOES**

Free monthly Zoom support groups run by Canada's GI Society: an IBD group (Crohn's, ulcerative colitis, proctitis, microscopic colitis) on the third Wednesday at 7pm Pacific, and an IBS and Mental Health group on the last Thursday at 7pm Atlantic that welcomes anyone with a digestive condition, plus Facebook groups. Facilitators are not medical experts and the groups “supplement and do not replace medical care”.

**WHO IT HELPS**

Canadians with IBD or IBS who want peer support without travelling; the Zoom format suits rural and remote areas, and sessions are open to the public.

Free — “there is no charge to attend”.

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# Events, Organizations & Healing Resources

EDUCATION & IMMERSION

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# Events, Organizations & Healing Resources

Education and immersive healing environments play a significant role in managing chronic conditions. This section highlights key organizations, conferences, clinical trials, and retreat centers.

## Educational Organizations & Advocacy

### Metabolic Mind

https://www.metabolicmind.org/

**WHAT IT DOES**

A non-profit providing education on metabolic health and mental illness, including CME courses, a research database, the THINK+SMART program, a podcast and advocacy. (Its Find Your People page, listed separately, points to practices and peer communities.).

**WHO IT HELPS**

Patients, families, and clinicians interested in ketogenic therapies for psychiatric conditions.

Free educational resources.

### The Charlie Foundation

https://charliefoundation.org/

**WHAT IT DOES**

Provides information about diet therapies for epilepsy, neurological disorders, and select cancers.

**WHO IT HELPS**

Patients, families, and healthcare professionals seeking ketogenic therapy information.

Free resources; paid training available.

### Foundation for Metabolic Cancer Therapies

https://foundationformetaboliccancertherapies.com/

**WHAT IT DOES**

Funds research into metabolic oncology to improve cancer treatment; it does not provide therapies directly.

**WHO IT HELPS**

Cancer patients interested in metabolic approaches as complements to standard oncology treatments.

Free resources.

### National Organization for Rare Disorders (NORD)

https://rarediseases.org/

**WHAT IT DOES**

Drives advances in care, research, and policy for rare diseases, and offers direct financial assistance through its RareCare program (US-only).

**WHO IT HELPS**

Patients with any of the 7,000+ known rare diseases.

Free resources.

### International Society for Environmentally Acquired Illness (ISEAI)

https://iseai.org/

**WHAT IT DOES**

Educates about illnesses it links to mold, Lyme disease, and environmental toxicants.

**WHO IT HELPS**

Patients with chronic fatigue, brain fog, and environmentally acquired illness (EAI). Note: damp and mold are clearly linked with asthma and other breathing problems, but mainstream reviews — such as the 2023 German medical guideline on indoor mold in chapter 17 — find the evidence for body-wide "mold illness" inadequate.

Some free public resources; paid memberships and educational products available.

### Overcoming MS

https://overcomingms.org/

**WHAT IT DOES**

A UK-based, evidence-informed lifestyle program for people with Multiple Sclerosis, drawing on observational research and intended to complement (not replace) disease-modifying therapies.

**WHO IT HELPS**

Individuals diagnosed with MS.

Free resources and courses; retreats and some events carry fees.

### National Diabetes Prevention Program (CDC)

https://www.cdc.gov/diabetes-prevention/

**WHAT IT DOES**

A US-only, evidence-based lifestyle change program to prevent or delay type 2 diabetes (not intended for people already diagnosed with diabetes or who are pregnant).

**WHO IT HELPS**

Individuals with prediabetes or at high risk.

Costs vary and some programs are free; some employers and insurers cover it, and Medicare has a separate Medicare Diabetes Prevention Program with its own criteria.

### Nutrition Therapy Institute (NTI)

https://ntischool.com/

**WHAT IT DOES**

Practitioner training only — not a direct patient resource. A school offering holistic nutrition education and a proprietary "Nutrition Therapist Master" certificate (not a licensed credential).

**WHO IT HELPS**

Individuals seeking to become certified Nutrition Therapists.

Tuition fees apply.

### Functional Nutrition Alliance

https://www.fxnutrition.com/

**WHAT IT DOES**

Online training for practitioners in a systems-based approach to functional nutrition; FxNA is now a sister brand of Health Coach Institute.

**WHO IT HELPS**

Practitioners wanting deep functional nutrition education.

Course fees apply — check the site for current prices.

### Peggy Lillis Foundation (C. Diff Advocacy)

https://cdiff.org

**WHAT IT DOES**

Builds a nationwide (US) C. diff awareness movement by educating the public, empowering advocates, and shaping policy. Offers peer support programs, an archived FMT webinar (2020), and other educational webinars.

**WHO IT HELPS**

C. diff patients and their families seeking support, education, and advocacy.

Free resources and support.

## Digital Health & Wellness Tools

### Low Carb Program App

https://www.diabetes.co.uk/education/low-carb-program.html

**WHAT IT DOES**

A structured education and behaviour-change program for people with prediabetes, type 2 diabetes, fatty liver disease (NAFLD) or PCOS, developed with Dr David Unwin and NHS-certified as structured education.

**WHO IT HELPS**

Individuals with type 2 diabetes, prediabetes, NAFLD, PCOS, or obesity looking to improve metabolic health.

Paid subscription; free through NHS referral in some parts of the UK.

### Second Nature

https://www.secondnature.io/

**WHAT IT DOES**

Digital health program offering medication-supported weight loss and habit change, with NHS partnerships. Combines weight loss medication, dietitian coaching, and behavior change support. Medication prescribing is UK-only and GLP-1 medications require clinical supervision.

**WHO IT HELPS**

Individuals seeking a combined medical and psychology-based approach to weight loss.

Paid; prices depend on the programme — check the site for current prices and for NHS-referral options in the UK.

### Bearable Symptom Tracker

https://bearable.app/

**WHAT IT DOES**

Quick and easy symptom tracking for any chronic health issue, with insights into what improves or worsens your symptoms.

**WHO IT HELPS**

Patients with chronic illnesses or complex symptoms.

Free basic version; a premium subscription is available.

### Levels Metabolic Health

https://www.levels.com/

**WHAT IT DOES**

An app for AI-assisted food logging and habit tracking, with optional lab testing and continuous glucose monitoring (CGM), for everyday metabolic health.

**WHO IT HELPS**

Individuals in the US wanting to optimize blood sugar and metabolic health.

Paid membership; continuous glucose monitors and lab tests cost extra.

### Cronometer

https://cronometer.com/

**WHAT IT DOES**

A nutrition tracker for up to 95 nutrients and compounds, using lab-analysed food data from sources such as the USDA and the Nutrition Coordinating Center rather than crowd-sourced entries.

**WHO IT HELPS**

Anyone needing precise nutritional tracking for therapeutic diets.

Free basic version; a paid Gold subscription is available.

### BrainHQ

https://www.brainhq.com/

**WHAT IT DOES**

Online brain training: more than two dozen exercises in six categories — attention, brain speed, memory, people skills, intelligence and navigation. Note: scientists disagree about how far the benefits of brain training carry over to everyday life.

**WHO IT HELPS**

Individuals seeking to support their cognitive health.

Some exercises are free; full access is a paid subscription.

## Clinical Trials & Research

### ClinicalTrials.gov

https://clinicaltrials.gov/

**WHAT IT DOES**

The primary database of clinical studies conducted around the world.

**WHO IT HELPS**

Patients and researchers seeking information about clinical research studies worldwide.

Free; participation often free with possible compensation.

### ResearchMatch

https://www.researchmatch.org/

**WHAT IT DOES**

A free, secure tool connecting volunteers with researchers conducting health studies.

**WHO IT HELPS**

Healthy volunteers and patients (US residents only, including Puerto Rico) wanting to contribute to medical science.

Free.

### TrialMatch (Alzheimer's Association)

https://www.alz.org/alzheimers-dementia/research-and-progress/clinical-trials/trialmatch

**WHAT IT DOES**

A free service matching patients with Alzheimer's and dementia clinical research.

**WHO IT HELPS**

Individuals with cognitive impairment, caregivers, and healthy volunteers seeking research participation opportunities.

Free.

### Achieving Cures Together

https://www.achievingcures.com

**WHAT IT DOES**

A 501(c)(3) nonprofit advancing microbiome research, funding and supporting FMT research including capsule development and clinical trials for C. difficile, cancer, and other conditions. Note: the FDA warns of serious infection risk from FMT, especially for immunocompromised patients. Access is primarily around the University of Minnesota, and cancer is a secondary focus.

**WHO IT HELPS**

Patients with microbiome-related conditions and the research community working toward cures.

Free resources; donation-supported.

## Conferences & Events

### Symposium for Metabolic Health (LowCarbUSA)

https://www.lowcarbusa.org/events/

**WHAT IT DOES**

ACCME-accredited symposia on metabolic health — the drivers of metabolic dysfunction such as insulin resistance and evidence-based ways to treat them — for physicians and other health professionals, and open to patients and the public. In-person events are in the US.

**WHO IT HELPS**

Healthcare professionals and engaged patients.

Paid registration (in person, livestream or recordings) — check current prices.

### Metabolic Health Summit

https://metabolichealthsummit.com/

**WHAT IT DOES**

An international medical and scientific conference on ketosis and metabolic therapies, where physicians, dietitians and academics from around the world present research and its applications.

**WHO IT HELPS**

Professionals and patients interested in cancer, neurological health, and metabolic disorders.

Ticket prices vary.

### Low Carb Down Under

https://lowcarbdownunder.com.au/

**WHAT IT DOES**

Annual events in Australia (livestream available globally) with expert presenters.

**WHO IT HELPS**

Health professionals and individuals interested in low-carb therapies.

Ticket prices vary.

### Global Symposium on Ketogenic Therapies

https://www.ilae.org/congresses/9th-global-symposium-on-ketogenic-therapies

**WHAT IT DOES**

A biennial meeting on science, medical, and dietary advances in ketogenic therapies. The 9th symposium was held September 16–19, 2025 in Paris; the next is confirmed for Cape Town, South Africa, in October 2027.

**WHO IT HELPS**

Researchers, clinicians, families, patients, and dedicated advocates of ketogenic metabolic therapies.

Registration fees apply. (Next event: Cape Town, October 2027.)

### IFM Annual International Conference

https://www.ifm.org/aic

**WHAT IT DOES**

The largest functional medicine conference exploring root-cause medicine. (Functional medicine's evidence base is debated within mainstream medicine.)

**WHO IT HELPS**

Clinicians and health coaches.

Paid registration — check current prices on the site.

## Healing Retreats & Residential Programs

**Before you start:** Residential programmes vary widely, and some offer treatments with little evidence. Keep your own doctors involved, check what a programme offers and what it costs, and don't stop your usual treatment to attend.

### TrueNorth Health Center

**Caution:** Long or water-only fasts can be dangerous. Only fast with your own doctor's agreement and medical supervision, and not at all if you are pregnant, underweight, have had an eating disorder, or take medicines for diabetes or blood pressure without your doctor adjusting them.

https://www.healthpromoting.com/

**WHAT IT DOES**

TrueNorth Health Center in Sonoma County, California, which describes itself as the world's largest facility specialising in medically supervised water-only fasting.

**WHO IT HELPS**

Adults considering a medically supervised water-only fast for a chronic health condition.

Paid: a daily rate, plus an assessment and lab tests — check current prices. Note: Long water-only fasts are not safe for everyone and the evidence for them is limited — talk to your own doctor first.

### Buchinger Wilhelmi Clinics

**Caution:** Long or water-only fasts can be dangerous. Only fast with your own doctor's agreement and medical supervision, and not at all if you are pregnant, underweight, have had an eating disorder, or take medicines for diabetes or blood pressure without your doctor adjusting them.

https://www.buchinger-wilhelmi.com/en/

**WHAT IT DOES**

Clinics for therapeutic fasting and integrative medicine, built on the Buchinger fasting method that Dr Otto Buchinger founded more than 100 years ago; locations in Germany and Spain.

**WHO IT HELPS**

Patients seeking premium therapeutic fasting in Europe.

Premium pricing (thousands of Euros per stay).

### Lanserhof

**Caution:** Long or water-only fasts can be dangerous. Only fast with your own doctor's agreement and medical supervision, and not at all if you are pregnant, underweight, have had an eating disorder, or take medicines for diabetes or blood pressure without your doctor adjusting them.

https://lanserhof.com/en/

**WHAT IT DOES**

Medical health resorts combining medical care with what they call natural healing methods, with individually tailored programs including medical fasting and longevity programs, at several locations in Europe.

**WHO IT HELPS**

Patients seeking premium medical fasting, detox, and longevity programs in Europe.

Premium pricing — check current prices for each location.

### Accord Metabolic Psychiatry

**Caution:** Never stop or change psychiatric medication on your own: plan any change with your prescriber, because some medicines cause withdrawal effects or a relapse if they are cut down too quickly.

https://accordmh.com/

**WHAT IT DOES**

A specialized residential program integrating ketogenic metabolic therapy and psychiatric care, including medication tapering, for adults 18+ (not a 24/7 staffed facility).

**WHO IT HELPS**

Clients with depression, anxiety, OCD, eating disorders, bipolar disorder, trauma, ADHD, autism spectrum disorder, substance use, schizophrenia, or schizoaffective disorder.

Paid (residential and day programs) — check current fees and insurance with Accord.

### Sanoviv Medical Institute

**Caution:** Don't stop or delay treatment from your own doctors to go here. Ask your specialist about any treatment it offers, and check the evidence for it, before you book.

https://www.sanoviv.com/

**WHAT IT DOES**

A licensed private hospital in Rosarito Beach, Baja California, Mexico, offering conventional, alternative and integrative programs for chronic and degenerative diseases.

**WHO IT HELPS**

Patients with cancer, chronic Lyme, neurodegenerative diseases, and severe toxicity.

Premium pricing — check costs with Sanoviv; US insurance usually does not cover treatment abroad.

### Pritikin Longevity Center

https://www.pritikin.com/

**WHAT IT DOES**

A physician-led residential program at a resort in Miami, Florida, combining medical care, nutrition, movement and behaviour change; stays begin at one week and include 30 days of online follow-up support.

**WHO IT HELPS**

People who want a supervised programme for metabolic syndrome, type 2 diabetes or heart health.

Luxury pricing per stay — check current rates.

### Combe Grove — 6-day metabolic health retreats (UK)

https://combegrove.com/retreats/

**WHAT IT DOES**

An immersive six-day residential retreat near Bath, UK — part of Combe Grove's metabolic health programmes — about understanding your body and what it needs, and making choices that support your health for the long term.

**WHO IT HELPS**

Individuals seeking a structured residential environment to reset and improve their metabolic health.

Paid; packages started at £2,150 when checked in November 2026 — check current prices and dates.

### TheLifeCo Phuket (Thailand)

**Caution:** Long or water-only fasts can be dangerous. Only fast with your own doctor's agreement and medical supervision, and not at all if you are pregnant, underweight, have had an eating disorder, or take medicines for diabetes or blood pressure without your doctor adjusting them.

https://www.thelifeco.com/en/centers/the-lifeco-phuket-holistic-wellness-center/

**WHAT IT DOES**

Medically guided holistic wellness center offering water fasting, detox, and keto programs, alongside chronic disease management (including diabetes recovery and hypertension) and mental wellness support.

**WHO IT HELPS**

Individuals seeking intensive metabolic resets and fasting in Southeast Asia.

Paid, per night or per program — check current prices.

### Kamalaya Koh Samui (Thailand)

https://kamalaya.com/

**WHAT IT DOES**

Award-winning wellness sanctuary and holistic spa offering programs for detox, stress, and burnout.

**WHO IT HELPS**

Individuals seeking luxury holistic wellness in a tropical environment. Note: a wellness resort, not a medical facility; a 3-night minimum stay is required.

Luxury pricing; rooms and wellness programs are priced separately — check current rates.

### Nimba Nature Cure Village (India)

**Caution:** There is no good evidence that naturopathy treats cancer or other serious diseases. Don't stop or delay treatment from your own doctors to go here. Ask your specialist about any treatment it offers, and check the evidence for it, before you book.

https://www.nimba.in/

**WHAT IT DOES**

A naturopathy center in Gujarat, India offering Ayurveda, Yoga, and holistic therapies (the center describes itself as the best in Gujarat). Note: it says it treats conditions such as cancer, cirrhosis, Alzheimer's and motor neuron disease with naturopathy.

**WHO IT HELPS**

Patients seeking traditional Indian integrative medicine and detox.

Premium pricing.

## Financial Assistance & Patient Advocacy

### Patient Advocate Foundation

https://www.patientadvocate.org/

**WHAT IT DOES**

National nonprofit providing case management services, financial aid, and educational resources for patients with chronic, life-threatening, and debilitating illnesses (U.S. only).

**WHO IT HELPS**

Patients struggling with the financial burden of chronic illness.

Free resources.

### PAN Foundation (now part of the Patient Advocate Foundation)

https://www.panfoundation.org/

**WHAT IT DOES**

Helps underinsured patients afford out-of-pocket costs for medications and health insurance premiums for chronic and rare diseases (U.S. only).

**WHO IT HELPS**

Underinsured patients needing help with out-of-pocket costs.

Free assistance for eligible patients.

### Accessia Health

https://accessiahealth.org/

**WHAT IT DOES**

Provides financial assistance, copay support, and resources for essential treatments — including help with health insurance premiums, travel costs, diagnostic tests, and durable medical equipment. U.S. residents and territories only. (Formerly Patient Services Inc.)

**WHO IT HELPS**

Patients with rare and chronic conditions.

Free assistance for eligible patients.

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# The Research Behind It — Free Papers on Chronic Disease and What the Evidence Shows

THE EVIDENCE

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# The Research Behind It — Free Papers on Chronic Disease and What the Evidence Shows

Why would a support group, a walking club, a low-carb book or an online CBT course help — and what drives chronic illness in the first place? This chapter gathers the research behind each part of the directory, and the research on causes: metabolic therapies, the nutrients in food, plastics and pollution, stress and trauma, the microbiome, and damp and mould. That is 280 studies, reviews and clinical guidelines, every one free to read and download in full, permanently and without a login. Most are kept in PubMed Central, the US National Library of Medicine's public archive; the rest are open access at the publisher, or free guidance from the World Health Organization and NICE. Each entry says what was found, why it matters here — which listings it backs up, or what it explains about chronic disease — and how strong the evidence is: **strong** (systematic reviews and guidelines with consistent findings), **moderate** (smaller or lower-certainty reviews, single large trials and large cohort studies) or **early** (pilot, cross-sectional and laboratory studies — promising, not proof). Studies that follow people over time show links, not proof of cause, and the entries say so. Where a study was funded by a company, or its authors run a listed programme, the note says so; where a listed book or service was not itself tested, the entry says it backs the approach rather than the product. Research moves on, so read these as good reasons to try something, not guarantees — and talk to your own clinician before changing a treatment or a medicine. Every paper was checked at least twice: by the researcher who chose it and again, independently, against its abstract and full text (the first 186 a third time); its public record was checked for corrections, retractions and expressions of concern (none is retracted), every number was looked up in the full text, and every link was opened in a browser.

## Metabolic Health — Low-Carb, Ketogenic & Remission Diets for Diabetes, Weight & Insulin Resistance

### Diets for weight management in adults with type 2 diabetes: an umbrella review of published meta-analyses and systematic review of trials of diets for diabetes remission — Churuangsuk et al., Diabetologia 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8660762/

WHAT IT FOUND

Brought together 19 published meta-analyses of weight-loss diets for type 2 diabetes. Low-carbohydrate diets were no better for weight loss than higher-carbohydrate, low-fat diets (high certainty), and no nutrient mix came out ahead, though very-low-energy and formula meal-replacement diets gave the most weight loss. Programmes starting with formula total diet replacement gave the highest 1-year remission: a median 54%, against 4–12% with usual care (high certainty).

WHY IT MATTERS HERE

Backs up Roy Taylor's Life Without Diabetes (chapter 10), whose plan starts with a formula low-calorie phase, and the low-carb guides in chapter 10 and low-carb clinicians in chapter 01 as one option among several: no single diet style wins for weight.

Umbrella review of 21 systematic reviews (19 meta-analyses) of randomised trials, plus a systematic review of 14 remission studies. Strong evidence. Diabetologia 2022;65(1):14–36. DOI 10.1007/s00125-021-05577-2. Free full text in PubMed Central (PMC8660762) — open access, CC BY 4.0. Note: Most of the evidence covers 1 year or less; it does not show low-carb beats other diets for weight, and remission evidence for ketogenic diets is very low certainty.

### Efficacy and safety of low and very low carbohydrate diets for type 2 diabetes remission: systematic review and meta-analysis of published and unpublished randomized trial data — Goldenberg et al., BMJ 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7804828/

WHAT IT FOUND

Pooled 23 randomised trials of low-carbohydrate diets (under 130 g a day) lasting at least 12 weeks. At 6 months, 57% on low-carb diets reached remission (HbA1c below 6.5%) versus 31% on control diets (risk difference 32%, moderate certainty), with more weight loss and better triglycerides and insulin sensitivity. Most of these benefits shrank by 12 months, and no clear increase in adverse events was seen.

WHY IT MATTERS HERE

Backs up the low-carb approach of the practitioner directories in chapter 01, the LCHF and keto communities in chapters 13 and 14, and the guides in chapter 10 (Diet Doctor, Freshwell, Phinney & Volek, Westman), mainly for adults with type 2 diabetes.

Systematic review and meta-analysis — 23 randomised trials, 1,357 adults with type 2 diabetes. Moderate evidence. BMJ 2021;372:m4743. DOI 10.1136/bmj.m4743. Free full text in PubMed Central (PMC7804828) — open access, CC BY-NC 4.0. Note: Remission here allowed diabetes medicines; counting only people off medication, the benefit was small and uncertain (low certainty). Remission data at 12 months were sparse.

### 5-year follow-up of the randomised Diabetes Remission Clinical Trial (DiRECT) of continued support for weight loss maintenance in the UK: an extension study — Lean et al., Lancet Diabetes Endocrinol 2024

https://doi.org/10.1016/S2213-8587(23)00385-6

WHAT IT FOUND

DiRECT tested a GP-practice programme of low-calorie formula diet (total diet replacement), food reintroduction and ongoing support. At 2 years, 36% of the intervention group were in remission (mean loss 7.6 kg). Of 95 who took up 3 more years of light support, 85 were seen at 5 years: 13% were in remission (mean loss 6.1 kg), and 26% of those in remission at 2 years still were. Over 5 years the intervention group was in remission at 27% of visits, controls at 4%.

WHY IT MATTERS HERE

Backs up Roy Taylor's Life Without Diabetes (chapter 10), which sets out the DiRECT/Newcastle plan, and GP-supported remission programmes, while showing that keeping weight off long term is the hard part.

Extension study of a cluster-randomised trial (DiRECT, 49 UK general practices) — 5-year follow-up. Moderate evidence. Lancet Diabetes Endocrinol 2024;12(4):233–246. Free full text at the publisher — open access, CC BY 4.0. Note: Only 95 of 149 intervention participants joined the non-randomised extension, and remission fell over time as average weight loss shrank; lasting remission needs weight kept off.

### Comparison of dietary macronutrient patterns of 14 popular named dietary programmes for weight and cardiovascular risk factor reduction in adults: systematic review and network meta-analysis of randomised trials — Ge et al., BMJ 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7190064/

WHAT IT FOUND

Compared 14 named diets, including Atkins and other low-carbohydrate plans, and broad diet types. At 6 months, low-carbohydrate and low-fat diets cut weight by 4.63 kg and 4.40 kg more than usual diet (moderate certainty; low-fat figure from a 2020 correction), with similar falls in blood pressure; Atkins gave about 5.5 kg. By 12 months weight loss had shrunk for every diet, and improvements in heart-risk factors had largely gone, except with the Mediterranean diet.

WHY IT MATTERS HERE

Backs up the low-carb approach taught by the books, guides and apps in chapters 10 and 16 and followed in the LCHF and keto communities in chapters 13 and 14, as one reasonable choice among several for weight loss rather than a superior one.

Systematic review and network meta-analysis — 121 randomised trials, 21,942 adults with overweight or obesity. Strong evidence. BMJ 2020;369:m696. DOI 10.1136/bmj.m696. Free full text in PubMed Central (PMC7190064) — open access, CC BY-NC 4.0. Note: Differences between diets were small, and benefits of every diet, low-carb included, largely faded by 12 months.

### Intermittent fasting strategies and their effects on body weight and other cardiometabolic risk factors: systematic review and network meta-analysis of randomised clinical trials — Semnani-Azad et al., BMJ 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12175170/

**WHAT IT FOUND**

Compared alternate-day fasting, time-restricted eating and whole-day fasting (such as 5:2) with everyday calorie cutting and with no diet. Every fasting approach and continuous calorie restriction reduced weight compared with no diet. Alternate-day fasting gave slightly more loss than continuous restriction (1.29 kg, moderate certainty); otherwise fasting and calorie cutting had similar effects on weight and cardiometabolic risk factors.

**WHY IT MATTERS HERE**

Backs up the intermittent fasting approach in Jason Fung's books (chapter 10), The Fasting Method community, the Zero app and Mayo Clinic's LCHF and fasting group (chapter 13): fasting is a workable way to eat less, not a superior one.

Systematic review and network meta-analysis — 99 randomised trials, 6,582 adults. Strong evidence. BMJ 2025;389:e082007. DOI 10.1136/bmj-2024-082007. Free full text in PubMed Central (PMC12175170) — open access, CC BY-NC 4.0. Note: Most trials were short (median 12 weeks); in trials of 24 weeks or more, fasting was no better than ordinary calorie cutting.

### Nutrition therapy for adults with diabetes or prediabetes: a consensus report — Evert et al., Diabetes Care 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7011201/

**WHAT IT FOUND**

The American Diabetes Association's guidance on eating for diabetes and prediabetes. It concludes that reducing overall carbohydrate intake has the most evidence for improving blood glucose, and that low- or very-low-carbohydrate eating plans are a viable approach for selected adults with type 2 diabetes not meeting targets or wanting to reduce medicines. It also says no single eating pattern is best for everyone and that remission rises with the amount of weight lost.

**WHY IT MATTERS HERE**

Backs up the clinician-supported low-carb care in chapter 01 and the low-carb approach of the programmes and guides in chapters 10 and 16, and gives readers a mainstream statement to take to their own doctor or dietitian.

Consensus report of the American Diabetes Association: expert recommendations based on a PubMed review of studies published 2014–2018. Strong evidence. Diabetes Care 2019;42(5):731–754. DOI 10.2337/dci19-0014. Free full text in PubMed Central (PMC7011201). Note: Very-low-carb plans can lower blood glucose quickly, so insulin and similar medicines may need reducing from the start; more research is needed in pregnancy, kidney disease and disordered eating.

### Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin — Knowler et al., N Engl J Med 2002

https://pmc.ncbi.nlm.nih.gov/articles/PMC1370926/

**WHAT IT FOUND**

The landmark US Diabetes Prevention Program randomised adults with prediabetes to an intensive lifestyle programme (goals: 7% weight loss and 150 minutes of activity a week), metformin or placebo. The lifestyle programme cut new cases of type 2 diabetes by 58% (95% CI 48–66%) compared with placebo, and metformin by 31%; about 7 people needed the lifestyle programme for 3 years to prevent one case.

**WHY IT MATTERS HERE**

Backs up the CDC National Diabetes Prevention Program in chapter 16, which is built on this trial, and lifestyle support for anyone told they have prediabetes.

Randomised controlled trial — 3,234 adults with raised blood glucose, average follow-up 2.8 years. Moderate evidence. N Engl J Med 2002;346(6):393–403. DOI 10.1056/NEJMoa012512. Free full text in PubMed Central (PMC1370926). Note: The lifestyle programme was intensive and not a low-carb diet; later follow-up found the prevention effect narrowed over time.

### Effects of a low-carbohydrate dietary intervention on hemoglobin A1c: a randomized clinical trial — Dorans et al., JAMA Netw Open 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9606840/

**WHAT IT FOUND**

Adults with raised blood glucose (HbA1c 6.0–6.9%, prediabetes or early untreated diabetes) not taking diabetes medicines were randomised to a low-carbohydrate diet (under 40 g net carbohydrate a day for 3 months, then under 60 g) or their usual diet. After 6 months the low-carb group's HbA1c was 0.23 percentage points lower, fasting glucose 10.3 mg/dL lower and weight 5.9 kg lower than the usual-diet group.

**WHY IT MATTERS HERE**

Backs up low-carb eating for people with raised blood glucose not yet on diabetes medicines — the approach in the low-carb guides and Ben Bikman's book in chapter 10 and used by the low-carb practitioners in chapter 01.

Randomised controlled trial — 150 adults with untreated HbA1c 6.0–6.9%, 6 months. Moderate evidence. JAMA Netw Open 2022;5(10):e2238645. DOI 10.1001/jamanetworkopen.2022.38645. Free full text in PubMed Central (PMC9606840) — open access, CC BY 4.0. Note: A single 6-month trial; the authors could not separate the effect of carbohydrate cutting from weight loss, and long-term results are unknown.

### Treatment of NAFLD with intermittent calorie restriction or low-carb high-fat diet – a randomised controlled trial — Holmer et al., JHEP Rep 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8059083/

**WHAT IT FOUND**

People with fatty liver were randomised to a low-carbohydrate high-fat (LCHF) diet, the 5:2 intermittent fasting diet or standard advice from a liver specialist. Liver fat fell by 7.2 percentage points with LCHF and 6.1 with 5:2, versus 3.6 with standard care, and weight by 7.3 kg and 7.4 kg versus 2.5 kg. The two diets worked about equally well; 5:2 was better tolerated and was linked to lower LDL cholesterol.

**WHY IT MATTERS HERE**

Backs up the fatty-liver focus of Ben Bikman's and Jason Fung's books (chapter 10), low-carb clinicians in chapter 01 and the LCHF and fasting groups in chapter 13: either approach can reduce liver fat.

Randomised controlled trial — 74 adults with non-alcoholic fatty liver disease, 12 weeks. Moderate evidence. JHEP Rep 2021;3(3):100256. DOI 10.1016/j.jhepr.2021.100256. Free full text in PubMed Central (PMC8059083) — open access, CC BY 4.0. Note: A small 12-week trial; 20% dropped out of the LCHF arm (mainly stomach upsets), and long-term liver outcomes are unknown.

### Ultra-processed diets cause excess calorie intake and weight gain: an inpatient randomized controlled trial of ad libitum food intake — Hall et al., Cell Metab 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7946062/

**WHAT IT FOUND**

A tightly controlled US National Institutes of Health trial in which 20 adults ate an ultra-processed or an unprocessed diet for two weeks each, in random order, eating as much as they wanted. On the ultra-processed diet they ate about 508 kcal more per day and gained about 0.9 kg; on the unprocessed diet they lost about 0.9 kg.

**WHY IT MATTERS HERE**

Backs up the books on ultra-processed food in chapter 10 — Chris van Tulleken's Ultra-Processed People and Robert Lustig's Metabolical — and the real-food cooking resources in chapter 14.

Randomised crossover trial — 20 adults living on a research ward, 2 weeks on each diet. Moderate evidence. Cell Metab 2019;30(1):67–77.e3. DOI 10.1016/j.cmet.2019.05.008. Free full text in PubMed Central (PMC7946062). Note: Only 20 people for 4 weeks on a research ward; it shows short-term overeating, not long-term weight or disease outcomes.

### Long-term effects of a novel continuous remote care intervention including nutritional ketosis for the management of type 2 diabetes: a 2-year non-randomized clinical trial — Athinarayanan et al., Front Endocrinol 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6561315/

**WHAT IT FOUND**

Adults with type 2 diabetes chose remote, app-based coaching with doctor-supervised nutritional ketosis (Virta Health) or usual care. After 2 years the ketosis group's HbA1c had fallen 12% (from 7.7%) and weight 10%; use of diabetes medicines other than metformin fell from 55.7% to 26.8%, insulin use by 62% and sulfonylurea use stopped entirely. 53.5% met the study's definition of diabetes 'reversal' and 17.6% 'remission'; usual care showed no such changes.

**WHY IT MATTERS HERE**

Backs up clinician-supervised ketogenic care for type 2 diabetes — the low-carb doctors and coaches in chapter 01 and Dr Sarah Hallberg's talk and Dr Eric Westman's courses in chapter 10 — especially where medicines need adjusting.

Non-randomised controlled trial — 262 adults on the intervention, 87 on usual care, 2 years. Early evidence. Front Endocrinol 2019;10:348. DOI 10.3389/fendo.2019.00348. Free full text in PubMed Central (PMC6561315) — open access, CC BY 4.0. Note: Not randomised (people chose their group), run and mostly written by the company, and about a quarter of participants lacked 2-year data.

### What predicts drug-free type 2 diabetes remission? Insights from an 8-year general practice service evaluation of a lower carbohydrate diet with weight loss — Unwin et al., BMJ Nutr Prev Health 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10407412/

**WHAT IT FOUND**

A UK GP practice offered a lower-carbohydrate diet to people with type 2 diabetes; 186 took it up and were followed for an average of 33 months. Median weight fell from 97 to 86 kg and HbA1c from 63 to 46 mmol/mol, and 51% achieved drug-free remission — 77% of those diagnosed under a year earlier but 20% of those diagnosed over 15 years. LDL cholesterol, triglycerides and blood pressure also fell, and the practice spent less on diabetes drugs.

**WHY IT MATTERS HERE**

Backs up GP-led low-carb care — the approach behind Dr David Unwin's sugar infographics (Public Health Collaboration) and the similar Freshwell project in chapter 10, and used by low-carb practitioners in chapter 01 — especially soon after diagnosis.

Service evaluation (uncontrolled cohort) — 186 people with type 2 diabetes in one UK general practice, 2013–2021. Early evidence. BMJ Nutr Prev Health 2023;6(1):46–55. DOI 10.1136/bmjnph-2022-000544. Free full text in PubMed Central (PMC10407412) — open access, CC BY-NC 4.0. Note: An uncontrolled audit of volunteers in one practice, with no comparison group; results may not apply to everyone offered the diet.

### Effects of ketogenic diet on reproductive hormones in women with polycystic ovary syndrome — Khalid et al., J Endocr Soc 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10484165/

**WHAT IT FOUND**

Combined 7 small trials of ketogenic diets lasting 45 days to 24 weeks in women with polycystic ovary syndrome (PCOS). Pooled results suggested a lower LH/FSH ratio and lower free testosterone, higher sex-hormone-binding globulin, and weight loss in every study — changes in the hormone pattern behind many PCOS symptoms. The authors describe a possible link that needs confirming.

**WHY IT MATTERS HERE**

Backs up the PCOS advice in Ben Bikman's Why We Get Sick (chapter 10) and low-carb clinicians in chapter 01, as an early option for women with PCOS to discuss with their doctor; most relevant to women with PCOS, including members of PCOS Challenge (chapter 06).

Systematic review and meta-analysis — 7 small clinical trials (4 single-arm), 170 women. Early evidence. J Endocr Soc 2023;7(10):bvad112. DOI 10.1210/jendso/bvad112. Free full text in PubMed Central (PMC10484165) — open access, CC BY-NC-ND 4.0. Note: Few, small and mostly uncontrolled studies; the authors say results must be interpreted carefully. PCOS guidelines do not yet favour any one diet.

## Metabolic Psychiatry & Brain Health — Ketogenic Therapy for Mental Illness, Epilepsy & Neurological Conditions

### Optimal clinical management of children receiving dietary therapies for epilepsy: Updated recommendations of the International Ketogenic Diet Study Group — Kossoff et al., Epilepsia Open 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5983110/

**WHAT IT FOUND**

The international guideline for ketogenic diet therapy in children, updated by 31 specialists. It says the diet should be strongly considered once two anti-seizure medicines have failed, and used first for Glut1 deficiency and pyruvate dehydrogenase deficiency. It sets out the four main diets (classic, MCT, modified Atkins, low glycaemic index), advises a trial of at least 3 months, and covers monitoring (blood tests every 3 months in the first year) and supplements.

**WHY IT MATTERS HERE**

Backs up the epilepsy diet services and societies — the Charlie Foundation and the Global Symposium on Ketogenic Therapies in chapter 16, the International Neurological Ketogenic Society in chapter 01 and Ketogenic Diet India in chapter 14. Most relevant to parents and clinicians.

International expert consensus guideline — 31 clinicians and dietitians (55% outside the USA), with a survey of their centres. Moderate evidence. Epilepsia Open 2018;3(2):175-192. DOI 10.1002/epi4.12225. Free full text in PubMed Central (PMC5983110) — open access, CC BY-NC-ND 4.0. Note: An expert consensus for children: many recommendations rest on clinical experience rather than trials, and it does not cover adults.

### Ketogenic diets for drug-resistant epilepsy — Martin-McGill et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7387249/

**WHAT IT FOUND**

Pooled trials of ketogenic diets for epilepsy that medicines had not controlled. In children (4 trials, 385 children), the diet made a 50% or greater fall in seizures nearly six times as likely as usual care (RR 5.80, 95% CI 3.48 to 9.65; low certainty) and seizure freedom about three times as likely (RR 3.16; very low certainty). In adults (modified Atkins diet, 2 trials) the effect was uncertain. Vomiting, constipation and diarrhoea were common.

**WHY IT MATTERS HERE**

Backs up the ketogenic-therapy services for epilepsy — the Charlie Foundation and the Global Symposium on Ketogenic Therapies in chapter 16, the International Neurological Ketogenic Society in chapter 01 and Ketogenic Diet India in chapter 14. Most relevant to families of children with hard-to-treat epilepsy.

Cochrane systematic review — 13 randomised or quasi-randomised trials, 932 people (711 children, 221 adults). Moderate evidence. Cochrane Database Syst Rev 2020;6:CD001903. DOI 10.1002/14651858.CD001903.pub5. Free full text in PubMed Central (PMC7387249). Note: None of the trials was blinded and certainty was rated low to very low; the benefit is clearer in children than in adults.

### Efficacy of low carbohydrate and ketogenic diets in treating mood and anxiety disorders: systematic review and implications for clinical practice — Dietch et al., BJPsych Open 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10134254/

**WHAT IT FOUND**

Searched for every study of low-carbohydrate or ketogenic diets in depression, anxiety, bipolar and schizoaffective disorder and found 12 (389 people), none randomised. Most reported fewer symptoms or steadier mood, mainly in bipolar and schizoaffective disorder, but two case reports found no benefit (one with worse anxiety). The authors conclude there is no high-quality evidence yet and call for robust trials.

**WHY IT MATTERS HERE**

Backs up, with honest limits, the metabolic psychiatry listings — the books, free programme and clinician letter in chapter 10 (Brain Energy, Change Your Diet Change Your Mind, THINK+SMART), Metabolic Mind in chapter 16 and the clinician directories in chapter 01 — by setting out what is and is not yet known.

Systematic review — 12 studies, 389 people (9 case reports, 2 cohort studies, 1 analysis of online posts; no randomised trials). Early evidence. BJPsych Open 2023;9(3):e70. DOI 10.1192/bjo.2023.36. Free full text in PubMed Central (PMC10134254) — open access, CC BY 4.0. Note: Mostly case reports with no control groups, and ketosis was not confirmed in 5 of the 12 studies; it maps early signals, not evidence that the diet works.

### The Ketogenic Diet for Refractory Mental Illness: A Retrospective Analysis of 31 Inpatients — Danan et al., Front Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9299263/

**WHAT IT FOUND**

Looked back at 31 adults in a French psychiatric hospital with hard-to-treat depression, bipolar II or schizoaffective disorder who were offered a ketogenic diet alongside usual care. In the 28 who kept to it for over two weeks, average depression scores (HAM-D, 23 people) fell from 25.4 to 7.7, psychosis scores (PANSS, 10 people) from 91.4 to 49.3, 43% reached clinical remission and 27 lost weight.

**WHY IT MATTERS HERE**

Backs up the supervised approach used by Accord Metabolic Psychiatry (chapter 16) and the clinicians in the Metabolic Mind and Diagnosis Diet directories (chapter 01), as a record of ketogenic therapy in a hospital. Co-author Georgia Ede wrote the chapter 10 book and clinician letter.

Retrospective case series, no control group — 31 psychiatric inpatients, 28 analysed. Early evidence. Front Psychiatry 2022;13:951376. DOI 10.3389/fpsyt.2022.951376. Free full text in PubMed Central (PMC9299263) — open access, CC BY 4.0. Note: No control group or blinding, and patients were also in hospital with medicine changes; two authors had ties to low-carbohydrate companies. Randomised trials are still needed.

### A pilot study of a ketogenic diet in bipolar disorder: clinical, metabolic and magnetic resonance spectroscopy findings — Campbell et al., BJPsych Open 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12001942/

**WHAT IT FOUND**

Adults with bipolar disorder who were well at the start followed a modified ketogenic diet for 6–8 weeks with weekly dietitian support; 20 of 26 who started finished. Mood scores stayed in the healthy range. On days with higher blood ketones, people rated mood and energy higher and anxiety and impulsivity lower (small correlations, 14 people). Weight fell by 4.2 kg on average and brain scans showed about 12–14% less glutamate plus glutamine in two regions.

**WHY IT MATTERS HERE**

Backs up the bipolar listings in chapter 10 — Bipolarcast (co-host Iain Campbell was first author) and the approach in THINK+SMART, which was not itself tested — plus Metabolic Mind in chapter 16 and the metabolic psychiatry clinicians in chapter 01. For people with bipolar disorder.

Single-group open pilot study — 27 adults with bipolar disorder recruited, 20 completed 6–8 weeks. Early evidence. BJPsych Open 2025;11(2):e34. DOI 10.1192/bjo.2024.841. Free full text in PubMed Central (PMC12001942) — open access, CC BY 4.0. Note: Small, uncontrolled 6–8-week study in people who were already well; the mood findings are only correlations, and the authors call for randomised trials.

### Impaired Glucose Homeostasis in First-Episode Schizophrenia: A Systematic Review and Meta-analysis — Pillinger et al., JAMA Psychiatry 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC6352957/

**WHAT IT FOUND**

Compared people at their first episode of schizophrenia, with no or at most 2 weeks of antipsychotic treatment, with healthy people. Patients already had higher fasting glucose (g 0.20), fasting insulin (g 0.41) and insulin resistance (HOMA-IR g 0.35, 95% CI 0.14 to 0.55), and these differences held in those who had never taken antipsychotics. The authors conclude that glucose regulation is altered from illness onset, not only as a side effect of medicines.

**WHY IT MATTERS HERE**

Backs up one idea behind metabolic psychiatry — that blood-sugar regulation and insulin resistance matter in psychosis — as explained in Brain Energy and Change Your Diet, Change Your Mind (chapter 10) and by Metabolic Mind (chapter 16). Relevant to anyone weighing why metabolic health matters in psychosis.

Systematic review and meta-analysis of case-control studies — 16 studies, 731 patients and 614 healthy controls. Moderate evidence. JAMA Psychiatry 2017;74(3):261-269. DOI 10.1001/jamapsychiatry.2016.3803. Free full text in PubMed Central (PMC6352957). Note: Shows a link, not that diet treats schizophrenia; lifestyle factors such as diet, activity and smoking could not be fully ruled out.

### Randomized crossover trial of a modified ketogenic diet in Alzheimer's disease — Phillips et al., Alzheimers Res Ther 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7901512/

**WHAT IT FOUND**

26 people with Alzheimer's disease in New Zealand spent 12 weeks on a modified ketogenic diet and 12 weeks on their usual diet with low-fat healthy-eating advice, in random order; 21 completed the ketogenic phase and most reached mild ketosis. Daily function (ADCS-ADL, +3.13 points) and quality of life (QOL-AD, +3.37) were better on the ketogenic diet; the change in a memory and thinking test (ACE-III) was not significant. No serious side effects occurred.

**WHY IT MATTERS HERE**

Backs up the ketogenic-therapy practitioners in chapter 01 for people with Alzheimer's disease; it tested a modified ketogenic diet, not the Bredesen ReCODE programme also listed there. Relevant to people with dementia and their carers (chapter 06: Alzheimer's Disease International, Dementia Alliance International).

Randomised crossover trial (assessor-blinded) — 26 people with Alzheimer's disease, two 12-week diet periods. Early evidence. Alzheimers Res Ther 2021;13:51. DOI 10.1186/s13195-021-00783-x. Free full text in PubMed Central (PMC7901512) — open access, CC BY 4.0. Note: Small, short trial in which patients and carers knew which diet they were on; memory scores did not change significantly and LDL cholesterol rose modestly.

### A ketogenic drink improves cognition in mild cognitive impairment: Results of a 6-month RCT — Fortier et al., Alzheimers Dement 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8048678/

**WHAT IT FOUND**

Older adults with mild cognitive impairment in Canada drank 30 g a day of a ketogenic medium-chain triglyceride (MCT) drink or a matched placebo oil for 6 months. Compared with placebo, the MCT drink raised blood ketones and improved four of many test scores (one memory measure, category fluency, naming, and errors on a mental-flexibility test); on some tests bigger ketone rises went with bigger gains. No serious side effects occurred, but stomach upsets were common.

**WHY IT MATTERS HERE**

Backs up the idea behind ketogenic approaches to brain health offered by practitioners in chapter 01 — it tested an MCT drink, not a diet or the Bredesen ReCODE programme listed there. Relevant to people with early memory problems and the dementia organisations in chapter 06.

Randomised placebo-controlled trial (BENEFIC) — 122 people with mild cognitive impairment, 83 completed 6 months and were analysed. Early evidence. Alzheimers Dement 2021;17(3):543-552. DOI 10.1002/alz.12206. Free full text in PubMed Central (PMC8048678) — open access, CC BY-NC-ND 4.0. Note: About a third dropped out (mostly stomach upsets) and only a few of many test scores improved; part-funded by Nestlé Health Science, and three authors worked for Nestlé.

### Low-fat versus ketogenic diet in Parkinson's disease: A pilot randomized controlled trial — Phillips et al., Mov Disord 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6175383/

**WHAT IT FOUND**

47 people with Parkinson's in New Zealand were randomised to a low-fat or a ketogenic diet for 8 weeks; 38 finished. Both groups improved. Non-motor symptoms (MDS-UPDRS Part 1) fell 41% on the ketogenic diet against 11% on the low-fat diet (between-group P<0.001), led by urinary problems, pain, fatigue, daytime sleepiness and thinking; motor scores improved on both diets, with no significant difference between them.

**WHY IT MATTERS HERE**

Backs up the International Neurological Ketogenic Society and the ketogenic-therapy practitioners in chapter 01 for Parkinson's. Relevant to people with Parkinson's in touch with the chapter 06 organisations (Parkinson's Europe, the Michael J. Fox Foundation).

Pilot randomised controlled trial (assessor-blinded) — 47 people with Parkinson's disease, 38 completed 8 weeks. Early evidence. Mov Disord 2018;33(8):1306-1314. DOI 10.1002/mds.27390. Free full text in PubMed Central (PMC6175383) — open access, CC BY-NC-ND 4.0. Note: Small 8-week pilot in which patients knew their diet; 12 on the ketogenic diet had worse tremor or stiffness early on, and LDL cholesterol rose. Erratum published 2019.

### Phase II study of ketogenic diets in relapsing multiple sclerosis: safety, tolerability and potential clinical benefits — Brenton et al., J Neurol Neurosurg Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9350909/

**WHAT IT FOUND**

65 adults with stable relapsing MS followed a modified Atkins ketogenic diet for 6 months; 83% kept to it, checked with daily urine ketone strips. Fatigue (MFIS) fell by about 14 points and depression (BDI) by about 4, quality-of-life scores rose by 11–12 points, the 6-minute walk improved by 78 feet and fat mass fell by 7.7 kg. Constipation and diarrhoea were the commonest side effects; no relapses were reported.

**WHY IT MATTERS HERE**

Backs up the ketogenic-therapy practitioners and societies in chapter 01 and Ketogenic Diet India in chapter 14, which covers MS. It tested a modified Atkins ketogenic diet, not the Wahls Protocol or Overcoming MS (a low-saturated-fat diet). For people with relapsing MS.

Single-arm phase II trial — 65 adults with relapsing MS on a modified Atkins ketogenic diet for 6 months. Early evidence. J Neurol Neurosurg Psychiatry 2022;93(6):637-644. DOI 10.1136/jnnp-2022-329074. Free full text in PubMed Central (PMC9350909). Note: No control group and mostly self-reported outcomes; the authors say it was not designed to show the diet works, which needs a randomised trial.

### Impact of the Swank and Wahls elimination dietary interventions on fatigue and quality of life in relapsing-remitting multiple sclerosis: The WAVES randomized parallel-arm clinical trial — Wahls et al., Mult Scler J Exp Transl Clin 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8326636/

**WHAT IT FOUND**

87 people with relapsing-remitting MS and fatigue were randomised to the Wahls elimination diet or the low-saturated-fat Swank diet for 24 weeks, after a 12-week usual-diet run-in. Fatigue (FSS) fell on both diets, with no significant difference between them. The Wahls group had larger gains in quality of life, and only the Wahls group's 6-minute walk improved significantly at 24 weeks (+36.6 m).

**WHY IT MATTERS HERE**

Backs up the Wahls Protocol listings — the practitioner directory in chapter 01 and the book in chapter 10 — as a randomised test of one version of the Wahls diet, and Overcoming MS in chapter 16, whose diet, like the Swank diet tested here, is low in saturated fat.

Randomised parallel-group trial (assessor-blinded) — 87 adults with relapsing-remitting MS and fatigue, Wahls vs Swank diet for 24 weeks. Early evidence. Mult Scler J Exp Transl Clin 2021;7(3):20552173211035399. DOI 10.1177/20552173211035399. Free full text in PubMed Central (PMC8326636) — open access, CC BY-NC 4.0. Note: No usual-diet comparison group, participants knew their diet, and the lead author created the Wahls diet and has financial interests in it.

### Ketosis and migraine: a systematic review of the literature and meta-analysis — Neri et al., Front Nutr 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10292926/

**WHAT IT FOUND**

Reviewed 10 studies of ketogenic diets or ketone supplements for migraine (one on cluster headache), mostly in Italian adults (16–96 people each). In the studies that reported it, 58–83% of people had at least 50% fewer attacks, but of the three randomised crossover trials only one (a very-low-calorie ketogenic diet) found fewer attacks; the other two found no clear benefit.

**WHY IT MATTERS HERE**

Backs up, cautiously, the ketogenic-therapy practitioners and the International Neurological Ketogenic Society in chapter 01 for migraine. Relevant to people with migraine, including those using the National Headache Foundation in chapter 06, but the evidence is still thin.

Systematic review and meta-analysis — 10 studies (3 small randomised crossover trials, 7 non-randomised). Early evidence. Front Nutr 2023;10:1204700. DOI 10.3389/fnut.2023.1204700. Free full text in PubMed Central (PMC10292926) — open access, CC BY 4.0. Note: Few, small, mostly non-randomised studies, most from one Italian research group, with high heterogeneity and inconsistent checks of ketosis.

### International recommendations for the management of adults treated with ketogenic diet therapies — Cervenka et al., Neurol Clin Pract 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8610544/

**WHAT IT FOUND**

Neurologists and dietitians from 20 centres that had treated more than 2,000 adults with ketogenic diet therapies compared their practice and the literature to set preliminary recommendations for adults: who may benefit, how to start, what side effects to expect and how to monitor them. They conclude these diets may be safe and effective for adults with drug-resistant epilepsy, with emerging evidence in other neurological conditions.

**WHY IT MATTERS HERE**

Backs up the metabolic and ketogenic practitioners in chapter 01: it shows why medically supervised ketogenic therapy, with monitoring, matters for adults with epilepsy or other neurological conditions.

International expert recommendations — survey of 20 centres treating more than 2,000 adults, plus the medical literature. Early evidence. Neurol Clin Pract 2021;11(5):385–397. DOI 10.1212/CPJ.0000000000001007. Free full text in PubMed Central (PMC8610544). Note: Preliminary recommendations from a survey and expert opinion, not from randomised trials; centres differed on monitoring and long-term safety checks.

## Food & Mood — Nutritional Psychiatry, Ultra-Processed Food & Cooking Skills

### The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A Meta-Analysis of Randomized Controlled Trials — Firth et al., Psychosom Med 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6455094/

**WHAT IT FOUND**

Pooled 16 randomised trials (45,826 people) that changed what people ate; all but one were in people without a depression diagnosis. In the corrected figures (errata 2020–21), diet improvement reduced depressive symptoms by a small amount (g = 0.162, 95% CI 0.055–0.269), with a similar effect in higher-quality trials (g = 0.171). There was no clear effect on anxiety (11 trials, g = 0.085, not significant). Benefits were larger in studies of women.

**WHY IT MATTERS HERE**

Backs up the nutritional psychiatry books and the Food & Mood course in the Cooking & Eating Well section of chapter 10: pooled trial evidence that improving diet can modestly ease low mood. Most relevant to people with milder symptoms, alongside usual care.

Systematic review and meta-analysis — 16 randomised trials, 45,826 people. Moderate evidence. Psychosom Med 2019;81(3):265–280. DOI 10.1097/PSY.0000000000000673. Free full text in PubMed Central (PMC6455094) — open access, CC BY-NC-ND 4.0. Note: Effects were small and varied between trials; all but one trial was in people without diagnosed depression, no benefit was found for anxiety, and corrected results are smaller than first published.

### Clinical guidelines for the use of lifestyle-based mental health care in major depressive disorder: World Federation of Societies for Biological Psychiatry (WFSBP) and Australasian Society of Lifestyle Medicine (ASLM) taskforce — Marx et al., World J Biol Psychiatry 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10972571/

**WHAT IT FOUND**

An international taskforce from two professional societies made nine graded recommendations on lifestyle care for adults with major depression. Dietary counselling towards healthy eating 'may be used' (Grade 3: low strength of evidence, from four small trials with 395 people at high risk of bias), a weaker grade than exercise, relaxation, sleep, mindfulness and work-directed interventions (Grade 2). Lifestyle care is advised as a foundation alongside other treatments.

**WHY IT MATTERS HERE**

Backs up the nutritional psychiatry resources in chapter 10 (Food & Mood course, Brain Changer, This Is Your Brain on Food) and the dietitian finders in chapter 15: a professional guideline that names diet as a recommended part of depression care.

International clinical guideline — systematic literature searches and graded recommendations from an expert taskforce of two professional societies. Moderate evidence. World J Biol Psychiatry 2023;24(5):333–386. DOI 10.1080/15622975.2022.2112074. Free full text in PubMed Central (PMC10972571) — open access, CC BY-NC-ND 4.0. Note: The diet recommendation rests on four small trials at high risk of bias and is graded lower than exercise or sleep; it is advised alongside, not instead of, standard treatment.

### A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial) — Jacka et al., BMC Med 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5282719/

**WHAT IT FOUND**

Adults with major depression who were eating poorly had one-to-one support from a clinical dietitian to move towards a Mediterranean-style whole-food diet, or a social-support (befriending) control, on top of their usual care. After 12 weeks the diet group improved more on the MADRS depression scale (Cohen's d = −1.16), and 32.3% were in remission versus 8.0% of controls (number needed to treat 4.1, 95% CI 2.3–27.8).

**WHY IT MATTERS HERE**

Backs up the dietitian-led, Mediterranean-style approach behind the Deakin Food & Mood course and Felice Jacka's Brain Changer in chapter 10 (the course and book were not themselves tested), Oldways' guides, and the dietitian finders in chapter 15. Most relevant to adults with depression and a poor diet.

Randomised controlled trial — 67 adults with major depression, 12 weeks. Early evidence. BMC Med 2017;15:23. DOI 10.1186/s12916-017-0791-y. Free full text in PubMed Central (PMC5282719) — open access, CC BY 4.0. Note: Small, short trial; participants knew their group, and a published critique (answered by the authors) questioned whether diet-focused recruitment inflated the effect. Results need replication.

### A brief diet intervention can reduce symptoms of depression in young adults – A randomised controlled trial — Francis et al., PLoS One 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6784975/

**WHAT IT FOUND**

Young adults with raised depression symptoms and a poor, highly processed diet were either given brief guidance and support (a short dietitian video, a food hamper and two check-in calls) to switch to a healthier whole-food diet for three weeks, or kept their usual diet. The diet group ended with lower depression scores (CESD-R, Cohen's d = 0.65; DASS-21 depression, d = 0.75), and diet-group members reached by phone three months later still scored lower than at the start.

**WHY IT MATTERS HERE**

Backs up the simple, low-cost route into healthier eating in chapter 10 (the Food & Mood course, budget cookbooks such as Good and Cheap, Mediterranean guides) and the meal-prep communities in chapter 14: even a brief change in diet may help mood.

Randomised controlled trial — 101 young adults with elevated depressive symptoms and a poor diet, 3 weeks. Early evidence. PLoS One 2019;14(10):e0222768. DOI 10.1371/journal.pone.0222768. Free full text in PubMed Central (PMC6784975) — open access, CC BY 4.0. Note: Small three-week trial in university students (76 analysed); participants knew their group, the control group got no food or contact, and only the diet group was followed up.

### Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies — Lassale et al., Mol Psychiatry 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6755986/

**WHAT IT FOUND**

Brought together 41 observational studies (20 that followed people over time, 21 one-off surveys) linking overall diet quality scores with depression. The strongest finding was for a traditional Mediterranean diet: people with the highest adherence had a lower risk of developing depression than those with the lowest (relative risk 0.67, 95% CI 0.55–0.82, four cohort studies). A less inflammatory diet was also linked to lower risk (relative risk 0.76, 0.63–0.92).

**WHY IT MATTERS HERE**

Backs up the whole-food, Mediterranean-style eating guides (Oldways) and the nutritional psychiatry books in chapter 10; most relevant to people wanting to lower their risk of depression.

Systematic review and meta-analysis of observational studies — 20 longitudinal and 21 cross-sectional studies. Moderate evidence. Mol Psychiatry 2019;24(7):965–986. DOI 10.1038/s41380-018-0237-8. Free full text in PubMed Central (PMC6755986) — open access, CC BY 4.0. Note: Observational studies show association, not cause: people who are less depressed may also eat better, and confounding by income and lifestyle is hard to remove.

### Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses — Lane et al., BMJ 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10899807/

**WHAT IT FOUND**

Graded 45 pooled analyses from published meta-analyses linking ultra-processed food to health. Convincing (class I) evidence linked higher intake with more anxiety (odds ratio 1.48, 1.37–1.59) and common mental disorders (odds ratio 1.53, 1.43–1.63), plus cardiovascular death and type 2 diabetes; highly suggestive evidence linked it with depression (1.22, 1.16–1.28). GRADE certainty for the mental health results was low.

**WHY IT MATTERS HERE**

Backs up the ultra-processed food books in chapter 10 (Ultra-Processed People, Metabolical) and the reasoning behind its cook-from-scratch and budget-cooking resources: the broadest summary of the links between ultra-processed food and poorer physical and mental health.

Umbrella review of 45 pooled analyses from 14 meta-analyses of observational studies — 9,888,373 people. Moderate evidence. BMJ 2024;384:e077310. DOI 10.1136/bmj-2023-077310. Free full text in PubMed Central (PMC10899807) — open access, CC BY-NC 4.0. Note: All studies were observational (the anxiety results from one-off surveys) and certainty for mental health was low; the definition of ultra-processed food is debated, so cause is not shown.

### Food and mood: how do diet and nutrition affect mental wellbeing? — Firth et al., BMJ 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7322666/

**WHAT IT FOUND**

A balanced overview of what is and is not known about diet and mental health. Mediterranean-style eating is linked with lower depression risk, smaller trials in people with depression report benefits, but a large prevention trial in people with mild symptoms found none, and reverse causation and participant expectations may explain part of the link. The authors suggest cutting highly processed and refined foods for body and mind.

**WHY IT MATTERS HERE**

Backs up the nutritional psychiatry books (Naidoo, Jacka) and the Food & Mood course in chapter 10 with a sober, clinician-friendly summary; useful for readers who want to know how much weight to put on diet-and-mood claims.

Peer-reviewed analysis (narrative review), BMJ Food for Thought series. Moderate evidence. BMJ 2020;369:m2382. DOI 10.1136/bmj.m2382. Free full text in PubMed Central (PMC7322666) — open access, CC BY-NC 4.0. Note: A narrative rather than systematic review; the authors stress that causal effects of diet on mood are not yet established.

### The effect of culinary interventions (cooking classes) on dietary intake and behavioral change: a systematic review and evidence map — Hasan et al., BMC Nutr 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7050805/

**WHAT IT FOUND**

Reviewed 30 studies of cooking classes (hands-on or demonstration) for children and adults, followed for about 25 weeks on average. Cooking classes were linked with better attitudes to healthy food, more confidence in the kitchen (self-efficacy) and healthier eating, particularly when combined with nutrition education, gardening or physical activity. They were not linked with any significant change in weight, blood pressure or LDL cholesterol.

**WHY IT MATTERS HERE**

Backs up cooking classes such as those in chapter 14 (Food for Life, Cook To Heal; the named programmes were not tested) and the learn-to-cook books in chapter 10: classes build kitchen confidence and healthier eating.

Systematic review and evidence map — 30 studies (6 randomised), 7,381 people. Moderate evidence. BMC Nutr 2019;5:29. DOI 10.1186/s40795-019-0293-8. Free full text in PubMed Central (PMC7050805) — open access, CC BY 4.0. Note: Only 6 of the 30 studies were randomised (all at high risk of bias); outcomes were mostly self-reported, and mental health was not assessed beyond two small quality-of-life studies.

### Psychosocial Benefits of Cooking Interventions: A Systematic Review — Farmer et al., Health Educ Behav 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5862744/

**WHAT IT FOUND**

Looked at whether cooking programmes help people's wellbeing, not just their diet. Across 11 studies, from baking groups on mental health wards to community kitchens, a community cooking course and cooking classes for people with cancer, participants reported better socialising, self-esteem, quality of life and mood (affect). The authors judged the research weak, mostly non-randomised, and the evidence preliminary.

**WHY IT MATTERS HERE**

Backs up group cooking classes in chapter 14 (such as Food for Life and Cook To Heal; the named programmes were not tested) and cooking with others as a social activity. Most relevant to people who are isolated or in recovery.

Systematic review — 11 studies (from 377 screened) of cooking programmes in hospital and community settings. Early evidence. Health Educ Behav 2018;45(2):167–180. DOI 10.1177/1090198117736352. Free full text in PubMed Central (PMC5862744). Note: Small, mostly non-randomised studies using different, often unvalidated measures; benefits are promising but unconfirmed.

### How a 7-Week Food Literacy Cooking Program Affects Cooking Confidence and Mental Health: Findings of a Quasi-Experimental Controlled Intervention Trial — Rees et al., Front Nutr 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8970183/

**WHAT IT FOUND**

Tested Jamie's Ministry of Food, a community cooking programme of seven weekly 90-minute hands-on classes in Western Australia, against a wait-list group. Participants gained cooking confidence and satisfaction ($p < 0.001$), felt more able to change eating habits, and reported small improvements in mental and general health ($p < 0.05$, small effect sizes), which held at six months in those followed up. Fruit, vegetable and takeaway intake did not change.

**WHY IT MATTERS HERE**

Backs up hands-on community cooking classes like those in chapter 14 (Food for Life, Cook To Heal) and the learn-to-cook books in chapter 10: one of few studies to measure mental wellbeing after a community cooking course.

Quasi-experimental controlled trial (non-randomised, wait-list control) — 657 adults, 7 weeks, 6-month follow-up. Early evidence. Front Nutr 2022;9:802940. DOI 10.3389/fnut.2022.802940. Free full text in PubMed Central (PMC8970183) — open access, CC BY 4.0. Note: Not randomised and most did not complete follow-up (176 of 493 analysed; controls not followed to six months); mental health gains were small and self-reported.

### Food insecurity and mental health: a systematic review and meta-analysis — Pourmotabbed et al., Public Health Nutr 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC10200655/

**WHAT IT FOUND**

Pooled 19 studies on not having reliable access to enough food (food insecurity) and mental health. Food-insecure adults had higher odds of depression (odds ratio 1.40, 95% CI 1.30–1.58) and stress (1.34, 1.24–1.44); the link with anxiety was not significant. The association with depression was strongest in people aged 65 and over (odds ratio 1.75). The authors conclude that reducing food insecurity could support wellbeing.

**WHY IT MATTERS HERE**

Backs up the case for food support and budget cooking: the meal service in chapter 14 (Project Angel Food) and the budget cookbooks and recipe sites in chapter 10 (Good and Cheap, Budget Bytes), though it did not test them. Most relevant to people on low incomes.

Systematic review and meta-analysis of observational studies — 19 studies, 372,143 people in ten countries. Moderate evidence. Public Health Nutr 2020;23(10):1778–1790. DOI 10.1017/S136898001900435X. Free full text in PubMed Central (PMC10200655). Note: 18 of the 19 studies were one-off surveys, so it shows a link, not that food insecurity causes depression; poverty and other hardships overlap with both.

### Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial — Conner et al., PLoS One 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5291486/

WHAT IT FOUND

Young adults were randomised to their usual diet, text reminders plus a voucher to buy produce, or being given fresh fruit and vegetables to eat two extra servings a day. Only those given the produce itself reported more vitality, flourishing and motivation over two weeks; reminders and vouchers did not change wellbeing. Neither approach improved depressive symptoms, anxiety or mood compared with usual diet.

WHY IT MATTERS HERE

Backs up the idea behind food support that puts fresh food in people's hands, such as the meal service in chapter 14 (Project Angel Food; not itself tested), and the whole-food cooking resources in chapter 10: making fresh food easy to eat may matter more than advice alone.

Randomised controlled trial — 171 young adults who ate little fruit and vegetables, 14 days, three groups. Early evidence. PLoS One 2017;12(2):e0171206. DOI 10.1371/journal.pone.0171206. Free full text in PubMed Central (PMC5291486) — open access, CC BY 4.0. Note: Two-week trial in healthy students; benefits were for wellbeing and motivation only, not depression, anxiety or mood.

## Talking Therapies — Psychotherapy, Counselling, Trauma Therapy & Telehealth

### Psychotherapies for depression: a network meta-analysis covering efficacy, acceptability and long-term outcomes of all main treatment types — Cuijpers et al., World Psychiatry 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8129869/

WHAT IT FOUND

Compared the main talking therapies for adult depression: CBT, behavioural activation, problem-solving, interpersonal, psychodynamic, third-wave (such as ACT), life-review and non-directive supportive counselling. All did better than usual care (standardised effects about 0.3 to 0.8; CBT 0.67) and waiting lists, and they did not differ from each other except supportive counselling, which was weaker. Most still beat usual care at 12 months.

WHY IT MATTERS HERE

Backs up the general therapist directories in chapter 05 (Psychology Today, GoodTherapy, It's Complicated, International Therapist Directory) and the ACT practitioner directory: for depression several therapy types work about equally, so preference, fit and access can guide the choice.

Network meta-analysis — 331 randomised trials, 34,285 adults with depression. Moderate evidence. World Psychiatry 2021;20(2):283-293. DOI 10.1002/wps.20860. Free full text in PubMed Central (PMC8129869). Note: The authors rated certainty low to very low for most comparisons; only 31% of trials were at low risk of bias, and long-term data were more limited.

### A network meta-analysis of the effects of psychotherapies, pharmacotherapies and their combination in the treatment of adult depression — Cuijpers et al., World Psychiatry 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC6953550/

WHAT IT FOUND

Pooled 101 trials comparing talking therapy, antidepressants and the two combined. Psychotherapy alone and medication alone worked about equally well (response RR 0.99, 95% CI 0.92–1.08), while combining them did better than either alone (RR 1.27 vs psychotherapy, 1.25 vs medication). People were more likely to stay in combined treatment or psychotherapy than in medication alone.

WHY IT MATTERS HERE

Backs up the therapist directories in chapter 05: talking therapy worked about as well as antidepressants and combining the two worked best, which matters for people who prefer not to take medication or want more than medication alone.

Network meta-analysis — 101 randomised trials, 11,910 patients with depression. Moderate evidence. World Psychiatry 2020;19(1):92-107. DOI 10.1002/wps.20701. Free full text in PubMed Central (PMC6953550). Note: Most trials were in adults with moderate to severe depression and measured short-term response; the authors say more research is needed on long-term effects.

### The efficacy of psychotherapies and pharmacotherapies for mental disorders in adults: an umbrella review and meta-analytic evaluation of recent meta-analyses — Leichsenring et al., World Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8751557/

**WHAT IT FOUND**

Pulled together the largest recent meta-analyses for depression, anxiety, trauma, OCD, eating, insomnia, substance use and other disorders. Talking therapies beat placebo or usual care by an average standardised effect of 0.34 (95% CI 0.26–0.42), close to medication (0.36); the two did not differ head-to-head (0.11, −0.05 to 0.26), and combining them added 0.31. Most effects were small.

**WHY IT MATTERS HERE**

Backs up every therapist listing in chapter 05 with a realistic message: across many conditions psychotherapy helps about as much as medication, but gains are usually modest, so it is one useful tool rather than a guaranteed fix.

Umbrella review — 102 meta-analyses covering 3,782 randomised trials and 650,514 patients across 11 adult mental disorders. Strong evidence. World Psychiatry 2022;21(1):133-145. DOI 10.1002/wps.20941. Free full text in PubMed Central (PMC8751557). Note: Average effects are small and risk of bias in the underlying trials was often high; the authors call for better treatments and better trials.

### The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses — Hofmann et al., Cognit Ther Res 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC3584580/

**WHAT IT FOUND**

Reviewed 106 meta-analyses of cognitive behavioural therapy (CBT) across many problems. Support was strongest for anxiety disorders, somatoform (body-symptom) disorders, bulimia, anger problems and general stress; for depression, CBT had medium effects against waiting list or no treatment, while comparisons with other therapies were mixed. In 11 studies comparing response rates, CBT did better in 7 and worse in 1.

**WHY IT MATTERS HERE**

Backs up the CBT-trained therapists found through the chapter 05 directories, and is most relevant to people with anxiety, stress, health anxiety or bulimia who want a structured, skills-based therapy.

Review of meta-analyses — 269 meta-analyses identified, 106 reviewed. Moderate evidence. Cognit Ther Res 2012;36(5):427-440. DOI 10.1007/s10608-012-9476-1. Free full text in PubMed Central (PMC3584580). Note: A 2012 narrative synthesis: many underlying studies were small or lacked adequate control groups, and no meta-analysis had looked separately at minority or low-income groups.

### Cognitive behavioral therapy for anxiety and related disorders: A meta-analysis of randomized placebo-controlled trials — Carpenter et al., Depress Anxiety 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5992015/

**WHAT IT FOUND**

Compared CBT with a psychological or pill placebo, a tougher test than a waiting list, for PTSD, social anxiety, panic, OCD, acute stress and generalised anxiety. CBT reduced the main symptoms more than placebo (g = 0.56, 95% CI 0.44–0.69), with large effects for OCD, generalised anxiety and acute stress and smaller ones for PTSD, social anxiety and panic. The odds of responding were about three times higher (OR 2.97), and benefits were still present at follow-up (g = 0.47).

**WHY IT MATTERS HERE**

Backs up the CBT therapists and trauma specialists in the chapter 05 directories (ISTSS, Psychology Today, GoodTherapy), and is most relevant to people with anxiety, panic, OCD or trauma symptoms.

Meta-analysis — 41 placebo-controlled randomised trials, 2,835 adults with anxiety-related disorders. Strong evidence. Depress Anxiety 2018;35(6):502-514. DOI 10.1002/da.22728. Free full text in PubMed Central (PMC5992015). Note: Signs of publication bias: adjusting for likely missing studies cut the effect to g = 0.33; some disorders had very few trials and most non-PTSD samples were white.

### Psychological therapies for post-traumatic stress disorder in adults: systematic review and meta-analysis — Lewis et al., Eur J Psychotraumatol 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7144187/

WHAT IT FOUND

Reviewed 114 trials of talking therapies for adult PTSD to inform the ISTSS treatment guidelines. There was robust evidence of a clinically important benefit for trauma-focused CBT and for EMDR, judged against a demanding pre-set bar (an effect above 0.8 versus waiting list). Cognitive Processing Therapy, Cognitive Therapy and Prolonged Exposure had the strongest evidence; CBT without a trauma focus, group or guided internet versions and present-centred therapy had some.

WHY IT MATTERS HERE

Backs up the trauma listings in chapter 05 (the ISTSS trauma-specialist directory and the EMDRAA therapist finder): trauma-focused CBT and EMDR are the best-supported talking therapies for adults with PTSD.

Systematic review and meta-analysis — 114 randomised trials, 8,171 adults with PTSD. Moderate evidence. Eur J Psychotraumatol 2020;11(1):1729633. DOI 10.1080/20008198.2020.1729633. Free full text in PubMed Central (PMC7144187) — open access, CC BY-NC 4.0. Note: The authors rated the evidence moderate quality for trauma-focused CBT overall but low for EMDR and each named therapy; publication bias was possible and complex cases were mostly excluded.

### Guidelines for the management of conditions specifically related to stress — WHO 2013

https://www.who.int/publications/i/item/9789241505406

WHAT IT FOUND

WHO guidance for non-specialist health workers on stress after trauma, PTSD and bereavement. For adults with PTSD, individual or group trauma-focused CBT, EMDR or stress management should be considered (moderate-quality evidence for individual trauma-focused CBT and EMDR); antidepressants should not be first-line. It advises against benzodiazepines in the first month after trauma and against routine structured psychological help for bereaved people without a mental disorder.

WHY IT MATTERS HERE

Backs up the trauma listings in chapter 05 (EMDRAA therapist finder, ISTSS trauma-specialist directory): WHO recommends trauma-focused CBT and EMDR for PTSD in adults and young people, including in non-specialist care worldwide.

WHO guideline from an independent Guidelines Development Group — 21 graded recommendations on stress after recent trauma, PTSD and bereavement. Moderate evidence. Geneva: WHO; 2013. ISBN 978-92-4-150540-6. Free from the World Health Organization. Note: Dates from 2013, and WHO rated much of the evidence low or very low quality, especially for children and adolescents.

### Somatic experiencing – effectiveness and key factors of a body-oriented trauma therapy: a scoping literature review — Kuhfuß et al., Eur J Psychotraumatol 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8276649/

WHAT IT FOUND

Mapped the research on Somatic Experiencing (SE), a body-focused trauma therapy that works with physical sensations. Of 16 studies, only two were randomised trials (63 and 91 people). The authors found preliminary evidence of benefit for PTSD symptoms and possible benefits for mood, physical symptoms and well-being; clients and practitioners named touch and a focus on personal resources as key ingredients.

WHY IT MATTERS HERE

Backs up the Somatic Experiencing International practitioner finder in chapter 05, honestly: SE is promising but far less tested than trauma-focused CBT or EMDR, so it is best seen as a less-proven, body-based option.

Scoping review — 16 studies, including 2 small randomised trials (63 and 91 participants). Early evidence. Eur J Psychotraumatol 2021;12(1):1929023. DOI 10.1080/20008198.2021.1929023. Free full text in PubMed Central (PMC8276649) — open access, CC BY-NC 4.0. Note: Early evidence: only two small randomised trials, both with high-risk-of-bias domains, and mixed study quality; the authors say unbiased trials are needed.

### Telehealth v. face-to-face provision of care to patients with depression: a systematic review and meta-analysis — Scott et al., Psychol Med 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9693715/

**WHAT IT FOUND**

Compared the same therapy (mostly CBT-based) delivered by video (5 trials) or telephone (4) with face-to-face care for depression. Depression severity did not differ at the end of treatment (SMD −0.04, 95% CI −0.21 to 0.13) or at 3 months (0.10, −0.08 to 0.28), and satisfaction and working alliance did not differ in the few trials that measured them.

**WHY IT MATTERS HERE**

Backs up the online and telehealth therapy offered through chapter 05 directories (Psychology Today, It's Complicated, Open Path) and EAP platforms such as Intellect: for depression, therapy by video or phone appears to work about as well as in person.

Systematic review and meta-analysis — 9 randomised trials, 1,268 patients. Moderate evidence. Psychol Med 2022;52(14):2852-2860. DOI 10.1017/S0033291722002331. Free full text in PubMed Central (PMC9693715) — open access, CC BY 4.0. Note: Only 9 trials, all in the US; blinding was impossible, attrition was often high, and few trials followed people up for long.

### Telehealth Versus Face-to-face Psychotherapy for Less Common Mental Health Conditions: Systematic Review and Meta-analysis of Randomized Controlled Trials — Greenwood et al., JMIR Ment Health 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8956990/

**WHAT IT FOUND**

Looked at therapy by video (7 trials) or telephone for addictions, eating disorders, children's mental health and the psychological side of chronic conditions such as type 1 diabetes, chronic fatigue and cancer. Symptom severity did not differ from face-to-face therapy (SMD 0.05, 95% CI −0.17 to 0.27), nor did satisfaction or working alliance; the authors call this insufficient evidence of a difference, not proven equivalence.

**WHY IT MATTERS HERE**

Backs up the online and phone therapy offered through chapter 05 directories, including the Chronic Illness Therapist directory, for people whose health, energy or location makes travelling to sessions hard.

Systematic review and meta-analysis — 12 randomised trials, 931 patients. Moderate evidence. JMIR Ment Health 2022;9(3):e31780. DOI 10.2196/31780. Free full text in PubMed Central (PMC8956990) — open access, CC BY 4.0. Note: Few, small trials; participants could not be blinded and many reports lacked detail; confidence intervals were too wide to confirm equivalence, and no trials covered psychosis or bipolar disorder.

### Effectiveness of a brief behavioural intervention on psychological distress among women with a history of gender-based violence in urban Kenya: A randomised clinical trial — Bryant et al., PLoS Med 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5557357/

**WHAT IT FOUND**

Tested WHO's Problem Management Plus (PM+), a five-session programme delivered by lay community health workers after 8 days' training, against enhanced usual care from community nurses, in women who had experienced gender-based violence. Three months after treatment PM+ gave a moderate extra fall in psychological distress (effect size 0.57, 95% CI 0.32–0.83) and smaller gains in PTSD symptoms (0.21) and daily functioning (0.26).

**WHY IT MATTERS HERE**

Backs up the community programmes of the Canadian Mental Health Association in chapter 05 and the violence-survivor services in chapter 06 in principle: brief, structured help from trained non-specialists reduced distress in women who had experienced violence. Those services were not themselves tested.

Randomised controlled trial — 421 women with a history of gender-based violence in Nairobi, Kenya. Moderate evidence. PLoS Med 2017;14(8):e1002371. DOI 10.1371/journal.pmed.1002371. Free full text in PubMed Central (PMC5557357) — open access, CC BY 4.0. Note: A single trial with only 3-month follow-up, self-report measures, women only and no attention-control group.

### Psychotherapies for depression in low- and middle-income countries: a meta-analysis — Cuijpers et al., World Psychiatry 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5775122/

**WHAT IT FOUND**

Asked whether talking therapies developed in Western countries work elsewhere. In the 32 trials from non-Western countries the pooled effect was large (g = 1.10, 95% CI 0.91–1.30), falling to 0.73 after adjusting for publication bias. Effects were larger, not smaller, than in Western trials, and whether a therapy had been adapted to local conditions made no clear difference in this analysis.

**WHY IT MATTERS HERE**

Backs up the international and multilingual directories in chapter 05 (It's Complicated, International Therapist Directory, Psychology Today Hong Kong & Singapore, Singapore Association for Counselling): therapies developed in Western countries appear to work in other cultures too.

Meta-analysis — 253 randomised trials, 32 of them in non-Western countries. Moderate evidence. World Psychiatry 2018;17(1):90-101. DOI 10.1002/wps.20493. Free full text in PubMed Central (PMC5775122). Note: Results varied widely between trials ($I^2$ = 90%), and the larger effects may partly reflect weak comparison care or lower trial quality in some settings.

### The current status of culturally adapted mental health interventions: a practice-focused review of meta-analyses — Rathod et al., Neuropsychiatr Dis Treat 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5757988/

**WHAT IT FOUND**

Brought together 12 reviews of therapies adapted to clients' culture, language and values, mostly for Latino, African American, Asian American and Native American groups with depression, schizophrenia or youth problems. Most found moderate to large benefits (effects about 0.23–0.75), and one review found adapted versions beat unadapted versions of the same therapy (g = 0.52). Common adaptations covered language, therapist, content, family and cultural norms.

**WHY IT MATTERS HERE**

Backs up Inclusive Therapists and the multilingual directories in chapter 05: therapy adapted to a person's culture, language and values generally helped, which supports seeking a culturally responsive therapist. It does not cover LGBTQ+-affirmative therapy.

Umbrella review — 12 meta-analyses and reviews of culturally adapted psychological interventions. Moderate evidence. Neuropsychiatr Dis Treat 2018;14:165-178. DOI 10.2147/NDT.S138430. Free full text in PubMed Central (PMC5757988) — open access, CC BY-NC 3.0. Note: Most trials compared adapted therapy with usual care rather than the unadapted version; the authors say most reviews lacked rigour, and the reviews overlapped.

### The alliance in mental health care: conceptualization, evidence and clinical applications — Wampold & Flückiger, World Psychiatry 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9840508/

**WHAT IT FOUND**

Summarises the research on the working alliance: agreement on goals and tasks plus a personal bond. Across many forms of therapy, the alliance measured early in treatment reliably predicts outcome, even after allowing for early symptom change. Most of its benefit appears to come from the therapist's interpersonal skills, such as warmth, empathy, hope and repairing ruptures; evidence for online alliances is still preliminary.

**WHY IT MATTERS HERE**

Backs up the core idea behind every therapist directory in chapter 05: who you see matters, so it is worth taking time to find a therapist you trust and agree with on goals, whatever their method.

Narrative review of meta-analytic and trial evidence on the therapeutic alliance. Moderate evidence. World Psychiatry 2023;22(1):25-41. DOI 10.1002/wps.21035. Free full text in PubMed Central (PMC9840508). Note: A narrative review by leading alliance researchers; the alliance-outcome link is mainly correlational, so it shows association rather than proof of cause.

## Peer Support, Mutual Help & Recovery Communities

### Alcoholics Anonymous and other 12-step programs for alcohol use disorder — Kelly et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7065341/

**WHAT IT FOUND**

Reviewed 27 studies (10,565 people) comparing Alcoholics Anonymous, or clinical programmes that link people into AA ('Twelve-Step Facilitation'), with other treatments such as CBT. Manualised AA/TSF led to more people staying continuously abstinent at 12 months (risk ratio 1.21, 95% CI 1.03 to 1.42; 2 studies, 1,936 people; high-certainty evidence), probably lowers healthcare costs, and appeared at least as good on other drinking outcomes.

**WHY IT MATTERS HERE**

Backs up the Alcoholics Anonymous 'Big Book' listing in chapter 10: the review tested AA and clinical programmes that link people into AA, not reading the book on its own. Most relevant to people with alcohol problems, their families, and peer workers deciding whether to suggest a meeting.

Cochrane systematic review and meta-analysis — 27 studies (21 randomised or quasi-randomised), 10,565 people. Strong evidence. Cochrane Database Syst Rev 2020;3:CD012880. DOI 10.1002/14651858.CD012880.pub2. Free full text in PubMed Central (PMC7065341). Note: The high-certainty abstinence result comes from 2 studies of structured programmes that link people into AA; most other outcomes were rated lower certainty.

### A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD — Zemore et al., J Subst Abuse Treat 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5884451/

**WHAT IT FOUND**

Followed 647 adults with a lifetime alcohol use disorder who attended Women for Sobriety, LifeRing, SMART Recovery or 12-step groups for a year. Once people's own recovery goals were allowed for, members of the secular alternatives did as well as 12-step members. In all groups, greater involvement at 6 months went with much higher odds of not drinking across the 6- and 12-month follow-ups (odds ratio 3.97, 95% CI 1.96 to 8.04).

**WHY IT MATTERS HERE**

Backs up the SMART Recovery and LifeRing Secular Recovery listings in chapter 06 as alternatives to AA that may work as well, and is the closest evidence for other non-12-step groups such as Recovery Dharma (not studied); most relevant to people who do not connect with the 12-step approach.

Prospective cohort study — 647 mutual-help group members followed for 12 months. Early evidence. J Subst Abuse Treat 2018;88:18–26. DOI 10.1016/j.jsat.2018.02.004. Free full text in PubMed Central (PMC5884451). Note: Self-selected online sample, likely weighted towards long-standing members, with no randomisation, so it shows association, not cause; the authors call the analyses exploratory.

### The effectiveness of one-to-one peer support in mental health services: a systematic review and meta-analysis — White et al., BMC Psychiatry 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7657356/

**WHAT IT FOUND**

Reviewed 19 randomised trials (3,329 adults) of one-to-one support from trained peer workers — staff who draw on their own lived experience of mental distress — in mental health services. Peer support may have a modest positive effect on people's own sense of recovery and empowerment, and might improve social support (less certain), but it did not change clinical symptoms or use of services.

**WHY IT MATTERS HERE**

Backs up peer workers in mental health services, such as the peer support offered by community mental health organisations in chapter 05, and is the closest evidence for peer-led programmes such as NAMI Peer-to-Peer in chapter 06 (a group course, not tested here); relevant to peer workers and people offered one.

Systematic review and meta-analysis — 19 randomised trials, 3,329 people. Moderate evidence. BMC Psychiatry 2020;20:534. DOI 10.1186/s12888-020-02923-3. Free full text in PubMed Central (PMC7657356) — open access, CC BY 4.0. Note: Several trials were small pilots and outcome reporting was often incomplete; the authors judge clinical benefits unlikely.

### Lived Experience in New Models of Care for Substance Use Disorder: A Systematic Review of Peer Recovery Support Services and Recovery Coaching — Eddie et al., Front Psychol 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6585590/

**WHAT IT FOUND**

Reviewed 23 studies (6,544 people, including 7 randomised trials) of peer recovery coaches — people in recovery who support others with alcohol or drug problems. Peer recovery support was linked with less substance use and relapse, better relationships with providers and supporters, staying in treatment longer and greater satisfaction, although many studies found no difference.

**WHY IT MATTERS HERE**

Backs up the lived-experience principle behind the peer-led recovery communities in chapter 06 (SMART Recovery, LifeRing, Recovery Dharma, The Phoenix), though it studied peer recovery coaches and support workers in clinical settings, not these groups; especially relevant to people training as peer or recovery workers.

Systematic review — 24 reports of 23 studies (7 randomised trials), 6,544 people. Moderate evidence. Front Psychol 2019;10:1052. DOI 10.3389/fpsyg.2019.01052. Free full text in PubMed Central (PMC6585590) — open access, CC BY 4.0. Note: The authors call the findings tentative: peer effects were hard to separate from other services and many studies lacked a proper comparison group.

### Peer Support Interventions for Adults With Diabetes: A Meta-Analysis of Hemoglobin A1c Outcomes — Patil et al., Ann Fam Med 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC5389404/

**WHAT IT FOUND**

Pooled 17 randomised trials (4,715 adults with diabetes) of support from peers rather than health professionals. Peer support improved long-term blood glucose (HbA1c) by 0.24 percentage points on average (95% CI 0.05 to 0.43), a small effect. Benefits were larger in studies of mainly minority-ethnic groups (0.53 points) and absent in mainly non-Hispanic white groups.

**WHY IT MATTERS HERE**

Backs up the idea behind peer support for metabolic conditions, such as the fasting and low-carb support groups in chapter 13 (not tested here; the trials used trained peer supporters, often by phone): support from people with the same condition can lower HbA1c, if only slightly. Most relevant to people with diabetes.

Meta-analysis — 17 randomised trials (14 individual, 3 cluster), 4,715 adults with diabetes. Moderate evidence. Ann Fam Med 2016;14(6):540–551. DOI 10.1370/afm.1982. Free full text in PubMed Central (PMC5389404). Note: The overall effect was small and varied between trials; the differences by ethnic group come from comparing whole studies, and the authors call these comparisons post hoc.

### The effectiveness, implementation, and experiences of peer support approaches for mental health: a systematic umbrella review — Cooper et al., BMC Med 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10902990/

**WHAT IT FOUND**

Brought together 35 reviews (426 studies) of paid peer support for mental health. Effectiveness results were mixed, but pooled analyses suggested improvements in depression (especially around pregnancy and after birth), self-efficacy and recovery. Peer roles were more likely to succeed with proper training, supervision, clear roles and supportive leadership; role confusion and low pay were common problems.

**WHY IT MATTERS HERE**

Backs up paid peer support workers in mental health services, such as those at the Canadian Mental Health Association (chapter 05), and is indirect support for peer-led programmes in chapter 06 such as NAMI Peer-to-Peer (not studied); its implementation findings help peer workers and services.

Umbrella review — 35 systematic and scoping reviews covering 426 primary studies. Moderate evidence. BMC Med 2024;22:72. DOI 10.1186/s12916-024-03260-y. Free full text in PubMed Central (PMC10902990) — open access, CC BY 4.0. Note: 97% of the included reviews were rated low or critically low quality, so the findings are suggestive rather than firm.

### Peer support for people with chronic conditions: a systematic review of reviews — Thompson et al., BMC Health Serv Res 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8973527/

**WHAT IT FOUND**

Summarised 31 reviews of various kinds (systematic, literature, scoping and qualitative) of peer support for people with long-term physical conditions, most often cancer, diabetes and heart disease. Quality of life and self-efficacy were the outcomes most often measured. Most reviews reported positive but not statistically significant effects, and the authors conclude that how well peer support works, and which form suits whom, is still unclear.

**WHY IT MATTERS HERE**

Backs up the chronic-illness and condition-specific communities in chapter 06 (e.g. HealthUnlocked, Crohn's & Colitis Foundation groups) while setting realistic expectations; it is only indirect evidence for the sleep peer groups in chapter 11 and gut-condition groups in chapter 15.

Systematic review of reviews — 31 reviews (cancer, diabetes and heart disease most common). Moderate evidence. BMC Health Serv Res 2022;22:427. DOI 10.1186/s12913-022-07816-7. Free full text in PubMed Central (PMC8973527) — open access, CC BY 4.0. Note: 24 of the 31 reviews were rated critically low confidence, and peer support was defined and measured in many different ways.

### Digital Peer Support Mental Health Interventions for People With a Lived Experience of a Serious Mental Illness: Systematic Review — Fortuna et al., JMIR Ment Health 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7165313/

**WHAT IT FOUND**

Reviewed 30 studies (11 randomised trials) of peer support delivered through technology for people with schizophrenia-spectrum or bipolar disorder: online peer-to-peer networks, peer workers using technology to deliver support, and live or message-based online sessions. Most studies found these services feasible and acceptable, with early signs of benefit, but the authors stress the field is young and needs larger, longer trials.

**WHY IT MATTERS HERE**

Backs up the approach of the online forums and virtual peer groups for mental health in chapter 06 (e.g. Out of the Storm, The Mighty), which were not themselves tested; the review covered only people with schizophrenia-spectrum or bipolar disorder. Most relevant to people who can only reach support online.

Systematic review — 30 studies of 24 interventions (11 randomised trials). Early evidence. JMIR Ment Health 2020;7(4):e16460. DOI 10.2196/16460. Free full text in PubMed Central (PMC7165313) — open access, CC BY 4.0. Note: Half the studies were simple before-and-after designs, most were small single-site studies, and there is no pooled effect size; which parts of digital peer support help is unknown.

### A systematic review and meta-analysis of randomised controlled trials of peer support for people with severe mental illness — Lloyd-Evans et al., BMC Psychiatry 2014

https://pmc.ncbi.nlm.nih.gov/articles/PMC3933205/

**WHAT IT FOUND**

Pooled 18 randomised trials (5,597 people with severe mental illness) of three kinds of peer support: mutual support groups (4 trials), peer support services (11) and services delivered by peers (3). There was little or no evidence of effects on hospital admission, symptoms or satisfaction, but some evidence of gains in hope, recovery and empowerment, not consistent across trials (e.g. a small effect on recovery for peer support services, SMD -0.24, 95% CI -0.39 to -0.09).

**WHY IT MATTERS HERE**

Backs up the peer-run groups for mental health in chapter 06 and gives an honest picture of what they can and cannot do; useful for peer workers explaining that the main gains are in hope and recovery rather than symptom relief.

Systematic review and meta-analysis — 18 randomised trials, 5,597 people. Moderate evidence. BMC Psychiatry 2014;14:39. DOI 10.1186/1471-244X-14-39. Free full text in PubMed Central (PMC3933205) — open access, CC BY 2.0. Note: Nearly all trials had some serious risk of bias and the evidence was low or very low quality for every outcome; the authors say it does not support making peer support mandatory.

### Interventions to improve the experience of caring for people with severe mental illness: systematic review and meta-analysis — Yesufu-Udechuku et al., Br J Psychiatry 2015

https://doi.org/10.1192/bjp.bp.114.147561

**WHAT IT FOUND**

Pooled 21 randomised trials (1,589 carers) of help for family and friends caring for someone with a severe mental illness such as psychosis. There was evidence, mostly of low or very low quality, that carer support groups (SMD -1.16, 95% CI -1.96 to -0.36) and psychoeducation (SMD -1.03, 95% CI -1.69 to -0.36) improved the experience of caring by the end of the programme; carer-focused help also appeared to improve quality of life and reduce distress.

**WHY IT MATTERS HERE**

Backs up the family and carer support groups in chapter 06 (e.g. SMART Recovery Family & Friends) and chapter 09 (e.g. CADDAC's parent and caregiver groups), though it studied only carers of people with severe mental illness; most relevant to those carers.

Systematic review and meta-analysis — 21 randomised trials, 1,589 carers. Moderate evidence. Br J Psychiatry 2015;206(4):268–274. Free full text at the publisher — open access, CC BY-NC-ND 4.0. Note: Evidence for support groups was rated very low quality, came only from 4 small trials in Chinese populations, and results varied widely.

### State-of-the-art literature review of Recovery College evaluative studies between 2013-2024 — Briand et al., Front Psychiatry 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12358375/

**WHAT IT FOUND**

Reviewed 64 evaluations of Recovery Colleges, where people with lived experience and professionals co-design and co-teach adult-education courses on mental health and recovery. Mostly before-and-after studies reported gains in wellbeing and empowerment, and learners described renewed hope; some found fewer emergency visits and admissions, and one Australian study estimated net savings of AUD 269 per student per year.

**WHY IT MATTERS HERE**

Backs up the recovery colleges run by community mental health organisations in chapter 05 (e.g. Canadian Mental Health Association), and is the closest evidence for peer-led courses such as NAMI Peer-to-Peer in chapter 06 (not itself studied); relevant to anyone considering a course.

State-of-the-art literature review with a systematic search — 64 evaluative studies of Recovery Colleges, 2013–2024. Early evidence. Front Psychiatry 2025;16:1584110. DOI 10.3389/fpsyt.2025.1584110. Free full text in PubMed Central (PMC12358375) — open access, CC BY 4.0. Note: No randomised trials yet; most studies lacked a control group, and the authors say efficacy cannot be concluded.

### Peer-supported self-management for people discharged from a mental health crisis team: a randomised controlled trial — Johnson et al., Lancet 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6083437/

**WHAT IT FOUND**

Randomised 441 people leaving six crisis resolution teams in England to up to ten sessions with a peer support worker built around a recovery workbook, or the workbook alone by post. Within a year, 29% of the peer-supported group (64 of 218) were readmitted to acute care compared with 38% (83 of 216) of the comparison group (odds ratio 0.66, 95% CI 0.43 to 0.99).

**WHY IT MATTERS HERE**

Backs up peer support workers in community mental health services (chapter 05) and is the closest trial evidence for peer-led self-management courses such as NAMI Peer-to-Peer in chapter 06 (a group format, not tested here); most relevant to people leaving crisis care and the peer workers who support them.

Randomised controlled trial — 441 people discharged from six crisis teams in England. Moderate evidence. Lancet 2018;392(10145):409–418. DOI 10.1016/S0140-6736(18)31470-3. Free full text in PubMed Central (PMC6083437) — open access, CC BY 4.0. Note: A single trial in England; admission rates were lower than expected and the confidence interval was wide, so the size of the benefit is uncertain.

### Determining the relative importance of the mechanisms of behavior change within Alcoholics Anonymous: a multiple mediator analysis — Kelly et al., Addiction 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC3242865/

**WHAT IT FOUND**

Used data from 1,726 adults in a large US alcohol treatment trial to ask why going to AA helps. The main routes were social: positive changes in people's social networks and more confidence about staying sober in social situations. For people in aftercare after inpatient or day-hospital treatment, spirituality and less negative mood also played a part. Together these accounted for 43% to 67% of the link between AA attendance and better drinking outcomes.

**WHY IT MATTERS HERE**

Backs up the AA 'Big Book' listing in chapter 10 by showing how AA attendance seems to work — through new sober relationships and confidence — and suggests why other mutual-help groups in chapter 06 may help; useful for peer workers explaining why 'the fellowship' matters.

Mediation analysis of a multisite randomised trial (Project MATCH) — 1,726 adults with alcohol use disorder. Early evidence. Addiction 2012;107(2):289–299. DOI 10.1111/j.1360-0443.2011.03593.x. Free full text in PubMed Central (PMC3242865). Note: Observational analysis within a 1990s trial: people chose whether to go to AA, so it points to likely pathways but cannot show cause and effect.

### Developing a change model for peer worker interventions in mental health services: a qualitative research study — Gillard et al., Epidemiol Psychiatr Sci 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC8367355/

**WHAT IT FOUND**

Interviewed 71 peer workers, service users, staff and managers across 10 peer worker programmes in statutory (NHS) and voluntary-sector mental health services in England. It identified three ways peer workers bring about change: trusting relationships built on shared lived experience, role-modelling that recovery is possible, and helping people engage with services and their community.

**WHY IT MATTERS HERE**

Backs up the lived-experience principle behind the peer-led mental health groups in chapter 06 and the peer roles in community mental health organisations in chapter 05; especially useful for people training as peer workers to understand what makes the role work.

Qualitative comparative case study — 10 peer worker programmes, 71 interviews. Early evidence. Epidemiol Psychiatr Sci 2015;24(5):435–445. DOI 10.1017/S2045796014000407. Free full text in PubMed Central (PMC8367355). Note: A qualitative study: it explains how peer work may help but does not measure outcomes.

## Living With Chronic Illness & Pain — Self-Management, Education & Integrative Care

### A Meta-Analysis of Health Status, Health Behaviors, and Health Care Utilization Outcomes of the Chronic Disease Self-Management Program — Brady et al., Prev Chronic Dis 2013

https://pmc.ncbi.nlm.nih.gov/articles/PMC3547675/

**WHAT IT FOUND**

Pooled 23 studies (8,688 people) of the six-week Stanford Chronic Disease Self-Management Program, taught by trained leaders. In English-language small groups, at 4–6 months people had small-to-moderate gains in self-efficacy (effect size 0.35), health distress (−0.28), depression (−0.22), symptom-management skills, exercise and talking with doctors, plus slightly fewer hospital days; mood, distress and self-efficacy gains remained at 9–12 months.

**WHY IT MATTERS HERE**

Backs up Living a Healthy Life with Chronic Conditions in chapter 10, the handbook of the group course tested here (the book on its own was not tested); relevant to anyone living with one or more long-term conditions.

Meta-analysis — 23 studies (25 study arms; randomised trials and longitudinal studies), 8,688 participants. Moderate evidence. Prev Chronic Dis 2013;10:120112. DOI 10.5888/pcd10.120112. Free full text in PubMed Central (PMC3547675) — public domain. Note: Effects were small, much of the data came from before-and-after studies rather than randomised trials, and pain and fatigue improved only slightly.

### Psychological therapies for the management of chronic pain (excluding headache) in adults — Williams et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7437545/

**WHAT IT FOUND**

Pooled 75 randomised trials (9,401 adults) of psychological therapies for chronic non-cancer pain other than headache. Cognitive behavioural therapy (CBT) had small benefits over usual care for pain (SMD −0.22), disability (−0.32) and distress (−0.34) at the end of treatment, largely kept at follow-up, and very small benefits over other active treatments. Evidence for behavioural therapy and ACT was very uncertain.

**WHY IT MATTERS HERE**

Backs up the CBT approach taught in the pain workbooks in chapter 10 (such as The Pain Management Workbook; the books themselves were not tested) and the chronic-illness therapists in chapter 05; most relevant to adults with long-lasting pain wondering whether psychological help is worth trying.

Cochrane systematic review and meta-analysis — 75 randomised trials, 9,401 adults. Strong evidence. Cochrane Database Syst Rev 2020;8:CD007407. DOI 10.1002/14651858.CD007407.pub4. Free full text in PubMed Central (PMC7437545). Note: Average benefits of CBT are small, and the trials reported little about possible harms.

### Acceptance and commitment therapy for patients with chronic pain: A systematic review and meta-analysis on psychological outcomes and quality of life — Ye et al., PLoS One 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11178235/

**WHAT IT FOUND**

Pooled 21 randomised trials (1,298 people) comparing acceptance and commitment therapy (ACT) for chronic pain with usual care or a waiting list. Straight after treatment ACT improved pain interference (SMD −0.50), day-to-day functioning (−0.74), depression (−0.59), anxiety (−0.47), pain acceptance (0.68) and quality of life (0.43), with a smaller effect on pain intensity (−0.37); effects on most outcomes were still present at three months.

**WHY IT MATTERS HERE**

Backs up finding an ACT-trained therapist through the ACBS directory or the chronic-illness therapists in chapter 05; relevant to people who want to live more fully alongside pain that has not gone away.

Systematic review and meta-analysis — 21 randomised trials, 1,298 participants (ACT vs usual care or waiting list). Moderate evidence. PLoS One 2024;19(6):e0301226. DOI 10.1371/journal.pone.0301226. Free full text in PubMed Central (PMC11178235) — open access, CC BY 4.0. Note: Compared only with usual care or waiting lists, no GRADE rating and follow-up only to three months; the 2020 Cochrane review judged ACT evidence very uncertain.

### Pain neuroscience education in patients with chronic musculoskeletal pain: an umbrella review — Cuenca-Martínez et al., Front Neurosci 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10704151/

**WHAT IT FOUND**

Brought together 16 systematic reviews of pain neuroscience education (PNE) — teaching how pain works, as in Explain Pain — for chronic musculoskeletal pain such as back pain, fibromyalgia and osteoarthritis. Adding PNE to other treatments, mostly exercise, seemed to give bigger improvements than those treatments alone, especially on psychological measures; PNE on its own did not clearly improve pain, disability or psychological measures.

**WHY IT MATTERS HERE**

Backs up the pain-science education approach behind Explain Pain, Tame the Beast and Retrain Pain in chapter 10 and apps such as Curable in chapter 13 (none tested themselves); suggests they work best alongside exercise or physiotherapy (chapter 12).

Umbrella review — 16 systematic reviews (11 with meta-analysis) of randomised or controlled clinical trials (quality rated with AMSTAR-2). Moderate evidence. Front Neurosci 2023;17:1272068. DOI 10.3389/fnins.2023.1272068. Free full text in PubMed Central (PMC10704151) — open access, CC BY 4.0. Note: All 16 reviews were rated critically low quality, results and teaching methods varied widely, and the authors say better studies are needed before clinical use.

### Effect of Graded Sensorimotor Retraining on Pain Intensity in Patients With Chronic Low Back Pain: A Randomized Clinical Trial — Bagg et al., JAMA 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9346551/

**WHAT IT FOUND**

Trial in 276 adults with chronic low back pain of graded sensorimotor retraining, a 12-session programme that starts with pain education and then retrains body sense and movement step by step, compared with sham treatments. At 18 weeks pain was 1 point lower on a 0–10 scale (−1.0, 95% CI −1.5 to −0.4) and disability was also better; at one year disability was still better but the pain difference was no longer significant.

**WHY IT MATTERS HERE**

Backs up the approach of the Explain Pain handbook in chapter 10 (its co-author Lorimer Moseley was a trial author; the book itself was not tested) and the physiotherapists in chapter 12 who combine pain education with graded movement; most relevant to people with long-lasting low back pain.

Randomised clinical trial — 276 adults, intervention versus sham-procedure control, 1-year follow-up. Moderate evidence. JAMA 2022;328(5):430–439. DOI 10.1001/jama.2022.9930. Free full text in PubMed Central (PMC9346551). Note: A single trial; the pain benefit was small and faded by one year, and the programme was delivered by trained physiotherapists, not self-guided reading.

### Effect of Pain Reprocessing Therapy vs Placebo and Usual Care for Patients With Chronic Back Pain: A Randomized Clinical Trial — Ashar et al., JAMA Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8482298/

**WHAT IT FOUND**

Trial of pain reprocessing therapy (PRT), the method in The Way Out, in 151 adults with chronic back pain. After treatment 66% of the PRT group were pain-free or nearly pain-free, against 20% given an open-label placebo and 10% with usual care (Hedges g −1.14 versus placebo, −1.74 versus usual care); a smaller benefit remained at one year (g −0.70 versus placebo).

**WHY IT MATTERS HERE**

Backs up the therapy taught in The Way Out in chapter 10 (the trial tested therapist-delivered sessions, not the book); most relevant to people with chronic back pain where no ongoing injury or disease explains the pain.

Randomised clinical trial — 151 adults, three arms (pain reprocessing therapy, open-label placebo, usual care), 1-year follow-up. Moderate evidence. JAMA Psychiatry 2022;79(1):13–23. DOI 10.1001/jamapsychiatry.2021.2669. Free full text in PubMed Central (PMC8482298) — open access, CC BY 4.0. Note: One trial in a well-educated, active group with low-to-moderate pain, with sessions given by the method's developers; it was not tested against other leading treatments.

### WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings — WHO 2023

https://www.who.int/publications/i/item/9789240081789

**WHAT IT FOUND**

WHO guideline on chronic primary low back pain in adults that weighed 37 non-surgical treatments. As part of care it conditionally recommends options including structured education and advice, exercise programmes, CBT, operant (behavioural) therapy, multicomponent biopsychosocial care, acupuncture, spinal manipulation, massage and NSAIDs, and advises against routine use of opioids, TENS, traction, back braces and several other medicines.

**WHY IT MATTERS HERE**

Backs up the pain education, CBT and self-management resources in chapter 10 and the physiotherapy and exercise services in chapter 12 for long-lasting low back pain; useful for anyone deciding which treatments are worth their time.

WHO guideline — GRADE-based evidence reviews of 37 non-surgical interventions. Moderate evidence. Geneva: World Health Organization; 2023. ISBN 978-92-4-008178-9. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: All recommendations are conditional and most rest on low or very low certainty evidence (very low for education and CBT); it covers adults with chronic primary low back pain only.

### Decision aids for people facing health treatment or screening decisions — Stacey et al., Cochrane Database Syst Rev 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10823577/

**WHAT IT FOUND**

Cochrane review of 209 randomised trials (107,698 people) of patient decision aids — leaflets, videos or online tools that lay out options, benefits and harms. Compared with usual care, people knew more (11.9 points out of 100), judged risks more accurately (RR 1.94), felt better informed and clearer about what mattered to them, took a less passive role (RR 0.72) and probably more often made choices that matched their values (RR 1.75).

**WHY IT MATTERS HERE**

Backs up resources that set out treatment options, benefits and harms to weigh with a clinician, such as Deprescribing.org in chapter 06; the review tested structured decision aids, not this site.

Cochrane systematic review and meta-analysis — 209 randomised trials, 107,698 people. Strong evidence. Cochrane Database Syst Rev 2024;1:CD001431. DOI 10.1002/14651858.CD001431.pub6. Free full text in PubMed Central (PMC10823577). Note: It tested structured decision aids against usual care, which ranged from general health information to nothing; effects on adherence, health outcomes and costs are unclear.

### Association of the Functional Medicine Model of Care With Patient-Reported Health-Related Quality-of-Life Outcomes — Beidelschies et al., JAMA Netw Open 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6822085/

**WHAT IT FOUND**

Compared 1,595 patients at the Cleveland Clinic's functional medicine centre (longer visits, dietitian and health coach) with 5,657 primary-care patients (398 matched pairs). At six months the functional medicine group improved more on a standard physical-health score (1.59 vs 0.33 points), and more reached a meaningful gain (30.9% vs 22.1%); at 12 months the difference from primary care was no longer significant.

**WHY IT MATTERS HERE**

Backs up, cautiously, the functional and integrative medicine directories in chapter 01 (such as the Institute for Functional Medicine); it tested one hospital clinic's team model, which many listed practitioners do not offer.

Retrospective cohort study — 7,252 patients; 398 propensity-matched pairs (functional medicine centre vs primary care), Cleveland Clinic. Early evidence. JAMA Netw Open 2019;2(10):e1914017. DOI 10.1001/jamanetworkopen.2019.14017. Free full text in PubMed Central (PMC6822085) — open access, CC BY. Note: Retrospective, single-centre and not randomised (the authors call it hypothesis-generating); people choosing functional medicine may be more motivated, and the gap was not significant at 12 months.

### Patient navigators for people with chronic disease: A systematic review — McBrien et al., PLoS One 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5819768/

**WHAT IT FOUND**

Reviewed 67 randomised trials of patient navigators — people who guide patients through appointments, tests and services — for chronic diseases. Two-thirds of trials (45 of 67) found a significant improvement in their main outcome, mostly 'processes of care', that is, whether recommended care actually happened; few trials measured patient experience, health outcomes or costs.

**WHY IT MATTERS HERE**

Backs up the approach behind the case-management and patient-advocacy services in chapter 16 (such as the Patient Advocate Foundation) that help people find their way through care; the programmes tested were mostly clinic- or hospital-based navigators.

Systematic review (narrative synthesis, no meta-analysis) — 67 randomised trials (cancer, diabetes, HIV, heart and kidney disease, dementia). Moderate evidence. PLoS One 2018;13(2):e0191980. DOI 10.1371/journal.pone.0191980. Free full text in PubMed Central (PMC5819768) — open access, CC BY 4.0. Note: Two-thirds of trials were in cancer care; navigation mostly improved steps in care such as screening and follow-up, but evidence on health, experience and costs is thin.

### Efficacy of Diet on Fatigue and Quality of Life in Multiple Sclerosis: A Systematic Review and Network Meta-analysis of Randomized Trials — Snetselaar et al., Neurology 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC12326367/

**WHAT IT FOUND**

Network meta-analysis of 12 randomised trials (608 people with multiple sclerosis) comparing seven diets with usual eating. Paleolithic-style (the basis of the Wahls Protocol), low-fat and Mediterranean diets were linked with less fatigue (SMD −1.27, −0.90 and −0.89), and Paleolithic and Mediterranean diets with better physical and mental quality of life.

**WHY IT MATTERS HERE**

Backs up, with caution, the diets behind The Wahls Protocol (chapter 10) and its practitioner directory (chapter 01), and Overcoming MS's low-saturated-fat diet (chapter 16); relevant to people with MS interested in diet alongside their medical care.

Systematic review and network meta-analysis — 12 randomised trials, 608 people with MS, 7 diets. Moderate evidence. Neurology 2023;100(4):e357–e366. DOI 10.1212/WNL.0000000000201371. Free full text in PubMed Central (PMC12326367). Note: Credibility of every direct comparison was rated very low (few, small trials, mostly at moderate or high risk of bias); the authors say results need confirming in better trials.

### Outcomes of patients who participate in randomized controlled trials compared to similar patients receiving similar interventions who do not participate — Vist et al., Cochrane Database Syst Rev 2008

https://pmc.ncbi.nlm.nih.gov/articles/PMC8276557/

**WHAT IT FOUND**

Cochrane review of whether people fare better or worse by joining a randomised trial. Across 85 studies comparing 86,640 trial participants with 57,205 similar patients given the same treatment outside a trial, most comparisons found no difference (85 of 98 yes/no outcomes), with a few favouring each side; the authors conclude that taking part is associated with similar outcomes.

**WHY IT MATTERS HERE**

Backs up the trial-finding services in chapter 16 (ClinicalTrials.gov, ResearchMatch, TrialMatch) and the trial registries in chapter 15: people treated within trials did about as well as similar patients treated outside them, so joining should not, by itself, be expected to improve or worsen outcomes.

Cochrane methodology review — 85 studies (5 randomised, 80 cohort) comparing 86,640 trial participants with 57,205 non-participants. Moderate evidence. Cochrane Database Syst Rev 2008;(3):MR000009. DOI 10.1002/14651858.MR000009.pub4. Free full text in PubMed Central (PMC8276557). Note: It compared the same treatments inside and outside trials, mostly in non-randomised studies published before 2008; it says nothing about the risks of new experimental treatments.

### Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain (NICE guideline NG193) — NICE 2021

https://www.nice.org.uk/guidance/ng193

**WHAT IT FOUND**

England's national guideline for chronic pain. For chronic primary pain (pain with no condition that adequately explains it) it recommends a supervised group exercise programme, staying active, and considering ACT or CBT for pain, a single course of acupuncture in set conditions, or certain antidepressants. It advises against starting opioids, gabapentinoids, benzodiazepines, NSAIDs or paracetamol for this kind of pain, and against TENS, ultrasound or biofeedback.

**WHY IT MATTERS HERE**

Backs up the exercise professionals and programmes in chapter 12, the therapists in chapter 05 who offer ACT or CBT for pain, and the CBT and ACT skills in pain workbooks in chapter 10 (NICE recommends therapist-led therapy and made no recommendation on pain education or pain programmes).

National clinical guideline based on systematic evidence reviews and committee consensus. Moderate evidence. NICE NG193, published 7 April 2021. Free to read on the NICE website. Note: Covers people aged 16 and over in England; benefits of the recommended treatments were often modest, and for pain caused by another condition other NICE guidance applies.

### Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome: diagnosis and management (NICE guideline NG206) — NICE 2021

https://www.nice.org.uk/guidance/ng206

**WHAT IT FOUND**

England's guideline for ME/CFS says there is currently no curative treatment, and recommends energy management (pacing): a self-led plan, supported by a specialist team, that keeps activity within each person's fluctuating energy limits to reduce the risk of post-exertional malaise. It says not to offer graded exercise therapy or any fixed, incremental exercise programme, and to offer CBT only as support for living with the illness, not as a treatment that ends it.

**WHY IT MATTERS HERE**

Backs up the approach of the #MEAction pacing guide in chapter 10 and the ME/CFS organisations in chapter 06, and is an important caution for anyone in chapters 12 and 13 offering exercise to people with ME/CFS.

National clinical guideline based on systematic evidence reviews and committee consensus. Moderate evidence. NICE NG206, published 29 October 2021. Free to read on the NICE website. Note: Much of the evidence was low or very low quality, and its advice on graded exercise and CBT was contested before publication (NICE held a roundtable on the concerns in October 2021).

## Coming Off Medication Safely — Tapering & Deprescribing

### Medicines associated with dependence or withdrawal symptoms: safe prescribing and withdrawal management for adults — NICE 2022

https://www.nice.org.uk/guidance/ng215

**WHAT IT FOUND**

NICE's guideline on withdrawing opioids, benzodiazepines, gabapentinoids, Z-drugs and antidepressants. Prescribers should not stop them abruptly except in exceptional circumstances such as serious side effects, should reach agreement by shared decision-making, make sure the planned rate of reduction is acceptable to the person and reviewed regularly, and explain that withdrawal can be difficult and may take several months or more. It suggests offering details of peer support.

**WHY IT MATTERS HERE**

Backs up the tapering and deprescribing resources in chapter 06, especially UK ones such as Mind's coming-off-medication guide, LEAP for Prescribed Drug Dependence and the Beyond Pills Alliance, by setting out agreed, gradual withdrawal with access to peer support as recommended practice. Most relevant in the UK.

National clinical guideline (England) based on evidence reviews by the National Guideline Centre; covers opioids, benzodiazepines, gabapentinoids, Z-drugs and antidepressants. Moderate evidence. NICE guideline NG215, 20 April 2022. Free to read on the NICE website. Note: NICE found the evidence comparing tapering speeds inconclusive, so much of the advice on how to withdraw rests on committee experience; written for adults in England.

### A systematic review into the incidence, severity and duration of antidepressant withdrawal effects: Are guidelines evidence-based? — Davies & Read, Addict Behav 2019

https://doi.org/10.1016/j.addbeh.2018.08.027

**WHAT IT FOUND**

Reviewed 24 studies to test UK and US guideline statements that antidepressant withdrawal is 'self-limiting', typically resolving within one to two weeks. In 14 studies, 27% to 86% of people had withdrawal effects (weighted average 56%); in four large studies a weighted average of 46% of those affected chose the most severe rating offered; seven of ten studies on duration found a significant proportion affected for more than two weeks, and several months was not uncommon.

**WHY IT MATTERS HERE**

Backs up the antidepressant withdrawal resources in chapter 06 (the Tapering Strip, Outro Health, Inner Compass Initiative, Surviving Antidepressants, LEAP and Mind's guide) by showing withdrawal can be common and sometimes severe or long-lasting; it did not test any tapering method.

Systematic review — 24 studies of mixed design and size (including online surveys, observational studies and trials); weighted averages, no formal meta-analysis. Moderate evidence. Addict Behav 2019;97:111–121. Free full text at the publisher — open access, CC BY-NC-ND 4.0. Note: Relied heavily on self-selected online surveys and drew published critiques; a 2024 meta-analysis (Henssler et al.) estimated a lower rate: 31%, or about 15% allowing for placebo effects.

### Incidence of antidepressant discontinuation symptoms: a systematic review and meta-analysis — Henssler et al., Lancet Psychiatry 2024

https://doi.org/10.1016/S2215-0366(24)00133-0

**WHAT IT FOUND**

Pooled 79 studies (21,002 people) in which an antidepressant or placebo was stopped. At least one discontinuation symptom followed stopping an antidepressant in 31% (95% CI 27–35%) versus 17% after placebo; severe symptoms in 2.8% versus 0.6%. Allowing for non-specific effects seen with placebo, the authors estimate about 15% (one in six to seven). Desvenlafaxine, venlafaxine, imipramine, escitalopram and paroxetine were linked to more frequent or severe symptoms.

**WHY IT MATTERS HERE**

Backs up the antidepressant tapering listings in chapter 06 with a large, recent estimate of how often discontinuation symptoms occur, and helps readers weigh it against higher survey-based figures such as Davies and Read's.

Systematic review and meta-analysis — 79 studies (44 randomised trials, 35 observational), 21,002 people. Moderate evidence. Lancet Psychiatry 2024;11(7):526–535. Free full text at the publisher — open access, CC BY 4.0. Note: Heterogeneity was substantial, studies defined and measured symptoms differently and many were small; it drew critical letters, including from Read and Davies, and an erratum in 2024.

### Internet and Telephone Support for Discontinuing Long-Term Antidepressants: The REDUCE Cluster Randomized Trial — Kendrick et al., JAMA Netw Open 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11197448/

**WHAT IT FOUND**

In 131 UK general practices, 330 adults on long-term antidepressants who were well, at low risk of relapse and wanted to try stopping had a GP review; practices randomised to the intervention also offered online self-management and telephone support. With the extra support, depression scores at six months were no worse (PHQ-9 difference −1.1, 95% CI −2.1 to −0.1) and withdrawal symptoms slightly less severe; similar proportions stopped (45.5% vs 41.9%).

**WHY IT MATTERS HERE**

Backs up the clinician-guided approach to reviewing long-term antidepressants offered by services such as Outro Health in chapter 06 (Outro itself was not tested); most relevant to people who are well and want to discuss stopping with their GP.

Cluster randomised trial — 131 UK general practices, 330 long-term antidepressant users. Moderate evidence. JAMA Netw Open 2024;7(6):e2418383. DOI 10.1001/jamanetworkopen.2024.18383. Free full text in PubMed Central (PMC11197448) — open access, CC BY. Note: Only 4.9% of patients invited took part (a selected, low-risk group), and the extra support did not increase the number who stopped.

### Successful use of tapering strips for hyperbolic reduction of antidepressant dose: a cohort study — Groot & van Os, Ther Adv Psychopharmacol 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8404667/

**WHAT IT FOUND**

Surveyed people whose doctors had prescribed tapering strips (rolls of daily pouches, each the same as or slightly lower than the one before). Of 824 who wanted to stop an antidepressant (71% had tried to stop without strips at least once; 66% were on venlafaxine or paroxetine), 72% reported stopping, over a median of 56 days. Median recalled withdrawal severity was 3 with the strips versus 6 in attempts without them.

**WHY IT MATTERS HERE**

Backs up the Tapering Strip listing in chapter 06 directly, and the gradual, hyperbolic approach described by Inner Compass Initiative and Surviving Antidepressants; most relevant to people who have struggled to stop before.

Retrospective questionnaire cohort — 824 people who used tapering strips to try to stop an antidepressant. Early evidence. Ther Adv Psychopharmacol 2021;11:20451253211039327. DOI 10.1177/20451253211039327. Free full text in PubMed Central (PMC8404667) — open access, CC BY 4.0. Note: No comparison group, a 59% response rate and self-reported results; one author helped develop the strips, and the declared conflicts include a grant from the pharmacy that makes them.

### Deprescribing benzodiazepine receptor agonists: Evidence-based clinical practice guideline — Pottie et al., Can Fam Physician 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5951648/

**WHAT IT FOUND**

This deprescribing.org guideline recommends offering a slow taper to adults aged 65 or over who take benzodiazepines or Z-drugs for insomnia, whatever the duration of use (strong recommendation, low-quality evidence), and suggests the same for adults aged 18 to 64 who have used them for over four weeks (weak recommendation). Its review found tapering improved stopping rates over usual care without serious harms; it advises involving patients in the tapering plan.

**WHY IT MATTERS HERE**

Backs up deprescribing.org and the Canadian Deprescribing Network in chapter 06, the slow-tapering approach the Benzodiazepine Information Coalition promotes, and the CBT-I programmes and sleep books in chapters 10 and 11, as the guideline pairs tapering with behavioural sleep advice.

Evidence-based clinical practice guideline (GRADE) with a systematic review of benzodiazepine and Z-drug deprescribing trials for insomnia. Moderate evidence. Can Fam Physician 2018;64(5):339–351. Free full text in PubMed Central (PMC5951648). Note: The evidence was rated low quality, and it covers insomnia only, not benzodiazepines taken for anxiety or other conditions.

### Brief interventions targeting long-term benzodiazepine and Z-drug use in primary care: a systematic review and meta-analysis — Lynch et al., Addiction 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7891570/

**WHAT IT FOUND**

Pooled 8 randomised trials (2,071 patients) of brief primary-care interventions for people taking benzodiazepines or Z-drugs for three months or more, mostly letters signed by the prescriber or a pharmacist, sometimes with a booklet, or a short consultation with a GP, pharmacist or nurse. Stopping was about 2.7 times as likely as with usual care at six months (RR 2.73, 95% CI 1.84–4.06) and about 3.4 times as likely at 12 months (2 trials).

**WHY IT MATTERS HERE**

Backs up deprescribing.org, the Canadian Deprescribing Network and the Benzodiazepine Information Coalition in chapter 06: clear information and a prompt from a trusted clinician can help people come off sleeping pills and tranquillisers.

Systematic review and meta-analysis — 8 randomised trials, 2,071 patients. Moderate evidence. Addiction 2020;115(9):1618–1639. DOI 10.1111/add.14981. Free full text in PubMed Central (PMC7891570) — open access, CC BY-NC 4.0. Note: Only two of the eight trials were at low risk of bias in most areas, results varied between trials ($I^2$ 55%) and few included Z-drug users.

### Effect of a Pharmacist-Led Educational Intervention on Inappropriate Medication Prescriptions in Older Adults: The D-PRESCRIBE Randomized Clinical Trial — Martin et al., JAMA 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6248132/

**WHAT IT FOUND**

489 Quebec adults aged 65+ on a potentially inappropriate medicine (sedative-hypnotics, glyburide, NSAIDs or older antihistamines) took part; in intervention pharmacies they got a deprescribing brochure and their doctor a pharmacist's advice. At six months 43% had stopped filling it vs 12% with usual care (risk difference 31%, 95% CI 23–38%); sedative-hypnotics 43% vs 9%. No adverse events needed hospital care; 38% of those tapering a sedative reported withdrawal symptoms.

**WHY IT MATTERS HERE**

Backs up the Canadian Deprescribing Network and deprescribing.org in chapter 06, which offer patient deprescribing brochures of the kind tested here; most relevant to older adults on several medicines and to their carers.

Cluster randomised trial — 69 community pharmacies, 489 adults aged 65 or over. Moderate evidence. JAMA 2018;320(18):1889–1898. DOI 10.1001/jama.2018.16131. Free full text in PubMed Central (PMC6248132). Note: One Canadian province and six months' follow-up; too few people on antihistamines to analyse.

### Deprescribing proton pump inhibitors: Evidence-based clinical practice guideline — Farrell et al., Can Fam Physician 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5429051/

**WHAT IT FOUND**

Guideline from the deprescribing.org team, built with GRADE methods, a systematic review of trials of reducing or stopping proton pump inhibitors and reviews of harms of long-term use. It recommends that adults who have taken a PPI for at least four weeks for heartburn, mild-to-moderate reflux or oesophagitis, and whose symptoms have settled, be offered a lower dose, use only when needed, or stopping.

**WHY IT MATTERS HERE**

Backs up deprescribing.org and the Canadian Deprescribing Network in chapter 06, and gives useful background to readers of chapter 15's gastroenterology listings who take long-term reflux medicine.

Evidence-based clinical practice guideline (GRADE) with a systematic review of PPI deprescribing trials. Moderate evidence. Can Fam Physician 2017;63(5):354–364. Free full text in PubMed Central (PMC5429051). Note: Does not apply to people with Barrett's oesophagus, severe oesophagitis or a history of bleeding ulcers; the evidence dates from 2017.

### Deprescribing antipsychotics for behavioural and psychological symptoms of dementia and insomnia: Evidence-based clinical practice guideline — Bjerre et al., Can Fam Physician 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5962971/

**WHAT IT FOUND**

Guideline from the deprescribing.org team, built with GRADE methods, a Cochrane review of antipsychotic withdrawal trials in dementia and a systematic review for insomnia. It recommends tapering and stopping antipsychotics in adults treated for at least three months for behavioural and psychological symptoms of dementia whose symptoms have settled or not responded, and in adults taking them for insomnia, with patients and carers involved in planning the taper.

**WHY IT MATTERS HERE**

Backs up deprescribing.org and the Canadian Deprescribing Network in chapter 06, and the dementia support organisations in chapter 06 whose members and carers often face questions about antipsychotics.

Evidence-based clinical practice guideline (GRADE) drawing on a Cochrane review of withdrawal trials in dementia and a systematic review for insomnia. Moderate evidence. Can Fam Physician 2018;64(1):17–27. Free full text in PubMed Central (PMC5962971). Note: Covers dementia-related behaviour and insomnia only, not schizophrenia or bipolar disorder, where stopping carries different risks.

### CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022 — Dowell et al., MMWR Recomm Rep 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9639433/

**WHAT IT FOUND**

The US national guideline on opioids for pain (not for sickle cell disease, cancer or end-of-life care). It notes that rigid use of dose thresholds, and rapid tapers or abrupt stops without working with patients, have contributed to harms including serious withdrawal, worse pain, psychological distress, overdose and suicidal thoughts and behaviour. Unless there is a life-threatening issue, it advises against stopping opioids abruptly or rapidly reducing higher doses.

**WHY IT MATTERS HERE**

Backs up the case made by chapter 06's deprescribing groups for slow, agreed and supported reductions, and the non-drug pain approaches in chapters 10 and 13 that the guideline encourages.

National clinical practice guideline (12 recommendations) informed by systematic reviews. Moderate evidence. MMWR Recomm Rep 2022;71(No. RR-3):1–95. DOI 10.15585/mmwr.rr7103a1. Free full text in PubMed Central (PMC9639433) — public domain. Note: Written for US clinicians; its tapering advice rests mainly on lower-certainty evidence and clinical experience.

### Efficacy of interventions to reduce long term opioid treatment for chronic non-cancer pain: systematic review and meta-analysis — Avery et al., BMJ 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8977989/

**WHAT IT FOUND**

Reviewed ways to help people on long-term opioids for chronic non-cancer pain reduce their use; 130 of 166 eligible studies were excluded for critical risk of bias. Pain self-management programmes probably lowered daily opioid dose (by about 14 mg oral morphine equivalent; 5 studies, 428 people; moderate certainty) and might moderately ease pain (low certainty); prescriber-focused interventions gave smaller dose reductions but made stopping somewhat more likely.

**WHY IT MATTERS HERE**

Backs up the opioid side of chapter 06's deprescribing networks, and the pain self-management approach behind the courses, books and psychological therapies in chapters 05, 10 and 13 (those named listings were not tested themselves).

Systematic review and meta-analysis — 36 studies (27 randomised trials) kept after 130 were excluded for critical risk of bias. Moderate evidence. BMJ 2022;377:e066375. DOI 10.1136/bmj-2021-066375. Free full text in PubMed Central (PMC8977989) — open access, CC BY-NC 4.0. Note: Little evidence on possible harms such as overdose, which the authors call a particular concern; certainty was low or very low for 41 of 44 outcomes.

### Association of Dose Tapering With Overdose or Mental Health Crisis Among Patients Prescribed Long-term Opioids — Agnoli et al., JAMA 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8335575/

**WHAT IT FOUND**

Followed 113,618 US patients on stable, higher-dose long-term opioids. After a 2022 correction for coding errors, periods after a dose taper were still linked to more overdose or withdrawal events (adjusted incidence rate ratio 1.28, 95% CI 1.15–1.43) and more mental health crises (1.74, 1.50–2.01) than periods without tapering; the errors had inflated the original figures (1.68 and 2.28).

**WHY IT MATTERS HERE**

Backs up chapter 06's message that reducing long-term opioids can carry real risks and should be done with care, monitoring and support; most relevant to people on long-term pain medicines and their families.

Retrospective cohort study — 113,618 US patients on stable, higher-dose long-term opioids (insurance claims, 2008–2019). Moderate evidence. JAMA 2021;326(5):411–419. DOI 10.1001/jama.2021.11013. Free full text in PubMed Central (PMC8335575). Note: Observational, so association not cause. Corrected in 2022 for coding errors (smaller but still significant effects); the PMC copy shows the original figures with the correction linked.

## Exercise & Movement as Treatment

### Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials — Noetel et al., BMJ 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10870815/

**WHAT IT FOUND**

Compared exercise types for people with depression across 218 trials. Against active control conditions, walking or jogging (Hedges g −0.62), yoga (−0.55), strength training (−0.49), mixed aerobic exercise (−0.43) and tai chi or qigong (−0.42) all reduced depressive symptoms, roughly a moderate effect. Benefits were larger at higher prescribed intensity, and strength training and yoga were the best tolerated.

**WHY IT MATTERS HERE**

Backs up the exercise-for-mood books and free home workouts in chapter 10, the walking and running groups in chapter 13, and the exercise physiologists and Mind's getting-started guide in chapter 12. Most relevant to people living with depression.

Systematic review and network meta-analysis — 218 randomised trials, 14,170 people with depression. Moderate evidence. BMJ 2024;384:e075847. DOI 10.1136/bmj-2023-075847. Free full text in PubMed Central (PMC10870815) — open access, CC BY-NC 4.0. Note: The authors rated confidence in the results as low for walking or jogging and very low for other exercise types, because only one trial met the criteria for a low risk of bias.

### Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews — Singh et al., Br J Sports Med 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10579187/

**WHAT IT FOUND**

Brought together 97 systematic reviews covering 1,039 trials and 128,119 adults. Compared with usual care, physical activity reduced symptoms of depression (median effect size −0.43) and anxiety (median −0.42) by what the authors call a medium amount, across healthy people and those with mental or physical illness. Higher-intensity activity gave larger improvements, and shorter programmes tended to show bigger effects than longer ones.

**WHY IT MATTERS HERE**

Backs up the movement books, free workouts and NHS Active 10 in chapter 10, the walking and activity groups in chapter 13 and the exercise professionals in chapter 12. Relevant to anyone using activity to help with low mood, worry or stress.

Umbrella review (overview of systematic reviews) — 97 reviews of 1,039 randomised trials, 128,119 people. Moderate evidence. Br J Sports Med 2023;57(18):1203–1209. DOI 10.1136/bjsports-2022-106195. Free full text in PubMed Central (PMC10579187) — open access, CC BY-NC 4.0. Note: 77 of the 97 included reviews were rated critically low quality (AMSTAR), and many trials were in people without a diagnosed mental illness.

### World Health Organization 2020 guidelines on physical activity and sedentary behaviour — Bull et al., Br J Sports Med 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7719906/

**WHAT IT FOUND**

Sets out WHO's evidence-based activity guidelines for all ages, including pregnancy, chronic conditions and disability. In adults, regular activity is linked to lower all-cause and cardiovascular death, less high blood pressure, type 2 diabetes and some cancers, fewer anxiety and depression symptoms, and better thinking and sleep. Adults are advised at least 150–300 minutes of moderate (or 75–150 of vigorous) activity a week, and 'some physical activity is better than none'.

**WHY IT MATTERS HERE**

Backs up the WHO and Australian guideline listings and the condition guides in chapter 12, the beginner and walking programmes in chapters 10 and 13, and the adaptive-sport finders in chapter 12 (the advice explicitly includes people living with disability).

International guideline (WHO) built on updated systematic reviews, graded with GRADE. Strong evidence. Br J Sports Med 2020;54(24):1451–1462. DOI 10.1136/bjsports-2020-102955. Free full text in PubMed Central (PMC7719906) — open access, CC BY 4.0. Note: Many of the links to disease and death come from observational studies, and the evidence was too thin to set a specific limit on sitting time.

### Is there evidence that walking groups have health benefits? A systematic review and meta-analysis — Hanson & Jones, Br J Sports Med 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC4453623/

**WHAT IT FOUND**

Pooled 42 studies of outdoor walking groups (1,843 people). Between the start and end of the programmes, walkers' blood pressure fell (systolic −3.7 mmHg, diastolic −3.1 mmHg), as did resting heart rate, body fat, BMI and total cholesterol, while fitness (VO2max +2.7 mL/kg/min; six-minute walk +80 m), physical functioning and depression scores (SMD −0.67) improved. No notable side effects were reported, and adherence was good (about 75% where reported).

**WHY IT MATTERS HERE**

Backs up the group-walking approach of chapter 13's walking groups, such as Walk With A Doc, Ramblers Wellbeing Walks, Heart Foundation Walking and Walk With Ease (one included study evaluated Walk With Ease's group format; the others were not tested). Most relevant to inactive adults and older people starting out.

Systematic review and meta-analysis — 42 studies of outdoor walking groups, 1,843 people. Moderate evidence. Br J Sports Med 2015;49(11):710–715. DOI 10.1136/bjsports-2014-094157. Free full text in PubMed Central (PMC4453623) — open access, CC BY 4.0. Note: Results are before-and-after changes in walkers, not comparisons with a control group; only 22 of 42 studies were randomised, many were small, and most walkers were women.

### Exercise-based cardiac rehabilitation for coronary heart disease: a meta-analysis — Dibben et al., Eur Heart J 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9902155/

**WHAT IT FOUND**

Pooled 85 trials of exercise-based cardiac rehabilitation for people with coronary heart disease, such as after a heart attack, stent or bypass. Over a median 12 months, rehabilitation cut cardiovascular deaths (RR 0.74), heart attacks (RR 0.82) and all-cause hospital admissions (RR 0.77), with some evidence of better quality of life. It made no clear difference to deaths from all causes (RR 0.96).

**WHY IT MATTERS HERE**

Backs up the cardiac rehabilitation finders in chapter 12 (AACVPR, Heart Foundation Australia) and the exercise physiologists who run these programmes. Most relevant to people recovering from a heart attack, stent or bypass surgery, and their carers.

Systematic review and meta-analysis — 85 randomised trials, 23,430 people with coronary heart disease. Strong evidence. Eur Heart J 2023;44(6):452–469. DOI 10.1093/eurheartj/ehac747. Free full text in PubMed Central (PMC9902155) — open access, CC BY. Note: No clear effect on deaths from all causes; the fall in cardiovascular deaths was not significant at 6–12 months, and quality-of-life gains were small and inconsistent.

### Exercise therapy for chronic low back pain — Hayden et al., Cochrane Database Syst Rev 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8477273/

**WHAT IT FOUND**

Cochrane review of 249 trials of exercise therapy for chronic low back pain (pain lasting more than 12 weeks). Compared with no treatment, usual care or placebo, exercise reduced pain by about 15 points on a 0–100 scale (MD −15.2) and functional limitation by about 7 points (MD −6.8), with moderate-certainty evidence. The average pain change just reached the review's 15-point threshold for a clinically important difference.

**WHY IT MATTERS HERE**

Backs up the physiotherapist and exercise physiologist finders in chapter 12 and the exercise-for-your-condition guides there. Most relevant to adults with long-lasting low back pain.

Cochrane systematic review and meta-analysis — 249 randomised trials, 24,486 people. Strong evidence. Cochrane Database Syst Rev 2021;9:CD009790. DOI 10.1002/14651858.CD009790.pub2. Free full text in PubMed Central (PMC8477273). Note: The improvement in function fell short of the clinically important threshold, and gains over other conservative treatments were small.

### Exercise for preventing falls in older people living in the community — Sherrington et al., Cochrane Database Syst Rev 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6360922/

**WHAT IT FOUND**

Cochrane review of exercise programmes for people aged 60 and over living at home. Exercise reduced the rate of falls by 23% (rate ratio 0.77) and the number of people who fell by 15% (risk ratio 0.85), both high-certainty evidence. Balance and functional exercises worked (rate ratio 0.76), and programmes combining several exercise types probably worked too (0.66).

**WHY IT MATTERS HERE**

Backs up the physiotherapy finders, exercise physiologists and older-adult guidance in chapter 12, the balance and strength work in senior and low-impact workouts (chapter 10) and tai chi classes in chapter 13 (the review assessed exercise types, not named providers). Most relevant to older people and families.

Cochrane systematic review and meta-analysis — 108 randomised trials, 23,407 people in 25 countries. Strong evidence. Cochrane Database Syst Rev 2019;1:CD012424. DOI 10.1002/14651858.CD012424.pub2. Free full text in PubMed Central (PMC6360922). Note: Applies to people aged 60+ living at home; benefits for fall-related fractures and falls needing medical care were low certainty, and side effects were poorly monitored.

### Good Life with osteoArthritis in Denmark (GLA:D™): evidence-based education and supervised neuromuscular exercise delivered by certified physiotherapists nationwide — Skou & Roos, BMC Musculoskelet Disord 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5297181/

**WHAT IT FOUND**

Reports national outcomes from GLA:D, a programme of patient education plus supervised neuromuscular exercise run by certified physiotherapists in Denmark. Pain fell by 12.4 mm on a 100 mm scale at 3 months and 13.7 mm at 12 months; painkiller use dropped (knee: 56% to 37% at 3 months), sick leave fell from 24% to 15% at 12 months, and walking speed, chair stands and quality of life improved.

**WHY IT MATTERS HERE**

Backs up the GLA:D International and GLA:D Australia clinic finders in chapter 12 and the physiotherapists who deliver it. Most relevant to people with hip or knee osteoarthritis weighing up options before or instead of surgery.

National registry study (before-and-after, no control group) — 9,825 people with knee or hip osteoarthritis. Early evidence. BMC Musculoskelet Disord 2017;18:72. DOI 10.1186/s12891-017-1439-y. Free full text in PubMed Central (PMC5297181) — open access, CC BY 4.0. Note: No control group, so the authors note effects are probably overestimated; about a third of people had no 12-month data.

### Exercise for osteoarthritis of the knee — Lawford et al., Cochrane Database Syst Rev 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11613324/

**WHAT IT FOUND**

Cochrane update of 139 trials of exercise for knee osteoarthritis. Compared with no treatment or usual care, exercise reduced pain by about 13 points and improved physical function by about 12.5 points on 0–100 scales (low and moderate certainty), and quality of life by about 5 points, in the short term. The authors conclude exercise probably helps, but the clinical importance of these benefits is uncertain.

**WHY IT MATTERS HERE**

Backs up the GLA:D finders, physiotherapists and exercise physiologists in chapter 12 and Walk With Ease in chapter 13. Most relevant to people with knee osteoarthritis, and useful for setting realistic expectations of the size of benefit.

Cochrane systematic review and meta-analysis — 139 randomised trials, 12,468 people with knee osteoarthritis. Moderate evidence. Cochrane Database Syst Rev 2024;12:CD004376. DOI 10.1002/14651858.CD004376.pub4. Free full text in PubMed Central (PMC11613324). Note: Pain evidence was low certainty, benefits did not clearly reach patient-important thresholds, most trials were unblinded, and adverse events may be more common with exercise.

### Pulmonary rehabilitation for chronic obstructive pulmonary disease — McCarthy et al., Cochrane Database Syst Rev 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC10008021/

**WHAT IT FOUND**

Cochrane review comparing pulmonary rehabilitation (exercise training, with or without education) with usual care in COPD. Rehabilitation improved breathlessness, fatigue, emotional function and sense of control by more than the minimum change that matters to patients (e.g. breathlessness MD 0.79 on the CRQ), improved overall quality of life (SGRQ −6.9 points) and added about 44 metres to six-minute walking distance.

**WHY IT MATTERS HERE**

Backs up the pulmonary rehabilitation finders in chapter 12 (Lung Foundation Australia, AACVPR) and the physiotherapists and exercise physiologists who run these programmes. Most relevant to people living with COPD and their carers.

Cochrane systematic review and meta-analysis — 65 randomised trials, 3,822 people with COPD. Strong evidence. Cochrane Database Syst Rev 2015;(2):CD003793. DOI 10.1002/14651858.CD003793.pub3. Free full text in PubMed Central (PMC10008021). Note: Certainty was moderate at best and low or very low for several outcomes, such as fatigue, sense of control and six-minute walking distance; participants could not be blinded.

### Physical exercise for people with Parkinson's disease: a systematic review and network meta-analysis — Ernst et al., Cochrane Database Syst Rev 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11001292/

**WHAT IT FOUND**

Compared kinds of exercise for Parkinson's across 154 trials. Against a no-exercise control group, most types improved movement symptoms (UPDRS motor scale), e.g. dance −10.2 points, gait/balance/functional training −7.5 and multi-domain training −5.9 (moderate certainty), with little evidence that one type beats another. Several types also improved quality of life, and the programmes were described as relatively safe.

**WHY IT MATTERS HERE**

Backs up the approach of the Parkinson's exercise programmes in chapter 13 (Dance for PD, Rock Steady Boxing, PWR!; the review tested exercise types, not these brands), the Every Victory Counts manual in chapter 10 and physiotherapists in chapter 12. For people with Parkinson's and care partners.

Cochrane systematic review and network meta-analysis — 154 randomised trials, 7,837 people with Parkinson's disease. Moderate evidence. Cochrane Database Syst Rev 2024;4:CD013856. DOI 10.1002/14651858.CD013856.pub3. Free full text in PubMed Central (PMC11001292). Note: Most trials were small; quality-of-life findings were mostly low certainty, and evidence for LSVT BIG specifically was very low certainty.

### Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable — Campbell et al., Med Sci Sports Exerc 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC8576825/

**WHAT IT FOUND**

An international roundtable convened by the American College of Sports Medicine graded the research on exercise during and after cancer treatment. It found strong evidence that exercise improves anxiety, depressive symptoms, fatigue, health-related quality of life and physical function, and that supervised resistance training is safe with breast cancer-related lymphoedema; moderate evidence for bone health and sleep. Supervised programmes generally appeared more effective.

**WHY IT MATTERS HERE**

Backs up ACSM's Moving Through Cancer programme directory and the exercise physiologists in chapter 12, and the cancer pages of condition guides such as Exercise Right and Moving Medicine. Most relevant to people during and after cancer treatment.

International consensus statement (ACSM-convened roundtable) based on systematic reviews and randomised trials to mid-2018. Strong evidence. Med Sci Sports Exerc 2019;51(11):2375–2390. DOI 10.1249/MSS.0000000000002116. Free full text in PubMed Central (PMC8576825). Note: Evidence was insufficient for pain, nausea, chemotherapy nerve damage, cognition, falls and treatment tolerance; searches ended in 2018.

### Exercise/Physical Activity in Individuals with Type 2 Diabetes: A Consensus Statement from the American College of Sports Medicine — Kanaley et al., Med Sci Sports Exerc 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8802999/

**WHAT IT FOUND**

ACSM's expert panel summarised the research on activity in type 2 diabetes. Regular aerobic training is linked to HbA1c reductions of about 0.5–0.7% and better insulin sensitivity, blood fats and blood pressure even without weight loss, and resistance training adds strength and metabolic benefits. In the Diabetes Prevention Program, people at high risk who met the activity goal had 44% lower diabetes incidence even if they missed the weight-loss target.

**WHY IT MATTERS HERE**

Backs up the exercise physiologists, Exercise is Medicine network and condition guides (Exercise Right, Moving Medicine) in chapter 12, and walking groups in chapter 13. Most relevant to people with or at risk of type 2 diabetes.

Consensus statement (American College of Sports Medicine) summarising randomised trials and meta-analyses. Moderate evidence. Med Sci Sports Exerc 2022;54(2):353–368. DOI 10.1249/MSS.0000000000002800. Free full text in PubMed Central (PMC8802999). Note: A consensus statement: the panel summarised earlier trials and meta-analyses without a new systematic review or formal grading of the evidence.

### Physical Activity, Cognition, and Brain Outcomes: A Review of the 2018 Physical Activity Guidelines — Erickson et al., Med Sci Sports Exerc 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6527141/

WHAT IT FOUND

The US guidelines committee's review of activity and the brain. It found strong evidence that more active people have a lower risk of cognitive decline and dementia (one meta-analysis of 15 cohort studies, over 33,000 people: 38% lower risk of decline), moderate evidence that exercise programmes improve thinking in adults over 50, and moderate evidence of benefit for people already living with dementia.

WHY IT MATTERS HERE

Backs up the walking groups and adaptive programmes in chapter 13, the exercise professionals in chapter 12 and books such as Spark in chapter 10. Most relevant to middle-aged and older adults concerned about memory and thinking.

Review of systematic reviews and meta-analyses for the 2018 US Physical Activity Guidelines Advisory Committee. Moderate evidence. Med Sci Sports Exerc 2019;51(6):1242–1251. DOI 10.1249/MSS.0000000000001936. Free full text in PubMed Central (PMC6527141). Note: The lower dementia risk comes from observational studies; in trials, effects of exercise on thinking were small to moderate and varied.

## Mindfulness, Meditation, Yoga, Tai Chi & Breathing

### Meditation programs for psychological stress and well-being: a systematic review and meta-analysis — Goyal et al., JAMA Intern Med 2014

https://pmc.ncbi.nlm.nih.gov/articles/PMC4142584/

WHAT IT FOUND

Reviewed 47 trials of meditation programmes for adults with a range of health problems, against active control activities. Mindfulness programmes gave small improvements in anxiety (effect size 0.38 at 8 weeks, 0.22 at 3–6 months), depression (0.30 and 0.23) and pain (0.33), with moderate-strength evidence; evidence for stress and quality of life was low. Meditation was not shown to be better than active treatments such as medicines, exercise or other behavioural therapies.

WHY IT MATTERS HERE

Backs up the approach behind the meditation and mindfulness listings in chapter 13 (such as Palouse Mindfulness and meditation groups) and the mindfulness books and apps in chapter 10; the trials tested taught programmes, not these listings. Relevant to adults wanting a non-drug way to ease anxiety, low mood or pain.

Systematic review and meta-analysis — 47 randomised trials with active control groups, 3,515 participants (3,320 in the free manuscript's abstract). Strong evidence. JAMA Intern Med 2014;174(3):357-368. DOI 10.1001/jamainternmed.2013.13018. Free full text in PubMed Central (PMC4142584). Note: Effects were small, evidence for most other outcomes was low or insufficient, and meditation was not shown to be better than medicines, exercise or other active treatments.

### The empirical status of mindfulness-based interventions: a systematic review of 44 meta-analyses of randomized controlled trials — Goldberg et al., Perspect Psychol Sci 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8364929/

WHAT IT FOUND

Brought together 44 meta-analyses of mindfulness-based programmes. Compared with no treatment they helped across most groups and problems (effect sizes 0.10 to 0.89). Against other active activities they still helped for depression, smoking, substance use and psychiatric disorders (0.13 to 0.42) but not for pain, physical illness or anxiety. Against proven treatments such as CBT or antidepressants they generally did about as well.

WHY IT MATTERS HERE

Backs up the general approach behind the mindfulness courses, apps and groups in chapter 13 and the mindfulness books and apps in chapter 10; it pools trials of mindfulness programmes, not those products. Useful for readers and clinicians who want the big picture in one paper.

Umbrella review — 44 meta-analyses covering 336 randomised trials and 30,483 people. Strong evidence. Perspect Psychol Sci 2022;17(1):108-130. DOI 10.1177/1745691620968771. Free full text in PubMed Central (PMC8364929). Note: Risk of bias was rarely low across the pooled trials, comparisons with active treatments were often underpowered, and side effects were reported inconsistently.

### Mindfulness meditation for chronic pain: systematic review and meta-analysis — Hilton et al., Ann Behav Med 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5368208/

**WHAT IT FOUND**

Reviewed 38 randomised trials of mindfulness meditation (mostly MBSR or MBCT courses) for chronic pain conditions such as back pain, fibromyalgia, migraine and arthritis. Across 30 trials, mindfulness was linked to a small decrease in pain compared with control groups (SMD 0.32, 95% CI 0.09 to 0.54), but the authors rated this evidence low quality. Depression and quality of life also improved. Only 7 trials reported on safety.

**WHY IT MATTERS HERE**

Backs up the approach behind the mindfulness-for-pain listings in chapter 13 (such as Headspace Pain Management and Palouse Mindfulness) and Full Catastrophe Living, the MBSR book, in chapter 10; the trials mostly tested taught courses, not these products.

Systematic review and meta-analysis — 38 randomised trials. Moderate evidence. Ann Behav Med 2017;51(2):199-213. DOI 10.1007/s12160-016-9844-2. Free full text in PubMed Central (PMC5368208) — open access, CC BY. Note: The pain benefit was small and rated low-quality evidence, and only 7 of 38 trials reported on safety.

### Testing the efficacy of a multicomponent, self-guided, smartphone-based meditation app: three-armed randomized controlled trial — Goldberg et al., JMIR Ment Health 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7732708/

**WHAT IT FOUND**

Tested two versions of the free Healthy Minds Program meditation app against a waiting list in 343 adults (mostly women, recruited through a US university) over 8 weeks. People given the app had a small fall in psychological distress compared with the waiting list (d = -0.28) and small gains in mindfulness and social connection, with less repetitive negative thinking. The two app versions worked about equally well.

**WHY IT MATTERS HERE**

Backs up the Healthy Minds Program app in chapter 10, which this trial tested directly. Relevant to adults wanting a structured, free way to start meditating.

Randomised controlled trial — 343 adults, 8 weeks, two app versions vs waiting list. Moderate evidence. JMIR Ment Health 2020;7(11):e23825. DOI 10.2196/23825. Free full text in PubMed Central (PMC7732708) — open access, CC BY. Note: Compared only with a waiting list, in mostly female, highly educated volunteers recruited through a US university; effects were small and nearly half did not complete a follow-up survey.

### Efficacy of mindfulness-based cognitive therapy in prevention of depressive relapse: an individual patient data meta-analysis from randomized trials — Kuyken et al., JAMA Psychiatry 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC6640038/

**WHAT IT FOUND**

Pooled the raw data from 9 trials of the 8-week Mindfulness-Based Cognitive Therapy (MBCT) course for people with recurrent depression in full or partial remission. Over 60 weeks, people who did MBCT were less likely to relapse than those who did not (hazard ratio 0.69, 95% CI 0.58 to 0.82); comparisons with active treatments, including antidepressants, also suggested a lower risk (0.79, 0.64 to 0.97). Benefit may be greater when symptoms are worse before treatment.

**WHY IT MATTERS HERE**

Backs up the method in The Mindful Way through Depression, the self-help version of MBCT, in chapter 10; the trials tested the taught course, not the book. Most relevant to people who have had several episodes of depression and want to stay well.

Individual patient data meta-analysis — 9 randomised trials, 1,258 people with recurrent depression. Strong evidence. JAMA Psychiatry 2016;73(6):565-574. DOI 10.1001/jamapsychiatry.2016.0076. Free full text in PubMed Central (PMC6640038). Note: Trials were of a taught 8-week group course for people in recovery; it does not show that a book or app alone works as well, or that MBCT treats a current episode.

### Mindfulness-based stress reduction vs escitalopram for the treatment of adults with anxiety disorders: a randomized clinical trial — Hoge et al., JAMA Psychiatry 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9647561/

**WHAT IT FOUND**

Compared the 8-week Mindfulness-Based Stress Reduction (MBSR) course with the antidepressant escitalopram in adults with generalised anxiety, social anxiety, panic disorder or agoraphobia. Both groups improved by a similar amount on a blinded clinician rating (difference -0.07 points, 95% CI -0.38 to 0.23), which met the trial's test for MBSR being no worse. Side effects linked to the study were reported by 15.4% in the MBSR group and 78.6% in the medicine group.

**WHY IT MATTERS HERE**

Backs up the approach behind Palouse Mindfulness (a free online course based on MBSR) in chapter 13 and Full Catastrophe Living, the book behind MBSR, in chapter 10; the trial tested instructor-led classes. Relevant to adults with anxiety weighing up options with their doctor.

Randomised non-inferiority trial — 276 adults with anxiety disorders at 3 US centres (208 completed). Moderate evidence. JAMA Psychiatry 2023;80(1):13-21. DOI 10.1001/jamapsychiatry.2022.3679. Free full text in PubMed Central (PMC9647561). Note: One trial, cut short by COVID-19 (276 of 368 planned), with no placebo group; it used instructor-led classes plus daily home practice, so does not show a free online course works as well.

### Mindfulness-based programmes for mental health promotion in adults in nonclinical settings: a systematic review and meta-analysis of randomised controlled trials — Galante et al., PLoS Med 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7799763/

**WHAT IT FOUND**

Looked at in-person mindfulness courses offered to adults in everyday settings such as workplaces, universities and communities. Compared with doing nothing, courses reduced anxiety (SMD -0.56), depression (-0.53) and distress (-0.45) and improved well-being (0.33). Against comparison activities not designed to help, only depression still improved, and mindfulness was not shown to be better than other well-being programmes. Certainty ranged from moderate to very low.

**WHY IT MATTERS HERE**

Backs up the approach behind the mindfulness courses and groups in chapter 13, such as Palouse Mindfulness; the trials tested in-person courses, not these listings. Most relevant to people without a diagnosis who want to manage stress.

Systematic review and meta-analysis — 136 randomised trials, 11,605 adults in 29 countries. Moderate evidence. PLoS Med 2021;18(1):e1003481. DOI 10.1371/journal.pmed.1003481. Free full text in PubMed Central (PMC7799763) — open access, CC BY 4.0. Note: Every trial was at high risk of bias; only the effect on distress survived removing the weakest trials, and mindfulness did not outperform other well-being programmes.

### Yoga for chronic non-specific low back pain — Wieland et al., Cochrane Database Syst Rev 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9673466/

**WHAT IT FOUND**

Compared with no exercise, yoga gave small improvements at 3 months in back-related function (1.69 points on a 0–24 scale, low certainty) and pain (4.5 points on a 0–100 scale, moderate certainty), both smaller than the change people usually notice. Yoga probably works about as well as other back exercise for function (moderate certainty). Yoga was linked to more side effects than no exercise, mainly increased back pain (43 vs 9 per 1,000, low certainty).

**WHY IT MATTERS HERE**

Backs up yoga as one reasonable way to stay active with long-term back pain, as offered through the yoga teacher and yoga therapist finders in chapter 12 and Yoga With Adriene in chapter 13 (none was itself tested). Relevant to people choosing an exercise they will keep doing.

Cochrane systematic review — 21 randomised trials, 2,223 people. Moderate evidence. Cochrane Database Syst Rev 2022;11:CD010671. DOI 10.1002/14651858.CD010671.pub3. Free full text in PubMed Central (PMC9673466). Note: Benefits were small and no greater than other back exercise; all trials were at high risk of bias because participants knew their group and rated their own symptoms.

### Systematic review and meta-analysis: Tai Chi for preventing falls in older adults — Huang et al., BMJ Open 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5293999/

**WHAT IT FOUND**

Pooled 18 randomised trials of tai chi in older adults. Compared with control groups, tai chi reduced the number of people who fell by about a fifth (risk ratio 0.80, 95% CI 0.72 to 0.88; 16 trials) and the overall rate of falls by about 30% (rate ratio 0.69, 95% CI 0.60 to 0.80; 15 trials). The benefit appeared larger with more frequent practice.

**WHY IT MATTERS HERE**

Backs up tai chi for preventing falls, the approach taught through the tai chi listings in chapter 13 (Tai Chi For Health Institute) and chapter 12 (Taoist Tai Chi Society); the trials did not test these organisations' classes. Most relevant to older adults worried about falling.

Systematic review and meta-analysis — 18 randomised trials, 3,824 older adults. Moderate evidence. BMJ Open 2017;7(2):e013661. DOI 10.1136/bmjopen-2016-013661. Free full text in PubMed Central (PMC5293999) — open access, CC BY-NC 4.0. Note: The authors found signs of publication bias, so the benefit may be overestimated; tai chi styles, doses and participants varied.

### Effect of tai chi versus aerobic exercise for fibromyalgia: comparative effectiveness randomized controlled trial — Wang et al., BMJ 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5861462/

**WHAT IT FOUND**

Compared classic Yang-style tai chi classes (once or twice a week for 12 or 24 weeks) with supervised aerobic exercise in 226 adults with fibromyalgia. At 24 weeks the tai chi groups together improved more on a fibromyalgia symptom score than aerobic exercise (5.5 points, 95% CI 0.6 to 10.4), and 24 weeks of tai chi helped more than 12 weeks; twice a week was no better than once. No serious side effects were linked to either programme.

**WHY IT MATTERS HERE**

Backs up tai chi classes of the kind found through the tai chi listings in chapter 13 (Tai Chi For Health Institute) and chapter 12 (Taoist Tai Chi Society), particularly for people living with fibromyalgia; the trial did not test these organisations' classes.

Randomised controlled trial — 226 adults with fibromyalgia, 52 weeks. Moderate evidence. BMJ 2018;360:k851. DOI 10.1136/bmj.k851. Free full text in PubMed Central (PMC5861462) — open access, CC BY-NC. Note: A single trial at one US hospital in which participants knew their programme; the advantage over aerobic exercise was modest.

### Effect of breathwork on stress and mental health: a meta-analysis of randomised-controlled trials — Fincham et al., Sci Rep 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9828383/

**WHAT IT FOUND**

Pooled randomised trials of deliberate breathing practices (breathwork) in adults. Compared with control conditions, breathwork lowered self-reported stress by a small-to-moderate amount (g = -0.35, 95% CI -0.55 to -0.14; 12 trials, 785 adults). It also lowered anxiety (g = -0.32, 20 studies) and depression (g = -0.40, 18 studies). Most of the stress trials used slow-paced breathing.

**WHY IT MATTERS HERE**

Backs up the general case for breathing practice in the chapter 10 breathing books (Breath; The Healing Power of the Breath) and behind the site's Breathe tool; it pooled many different practices, not the books or the tool's patterns. Relevant to anyone wanting a simple, free way to manage stress.

Meta-analysis of randomised controlled trials — 12 trials (785 adults) for stress; 18–20 for anxiety and depression. Moderate evidence. Sci Rep 2023;13:432. DOI 10.1038/s41598-022-27247-y. Free full text in PubMed Central (PMC9828383) — open access, CC BY. Note: No trial was at low risk of bias and outcomes were self-reported; stress fell clearly only in people without a health condition, and one fast-breathing trial reported hot flushes and breathlessness.

### How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing — Zaccaro et al., Front Hum Neurosci 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6137615/

**WHAT IT FOUND**

Reviewed 15 studies of what happens in body and mind during slow breathing (fewer than 10 breaths a minute) in healthy adults. Slow breathing was linked to higher heart rate variability, usually read as a sign of the calming parasympathetic nervous system, and to changes in brain-wave patterns, alongside feeling more relaxed, comfortable and alert and less anxious or angry.

**WHY IT MATTERS HERE**

Backs up the idea behind slow paced breathing, such as the 5-5 pattern in the site's Breathe tool and the Coherent Breathing taught in The Healing Power of the Breath (chapter 10). It explains a likely mechanism; it did not test the tool, the book or any treatment.

Systematic review — 15 experimental studies of slow breathing (no randomised trials). Early evidence. Front Hum Neurosci 2018;12:353. DOI 10.3389/fnhum.2018.00353. Free full text in PubMed Central (PMC6137615) — open access, CC BY. Note: None of the studies were randomised trials, most were small and methods varied; it describes short-term changes, not lasting health benefits.

### How does eye movement desensitization and reprocessing therapy work? A systematic review on suggested mechanisms of action — Landin-Romero et al., Front Psychol 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6106867/

**WHAT IT FOUND**

Reviewed 87 studies on how the eye movements and other side-to-side (bilateral) stimulation used in EMDR therapy might work. There was reasonable support for the working-memory explanation: doing a distracting task while recalling a memory makes it feel less vivid and less upsetting. There was also support for physical calming during successful therapy. Tones and taps also reduced vividness, though several lab studies found eye movements worked better than tones.

**WHY IT MATTERS HERE**

Backs up the reasoning behind EMDR therapy, offered by the EMDR therapists in chapter 05, and explains the idea behind the side-to-side stimulation in the site's Calm tool. It studied therapy and lab tasks; it does not show that self-help bilateral stimulation, or the Calm tool, works.

Systematic review — 87 studies of proposed mechanisms (psychological, physiological and brain imaging). Early evidence. Front Psychol 2018;9:1395. DOI 10.3389/fpsyg.2018.01395. Free full text in PubMed Central (PMC6106867) — open access, CC BY 4.0. Note: The authors call this research 'in its infancy': studies were small and varied, results were mixed, and no meta-analysis was possible.

### Brief structured respiration practices enhance mood and reduce physiological arousal — Balban et al., Cell Rep Med 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9873947/

**WHAT IT FOUND**

Compared three 5-minute daily breathing exercises — cyclic sighing (double inhale, long exhale), box breathing, and cyclic hyperventilation with breath holds — with 5 minutes of mindfulness meditation for a month. All groups felt less anxious after each session, equally so; their usual anxiety did not change. Breathing raised positive mood more than meditation (clearly only for cyclic sighing) and slowed resting breathing. Heart rate, its variability and sleep did not change.

**WHY IT MATTERS HERE**

Backs up the idea behind the cyclic-sigh (physiological sigh) and box-breathing patterns in the site's Breathe tool and the chapter 10 breathing books; it tested these exercises as a 5-minute daily practice, not the tool or the books. Relevant to anyone wanting a short daily practice for stress.

Randomised controlled trial — 108 adults, 5 minutes a day for one month. Early evidence. Cell Rep Med 2023;4(1):100895. DOI 10.1016/j.xcrm.2022.100895. Free full text in PubMed Central (PMC9873947) — open access, CC BY-NC-ND 4.0. Note: A small exploratory remote trial, mostly in Stanford students and registered after it began; mood was self-rated and only cyclic sighing clearly beat meditation.

## Nature, Social Connection & Community

### Social relationships and mortality risk: a meta-analytic review — Holt-Lunstad et al., PLoS Med 2010

https://pmc.ncbi.nlm.nih.gov/articles/PMC2910600/

**WHAT IT FOUND**

Pooled 148 studies that followed 308,849 people for an average of 7.5 years. People with stronger social relationships had 50% greater odds of survival (odds ratio 1.50, 95% CI 1.42 to 1.59). The link was strongest for measures combining several aspects of social life (complex measures of social integration) and weakest for simply living alone versus with others. The authors judged the effect comparable with well-established risk factors for death.

**WHY IT MATTERS HERE**

Backs up the reason for the support-group, community and walking-group listings in chapters 06 and 13: regular contact and belonging are linked with longer life. Most relevant to people cut off by chronic illness, carers and anyone with few close ties.

Meta-analysis of 148 prospective studies — 308,849 people followed for an average of 7.5 years. Moderate evidence. PLoS Med 2010;7(7):e1000316. DOI 10.1371/journal.pmed.1000316. Free full text in PubMed Central (PMC2910600) — open access, CC BY 4.0. Note: Observational studies: a strong link, not proof that adding social contact extends life; how relationships were measured varied widely.

### Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies — Valtorta et al., Heart 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC4941172/

**WHAT IT FOUND**

Reviewed 23 papers reporting 16 long-term studies in high-income countries (4,628 heart disease and 3,002 stroke events; 3 to 21 years of follow-up) and pooled 11 for coronary heart disease and 8 for stroke. Poor social relationships (loneliness or social isolation) were linked with a 29% higher risk of new coronary heart disease (relative risk 1.29, 95% CI 1.04 to 1.59) and a 32% higher risk of stroke (1.32, 1.04 to 1.68).

**WHY IT MATTERS HERE**

Backs up the community, walking and group-activity listings in chapters 06 and 13 for readers focused on metabolic and heart health: poor social connection is linked with heart disease and stroke, alongside the better-known risk factors.

Systematic review and meta-analysis of longitudinal studies — 23 papers from 16 datasets; 4,628 heart disease and 3,002 stroke events. Moderate evidence. Heart 2016;102(13):1009–1016. DOI 10.1136/heartjnl-2015-308790. Free full text in PubMed Central (PMC4941172) — open access, CC BY 4.0. Note: Observational studies: an association, not evidence of cause; results varied between studies and some small studies may be missing (possible publication bias).

### From loneliness to social connection: charting a path to healthier societies. Report of the WHO Commission on Social Connection — WHO 2025

https://iris.who.int/handle/10665/381746

**WHAT IT FOUND**

WHO's flagship report estimates that loneliness affects about one in six people worldwide (2014–2023) and accounts for about 871,000 deaths a year (2014–2019). It describes harms to physical health (such as heart disease, stroke and type 2 diabetes), to mental health (depression and anxiety) and early death, and concludes that effective ways to build social connection exist and should be scaled up.

**WHY IT MATTERS HERE**

Backs up treating the support-group, community and group-activity listings in chapters 06 and 13 as part of health, not an optional extra. Most relevant to people living alone, carers, older adults and anyone isolated by illness.

Global WHO commission report (213 pages) drawing on systematic reviews and worldwide survey data. Moderate evidence. Geneva: World Health Organization; 2025. ISBN 978-92-4-011236-0. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: Evidence on harms is mostly observational; the report says high-quality studies of community programmes are limited, and psychological approaches show the most promise so far.

### Interventions associated with reduced loneliness and social isolation in older adults: a systematic review and meta-analysis — Hoang et al., JAMA Netw Open 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9577679/

**WHAT IT FOUND**

Reviewed 70 randomised trials in 8,259 older adults, 44 of them pooled for loneliness. Animal therapy, multicomponent programmes, exercise, technology such as video calls, and psychological therapies were associated with less loneliness, but most effects were small. The largest, each from a few small trials in long-term care, were animal therapy (standardised mean difference −1.86, 95% CI −3.14 to −0.59, excluding one trial) and video-conferencing (−1.40, −2.37 to −0.44).

**WHY IT MATTERS HERE**

Backs up the group activities, community programmes and connection-focused services in chapters 06 and 13: some approaches may reduce loneliness in later life. Most relevant to older adults, carers and families of people in residential care.

Systematic review and meta-analysis of randomised trials — 70 trials, 8,259 older adults. Moderate evidence. JAMA Netw Open 2022;5(10):e2236676. DOI 10.1001/jamanetworkopen.2022.36676. Free full text in PubMed Central (PMC9577679) — open access, CC BY. Note: The authors rated the overall quality of evidence as very low (GRADE), with few trials per type of intervention and wide variation between them.

### What is the evidence on the role of the arts in improving health and well-being? A scoping review — Fancourt & Finn, WHO 2019

https://iris.who.int/handle/10665/329834

**WHAT IT FOUND**

WHO Europe's review drew on over 3,000 studies of arts such as music, singing, dance, theatre, visual arts and reading. It concluded that the arts can play a major role in preventing ill health, promoting health, and managing and treating illness across the lifespan; for example, dance has repeatedly improved movement in Parkinson's disease. Evidence ranged from small uncontrolled pilots and case studies to large cohort studies and randomised trials.

**WHY IT MATTERS HERE**

Backs up arts-based activities in chapter 13, such as the dance classes run by Dance for PD (the review describes the programme as a case study but did not test it), and the wider idea that shared creative activities support health. Relevant to people with long-term conditions, older adults and carers.

Scoping review of over 3,000 studies, from small pilots to large cohort studies and randomised trials. Moderate evidence. Copenhagen: WHO Regional Office for Europe; 2019. HEN synthesis report 67. ISBN 978-92-890-5455-3. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: A scoping review maps the evidence rather than grading it; much of the underlying research is small or uncontrolled.

### Is volunteering a public health intervention? A systematic review and meta-analysis of the health and survival of volunteers — Jenkinson et al., BMC Public Health 2013

https://pmc.ncbi.nlm.nih.gov/articles/PMC3766013/

**WHAT IT FOUND**

Reviewed 40 papers on volunteers' health. Cohort studies linked volunteering with less depression and better life satisfaction and wellbeing, but not better physical health, and a pooled analysis of five cohorts found a lower risk of death (risk ratio 0.78, 95% CI 0.66 to 0.90). These findings were not confirmed by the small number of experimental studies.

**WHY IT MATTERS HERE**

Backs up the volunteering approach behind GoodGym and Cycling Without Age in chapter 13 (neither scheme was itself studied): giving time to others is linked with better mental wellbeing. Relevant to people looking for purpose and contact as part of recovery.

Systematic review and meta-analysis — 40 papers: 5 randomised trials, 4 non-randomised trials, 17 cohort studies. Moderate evidence. BMC Public Health 2013;13:773. DOI 10.1186/1471-2458-13-773. Free full text in PubMed Central (PMC3766013) — open access, CC BY 2.0. Note: Mostly observational: healthier people may be more likely to volunteer, and the few small randomised trials did not confirm the benefits.

### Spending at least 120 minutes a week in nature is associated with good health and wellbeing — White et al., Sci Rep 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6565732/

**WHAT IT FOUND**

In an English national survey of 19,806 adults, people who spent at least 120 minutes in nature in the past week were more likely to report good health (odds ratio 1.59, 95% CI 1.31 to 1.92, for 120–179 minutes) and high wellbeing (1.23, 1.08 to 1.40) than people with no nature contact. Benefits levelled off at 200–300 minutes, and it did not matter whether the time came in one visit or several.

**WHY IT MATTERS HERE**

Backs up the walking, hiking and nature-therapy listings in chapter 13 and gives readers a rough weekly figure to aim for, which the authors call tentative. The pattern held for older adults and people with long-term health conditions.

Cross-sectional national survey — 19,806 adults in England. Early evidence. Sci Rep 2019;9:7730. DOI 10.1038/s41598-019-44097-3. Free full text in PubMed Central (PMC6565732) — open access, CC BY 4.0. Note: A snapshot survey: healthier, happier people may simply visit nature more, and the authors call the 120-minute threshold a tentative starting point.

### The health benefits of the great outdoors: a systematic review and meta-analysis of greenspace exposure and health outcomes — Twohig-Bennett & Jones, Environ Res 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6562165/

**WHAT IT FOUND**

Reviewed 143 studies on green space and health. In pooled analyses, more exposure to green space was linked with lower salivary cortisol, heart rate and diastolic blood pressure, and lower risk of type 2 diabetes (odds ratio 0.72, 95% CI 0.61 to 0.85), cardiovascular death (0.84, 0.76 to 0.93) and death from any cause (0.69, 0.55 to 0.87), as well as better self-reported health (1.12, 1.05 to 1.19).

**WHY IT MATTERS HERE**

Backs up the general case for time in green places behind the nature-therapy and outdoor listings in chapter 13, such as Green Gym, forest bathing (27 of its 40 intervention studies were forest-bathing studies) and outdoor walking groups; the named schemes were not themselves tested.

Systematic review and meta-analysis — 143 studies (103 observational, 40 interventional). Moderate evidence. Environ Res 2018;166:628–637. DOI 10.1016/j.envres.2018.06.030. Free full text in PubMed Central (PMC6562165) — open access, CC BY 4.0. Note: Mostly observational with high heterogeneity: greener neighbourhoods may differ in other ways (such as income) that also affect health.

### Nature-based outdoor activities for mental and physical health: systematic review and meta-analysis — Coventry et al., SSM Popul Health 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8498096/

**WHAT IT FOUND**

Reviewed 50 studies (16 randomised trials) of nature-based activities for adults, such as gardening, green exercise and nature-based therapy. Pooled trials showed better depressive mood (standardised mean difference −0.64, 95% CI −1.05 to −0.23), positive affect (0.95, 0.59 to 1.31) and negative affect (−0.52, −0.77 to −0.26), and a less certain effect on anxiety. Physical-health gains were less clear; 8–12 week programmes with 20–90 minute sessions looked best.

**WHY IT MATTERS HERE**

Backs up the kinds of activity offered by Green Gym, Trellis (horticultural therapy), forest-bathing guides and outdoor walking groups in chapter 13, though these schemes were not tested themselves. Some studies included people living with a mental health condition.

Systematic review and meta-analysis — 50 studies, including 16 randomised trials. Moderate evidence. SSM Popul Health 2021;16:100934. DOI 10.1016/j.ssmph.2021.100934. Free full text in PubMed Central (PMC8498096) — open access, CC BY 4.0. Note: Only 16 of the 50 studies were randomised trials and each pooled result rests on a handful of them; the non-randomised studies had moderate to high risk of bias.

### Effect of nature prescriptions on cardiometabolic and mental health, and physical activity: a systematic review — Nguyen et al., Lancet Planet Health 2023

https://doi.org/10.1016/S2542-5196(23)00025-6

**WHAT IT FOUND**

Reviewed 92 studies of nature prescriptions — referrals or organised programmes from health or social professionals to encourage time in nature — and pooled 28 controlled studies. Compared with controls, nature prescriptions lowered systolic blood pressure (−4.82 mmHg, 95% CI −8.92 to −0.72) and diastolic blood pressure (−3.82 mmHg), reduced depression and anxiety scores, and added about 900 daily steps; weekly physical activity did not clearly change.

**WHY IT MATTERS HERE**

Backs up referral-based nature programmes in chapter 13, such as Green Gym (available via GP referral), and the nature side of the social-prescribing approach promoted by Beyond Pills Alliance in chapter 06. The named schemes were not themselves tested.

Systematic review and meta-analysis — 92 studies (28 in meta-analyses) of randomised and non-randomised controlled designs. Moderate evidence. Lancet Planet Health 2023;7(4):e313–e328. Free full text at the publisher — open access, CC BY-NC-ND 4.0. Note: Most included studies had moderate to high risk of bias, so the size of the benefits is uncertain.

### Effects of Shinrin-Yoku (forest bathing) and nature therapy on mental health: a systematic review and meta-analysis — Kotera et al., Int J Ment Health Addict 2022

https://doi.org/10.1007/s11469-020-00363-4

**WHAT IT FOUND**

Reviewed 20 studies of forest bathing and nature therapy in Asia and Europe (2,257 adults; 12 randomised trials). Pooled results suggested short-term reductions in depression, anxiety and anger, but effect sizes varied enormously between studies and the pooled randomised-trial result for anxiety was not statistically significant. The authors call for more rigorous trials with longer follow-up.

**WHY IT MATTERS HERE**

Backs up the practice taught by the forest-bathing listings in chapter 13 (The Forest Bathing Institute, Association of Nature and Forest Therapy) as a promising but still early-stage approach for anxiety and low mood; neither organisation's programme was tested.

Systematic review and meta-analysis — 20 studies (12 randomised trials, 8 pre-post studies), 2,257 adults. Early evidence. Int J Ment Health Addict 2022;20(1):337–361 (online 2020). Free full text at the publisher — open access, CC BY 4.0. Note: Trials had medium-to-high risk of bias with no blinding, results varied hugely between studies, and there was no follow-up, so how long any benefit lasts is unknown.

### Gardening is beneficial for health: a meta-analysis — Soga et al., Prev Med Rep 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5153451/

**WHAT IT FOUND**

Pooled 22 studies (76 comparisons) of gardening, including horticultural therapy, against controls (before versus after gardening, or gardeners versus non-gardeners). Gardening was linked with a small-to-moderate overall benefit for health (effect size 0.42, 95% CI 0.36 to 0.48), including less depression and anxiety, lower body mass index, and more life satisfaction, quality of life and sense of community. After adjusting for publication bias the effect was 0.35.

**WHY IT MATTERS HERE**

Backs up the gardening and horticultural-therapy approach used by Trellis and Green Gym in chapter 13 (neither was itself studied). Relevant to people wanting a gentle, regular outdoor activity with others.

Meta-analysis — 22 studies (76 comparisons) of gardening or horticultural therapy versus controls. Early evidence. Prev Med Rep 2017;5:92–99. DOI 10.1016/j.pmedr.2016.11.007. Free full text in PubMed Central (PMC5153451) — open access, CC BY-NC-ND 4.0. Note: Mostly small before-and-after or gardener-versus-non-gardener comparisons, not randomised trials; study quality was not assessed, results varied widely and there were signs of publication bias.

### Blue care: a systematic review of blue space interventions for health and wellbeing — Britton et al., Health Promot Int 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7245048/

**WHAT IT FOUND**

Reviewed 33 studies of 'blue care' — structured, mostly physical activities in and around water, such as surfing, dragon-boat racing, sailing and fishing — for people with a health need. Most reported positive or weak associations with health and wellbeing, particularly mental health and psycho-social wellbeing. Findings on social connectedness were inconsistent and there was very little evidence on physical health.

**WHY IT MATTERS HERE**

Backs up, in part, the water-based activity listings in chapter 13 such as the Outdoor Swimming Society: structured water activities (mostly surfing, boating and fishing, rarely swimming) were linked with better mental wellbeing, but the evidence is early.

Systematic review — 33 studies of blue-space interventions, none randomised (mostly qualitative or mixed-method). Early evidence. Health Promot Int 2020;35(1):50–69 (online 2018). DOI 10.1093/heapro/day103. Free full text in PubMed Central (PMC7245048) — open access, CC BY 4.0. Note: No randomised trials; most studies were small, qualitative or mixed-method, and the reviewers did not formally assess study quality.

## Sleep — Insomnia Treatment, Sleep Apnoea & Sleep Health

### Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline — Edinger et al., J Clin Sleep Med 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7853203/

**WHAT IT FOUND**

The American Academy of Sleep Medicine graded the randomised-trial evidence for non-drug insomnia treatments. It strongly recommends multicomponent cognitive behavioural therapy for insomnia (CBT-I) for adults with chronic insomnia; gives conditional recommendations for brief behavioural therapy, stimulus control, sleep restriction and relaxation; and suggests not using sleep-hygiene advice on its own.

**WHY IT MATTERS HERE**

Backs up the CBT-I therapist directories in chapter 11, since the strong recommendation rests mainly on CBT-I given by trained professionals. It found too little evidence to recommend particular formats, so the online programmes and apps in chapter 11 and the books and guides in chapter 10 are supported less directly.

Clinical practice guideline (GRADE) built on a systematic review and meta-analyses — 66 randomised trials of CBT-I identified, 49 pooled. Strong evidence. J Clin Sleep Med 2021;17(2):255–262. DOI 10.5664/jcsm.8986. Free full text in PubMed Central (PMC7853203). Note: The CBT-I recommendation rests mainly on trials of therapist-delivered CBT-I; the panel found too little evidence to recommend particular formats such as online programmes or self-help books.

### The European Insomnia Guideline: An update on the diagnosis and treatment of insomnia 2023 — Riemann et al., J Sleep Res 2023

https://doi.org/10.1111/jsr.14035

**WHAT IT FOUND**

European insomnia experts updated the European insomnia guideline. Its first-line recommendation (grade A) is CBT-I for adults of any age with chronic insomnia, including people with other physical or mental illnesses, delivered face to face or digitally. Medicines are for when CBT-I is not effective enough; it advises against antihistamines, antipsychotics, fast-release melatonin and herbal remedies for insomnia.

**WHY IT MATTERS HERE**

Backs up the CBT-I therapists, digital CBT-I programmes and sleep clinics in chapter 11 and the CBT-I books and NHS inform guide in chapter 10; also tells readers of the natural-therapy listings in chapter 11 that herbal sleep remedies are not recommended.

Clinical practice guideline by a European expert group, based on systematic and meta-analytic reviews, with graded (A–C) recommendations. Strong evidence. J Sleep Res 2023;32(6):e14035. Free full text at the publisher — open access, CC BY 4.0.

### Components and Delivery Formats of Cognitive Behavioral Therapy for Chronic Insomnia in Adults: A Systematic Review and Component Network Meta-Analysis — Furukawa et al., JAMA Psychiatry 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10794978/

**WHAT IT FOUND**

Pooled 241 trials to see which parts of CBT-I matter. Cognitive restructuring (incremental odds ratio for remission 1.68), mindfulness/acceptance (1.49), sleep restriction (1.49) and stimulus control (1.43) helped; sleep-hygiene education (1.01) added nothing and relaxation (0.81) may be counterproductive. In-person therapist delivery helped most (1.83). Versus in-person sleep education, the four helpful parts given in person meant one extra remission per three treated.

**WHY IT MATTERS HERE**

Backs up the CBT-I therapists and programmes in chapter 11 and the CBT-I books in chapter 10. Its finding that mindfulness and acceptance parts added to CBT-I helped is relevant to The Sleep Book's approach, though that book was not tested. Useful for checking a programme includes the techniques that carry the effect.

Systematic review and component network meta-analysis — 241 randomised trials, 31,452 adults. Moderate evidence. JAMA Psychiatry 2024;81(4):357–365. DOI 10.1001/jamapsychiatry.2023.5060. Free full text in PubMed Central (PMC10794978) — open access, CC BY. Note: The authors call the component results hypothesis-generating: they rest on indirect comparisons, assume the parts simply add up, and certainty was moderate to low.

### Clinical and cost-effectiveness of nurse-delivered sleep restriction therapy for insomnia in primary care (HABIT): a pragmatic, superiority, open-label, randomised controlled trial — Kyle et al., Lancet 2023

https://doi.org/10.1016/S0140-6736(23)00683-9

**WHAT IT FOUND**

Practice nurses gave four brief sessions of sleep restriction therapy (a core part of CBT-I) plus a sleep-hygiene booklet, compared with the booklet alone. At 6 months insomnia severity was clearly lower with sleep restriction (Insomnia Severity Index 10.9 vs 13.9; difference −3.05, 95% CI −3.83 to −2.28; d = −0.74), and it was likely cost-effective for the NHS (£2,076 per quality-adjusted life year).

**WHY IT MATTERS HERE**

Backs up brief behavioural treatment for insomnia through ordinary health services, the sleep-restriction step taught in the CBT-I books and NHS inform guide in chapter 10, and the CBT-I programmes in chapter 11; relevant to people who cannot get full CBT-I.

Pragmatic randomised controlled trial — 642 adults with insomnia disorder in 35 English general practices. Moderate evidence. Lancet 2023;402(10406):975–987. Free full text at the publisher — open access, CC BY 4.0. Note: Open-label trial with self-reported outcomes; the comparison was a booklet rather than another active therapy.

### Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial — Espie et al., JAMA Psychiatry 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6583463/

**WHAT IT FOUND**

Adults with insomnia were randomised to Sleepio, a fully automated six-session digital CBT-I course, or online sleep-hygiene education, both on top of usual care. At 24 weeks the Sleepio group had small gains in day-to-day functional health (d = 0.31) and psychological well-being (d = 0.38), a large gain in sleep-related quality of life (d = 1.46) and much less insomnia (d = 1.51); better sleep accounted for 46–84% of these gains.

**WHY IT MATTERS HERE**

Backs up Sleepio in chapter 11 directly. For the other digital CBT-I courses and apps there (Sleepstation, THIS WAY UP, VA Insomnia Coach) and the CBT-I books in chapter 10 it supports the approach, not those products. Relevant to people who cannot reach a CBT-I therapist.

Randomised controlled trial (DIALS) — 1,711 adults with insomnia, run online. Moderate evidence. JAMA Psychiatry 2019;76(1):21–30. DOI 10.1001/jamapsychiatry.2018.2745. Free full text in PubMed Central (PMC6583463). Note: Funded by Big Health, which makes Sleepio and helped design and run the trial; the lead author co-founded the company. Participants were mostly white (91%) and female (78%).

### The effects of improving sleep on mental health (OASIS): a randomised controlled trial with mediation analysis — Freeman et al., Lancet Psychiatry 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5614772/

WHAT IT FOUND

Students with insomnia were randomised to Sleepio, a six-session digital CBT-I course, or usual care. At 10 weeks insomnia had improved markedly (d = 1.11), with small falls in paranoia (d = 0.19) and hallucinatory experiences (d = 0.24) and less depression (d = 0.48) and anxiety (d = 0.33). Better sleep accounted for about 58% of the fall in paranoia and 39% of that in hallucinations, which the authors take as evidence that poor sleep contributes to mental-health problems.

WHY IT MATTERS HERE

Backs up Sleepio and the approach of the other online CBT-I programmes in chapter 11 and the CBT-I books in chapter 10 as a low-cost first step that can also ease low mood and anxiety; most relevant to students and young adults.

Randomised controlled trial — 3,755 university students with insomnia at 26 UK universities. Moderate evidence. Lancet Psychiatry 2017;4(10):749–758. DOI 10.1016/S2215-0366(17)30328-0. Free full text in PubMed Central (PMC5614772) — open access, CC BY 4.0. Note: About half dropped out (more with Sleepio), outcomes were self-reported, and manic symptoms rose slightly with treatment. Two authors worked for Big Health, which makes Sleepio.

### Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials — Scott et al., Sleep Med Rev 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8651630/

WHAT IT FOUND

Pooled 65 randomised trials in which a sleep treatment, mostly CBT-I, measurably improved sleep, then looked at mental health. Better sleep led to medium-sized gains in overall mental health (g = −0.53), depression (−0.63), anxiety (−0.51) and rumination (−0.49), and smaller gains for stress (−0.42) and positive psychotic symptoms (−0.26). The bigger the sleep improvement, the bigger the mental-health gain.

WHY IT MATTERS HERE

Backs up the CBT-I programmes, therapists and books in chapters 10 and 11 as a route to better mental health as well as better sleep; especially relevant to people with depression or anxiety whose sleep is poor.

Systematic review and meta-analysis — 65 randomised trials (72 interventions), 8,608 participants. Moderate evidence. Sleep Med Rev 2021;60:101556. DOI 10.1016/j.smrv.2021.101556. Free full text in PubMed Central (PMC8651630) — open access, CC BY. Note: Only trials that had already improved sleep were included; results varied widely ($I^2$ = 76%), and the mental-health gain was much smaller at 6 months or more (g = −0.18).

### Cognitive behavioral therapy for insomnia in patients with mental disorders and comorbid insomnia: A systematic review and meta-analysis — Hertenstein et al., Sleep Med Rev 2022

https://doi.org/10.1016/j.smrv.2022.101597

WHAT IT FOUND

Pooled 22 randomised trials of CBT-I for people whose insomnia sits alongside depression, PTSD, alcohol dependence, bipolar disorder, psychosis or mixed diagnoses. Insomnia improved with medium-to-large effects (effect size 0.5 in depression, 1.5 in PTSD, 1.4 in alcohol dependence), and depression (0.5) and PTSD (1.3) symptoms also eased after treatment. The authors suggest CBT-I as a first-line insomnia treatment in this group.

WHY IT MATTERS HERE

Backs up the CBT-I providers in chapter 11 and the approach of the Carney & Manber workbook (insomnia with depression, anxiety or pain) in chapter 10; most relevant to people whose insomnia comes with a mental-health condition, and to therapists in chapter 05 who offer CBT-I.

Systematic review and meta-analysis — 22 randomised trials in adults with a mental disorder and insomnia. Moderate evidence. Sleep Med Rev 2022;62:101597. Free full text at the publisher — open access, CC BY-NC-ND 4.0. Note: Few, small trials for bipolar disorder and psychosis; benefits for the mental disorder itself were not significant at later follow-up.

### Prevention of Incident and Recurrent Major Depression in Older Adults With Insomnia: A Randomized Clinical Trial — Irwin et al., JAMA Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8733847/

**WHAT IT FOUND**

Older adults with insomnia but no current depression had two months of weekly group CBT-I or group sleep education. Over three years, 12.2% of the CBT-I group developed major depression versus 25.9% of the education group (hazard ratio 0.51, 95% CI 0.29–0.88); about seven people needed CBT-I to prevent one case. Those whose insomnia stayed in remission had the lowest risk.

**WHY IT MATTERS HERE**

Backs up the CBT-I therapists in chapter 11 (the trial used psychologist-led group CBT-I) as a way to protect mood, not only sleep, and the CBT-I books in chapter 10 less directly; most relevant to older adults, and to therapists in chapter 05 who offer CBT-I.

Randomised controlled trial — 291 adults aged 60 or over with insomnia and no current depression, followed for 3 years. Moderate evidence. JAMA Psychiatry 2022;79(1):33–41. DOI 10.1001/jamapsychiatry.2021.3422. Free full text in PubMed Central (PMC8733847) — open access, CC BY 4.0. Note: A single US site with a mostly white sample; only about half had 3-year data, and more people dropped out of the CBT-I group in the first two years.

### The Consensus Sleep Diary: Standardizing Prospective Sleep Self-Monitoring — Carney et al., Sleep 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC3250369/

**WHAT IT FOUND**

Explains how the standard sleep diary used in insomnia research and CBT-I was built. Diaries from 25 experts at a sleep assessment conference were collected and an expert committee condensed them into a core diary; six focus groups of good sleepers, people with insomnia and people with sleep apnoea refined the wording, and another group checked the draft. The core diary needs only a US third-grade reading level. The authors call it a living document still needing validation.

**WHY IT MATTERS HERE**

Backs up the Consensus Sleep Diary listing in chapter 10 (this paper describes the diary behind the free app and PDF) and the sleep-diary step built into the CBT-I programmes and apps in chapter 11; useful for anyone starting CBT-I or preparing for a sleep-clinic appointment.

Expert consensus and patient focus-group development study. Moderate evidence. Sleep 2012;35(2):287–302. DOI 10.5665/sleep.1642. Free full text in PubMed Central (PMC3250369). Note: Describes how the diary was designed; it is a measuring tool, not a treatment, and this paper did not test whether keeping it improves sleep.

### Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure: An American Academy of Sleep Medicine Clinical Practice Guideline — Patil et al., J Clin Sleep Med 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6374094/

**WHAT IT FOUND**

The American Academy of Sleep Medicine reviewed the trials of CPAP and other positive airway pressure (PAP) machines. It strongly recommends PAP for adults with obstructive sleep apnoea who are excessively sleepy (38 trials), suggests it for poor sleep-related quality of life and high blood pressure, and strongly recommends education when starting PAP, with behavioural, troubleshooting and telemonitoring support suggested to help people keep using it.

**WHY IT MATTERS HERE**

Backs up the sleep-clinic finders in chapter 11, where sleep apnoea is diagnosed and PAP is started, and the CPAP education offered by the patient organisations there. Its education and support advice is about clinic care; it did not test peer support. Most relevant to people newly diagnosed with sleep apnoea.

Clinical practice guideline (GRADE) built on a systematic review and meta-analyses of randomised trials. Strong evidence. J Clin Sleep Med 2019;15(2):335–343. DOI 10.5664/jcsm.7640. Free full text in PubMed Central (PMC6374094).

### Educational, supportive and behavioural interventions to improve usage of continuous positive airway pressure machines in adults with obstructive sleep apnoea — Askland et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7137251/

**WHAT IT FOUND**

Reviewed 41 trials of ways to help people with sleep apnoea keep using CPAP. Behavioural approaches such as motivational support raised use by about 1.3 hours a night (95% CI 0.95 to 1.66; high-certainty evidence) and helped more people reach 4+ hours a night; ongoing supportive help such as follow-up contact added about 0.7 hours (moderate certainty). Evidence for education alone was very low certainty.

**WHY IT MATTERS HERE**

Backs up the idea behind the CPAP support listings in chapter 11 (the AWAKE peer-mentor programme, Hope2Sleep, Apnea Board): ongoing support and motivation help people keep using CPAP, although these services themselves were not tested. Relevant to anyone struggling to get used to CPAP.

Cochrane systematic review and meta-analysis — 41 randomised trials, 9,005 adults. Strong evidence. Cochrane Database Syst Rev 2020;4:CD007736. DOI 10.1002/14651858.CD007736.pub3. Free full text in PubMed Central (PMC7137251). Note: Over half the trials had a high risk of bias, peer-led support was not assessed as a separate category, and effects on sleepiness and quality of life were uncertain.

### A Pilot Study of CPAP Adherence Promotion by Peer Buddies with Sleep Apnea — Parthasarathy et al., J Clin Sleep Med 2013

https://pmc.ncbi.nlm.nih.gov/articles/PMC3659373/

**WHAT IT FOUND**

Newly diagnosed people with obstructive sleep apnoea were randomised to be paired with an experienced CPAP user (a 'peer buddy') or to usual care. Over the first 90 days, weekly CPAP use was higher in the peer-buddy group ($p = 0.04$), and 91% rated the buddy system satisfactory or very satisfactory. There were no differences in daytime functioning, vigilance or self-efficacy.

**WHY IT MATTERS HERE**

Backs up, as early evidence, the one-to-one CPAP peer mentoring in chapter 11 (the AWAKE peer-mentor programme), and more loosely the patient-led apnoea support there (Hope2Sleep, Apnea Board, Project Sleep's Sleep Apnea Squad); most relevant to people starting CPAP.

Randomised controlled pilot trial — 39 newly diagnosed patients, with 13 experienced CPAP users as peer buddies. Early evidence. J Clin Sleep Med 2013;9(6):543–550. DOI 10.5664/jcsm.2744. Free full text in PubMed Central (PMC3659373). Note: A small single-centre pilot; a larger trial is needed before peer buddies can be said to improve CPAP use.

### Treatment of restless legs syndrome and periodic limb movement disorder: an American Academy of Sleep Medicine clinical practice guideline — Winkelman et al., J Clin Sleep Med 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC11701286/

**WHAT IT FOUND**

The American Academy of Sleep Medicine's updated guideline for restless legs syndrome. It advises regular iron checks and dealing first with triggers such as alcohol, caffeine, some medicines and untreated sleep apnoea. It strongly recommends gabapentinoid medicines, and intravenous ferric carboxymaltose when iron is below RLS-specific levels. It suggests against standard use of dopamine-type medicines, because of worsening over time (augmentation), and against valerian.

**WHY IT MATTERS HERE**

Backs up the treatment information from the Restless Legs Syndrome Foundation (and its Quality Care Centers) and the RLS-UK/EARLS community in chapter 11, and the sleep-clinic finders there; it does not test these services. Most relevant to people with RLS reviewing a long-standing treatment.

Clinical practice guideline (GRADE) based on a systematic review of treatment trials. Strong evidence. J Clin Sleep Med 2025;21(1):137–152. DOI 10.5664/jcsm.11390. Free full text in PubMed Central (PMC11701286). Note: Over half the recommendations are conditional and rest on low- or very-low-certainty evidence; it comes from a US professional body.

## Self-Help Books, Online Programs & Apps

### Therapist-supported Internet-based cognitive behaviour therapy yields similar effects as face-to-face therapy for psychiatric and somatic disorders: an updated systematic review and meta-analysis — Hedman-Lagerlöf et al., World Psychiatry 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10168168/

**WHAT IT FOUND**

Pooled 31 randomised trials that compared CBT delivered as an online course with a therapist checking in against the same therapy delivered face to face, across 16 mental and physical health conditions (about half were depression or anxiety). The two formats gave practically the same results (pooled effect size g=0.02, 95% CI −0.09 to 0.14).

**WHY IT MATTERS HERE**

Backs up the therapist-supported online CBT courses in chapter 10, such as MindSpot's guided courses and THIS WAY UP when prescribed by a clinician, and is useful for anyone choosing between online CBT and the in-person therapists listed in chapter 05.

Systematic review and meta-analysis — 31 randomised trials (3,053 people) directly comparing therapist-guided internet CBT with face-to-face CBT across 16 conditions. Strong evidence. World Psychiatry 2023;22(2):305–314. DOI 10.1002/wps.21088. Free full text in PubMed Central (PMC10168168). Note: Applies to courses with regular therapist support, not to self-guided apps or books; 31 trials spread over 16 conditions means few trials per condition.

### Internet-Based Cognitive Behavioral Therapy for Depression: A Systematic Review and Individual Patient Data Network Meta-analysis — Karyotaki et al., JAMA Psychiatry 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8027916/

**WHAT IT FOUND**

Re-analysed raw data from 9,751 people in 39 trials of internet CBT for depression. Both guided courses (a coach or therapist checks in) and self-guided courses did better than control conditions in the short and longer term. Guided courses were better at the end of treatment (PHQ-9 mean difference −0.8, 95% CI −1.4 to −0.2), mainly for moderate-to-severe depression; for mild symptoms self-guided courses did about as well, and no difference was found at 6 or 12 months.

**WHY IT MATTERS HERE**

Backs up the online CBT courses in chapter 10 (the approach used by moodgym, THIS WAY UP and MindSpot) and helps readers choose: a self-guided course is a reasonable start for mild low mood, while people with moderate or severe depression tend to do better with a guided one.

Systematic review and individual patient data network meta-analysis — 39 randomised trials, 9,751 people with depression. Strong evidence. JAMA Psychiatry 2021;78(4):361–371. DOI 10.1001/jamapsychiatry.2020.4364. Free full text in PubMed Central (PMC8027916). Note: The extra benefit of guidance was small on average and not seen at 6–12 months; results depend on people staying with the course.

### Current evidence on the efficacy of mental health smartphone apps for symptoms of depression and anxiety. A meta-analysis of 176 randomized controlled trials — Linardon et al., World Psychiatry 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10785982/

**WHAT IT FOUND**

Pooled 176 randomised trials of smartphone apps for depression or anxiety. Apps had small but significant effects on depressive symptoms (g=0.28; about one extra person helped for every 11–12 users) and generalised anxiety (g=0.26), larger for apps using CBT or chatbots. Effects were moderate for social anxiety (g=0.52) and obsessive-compulsive symptoms (g=0.51), mostly from small, high-risk trials; small for post-traumatic stress (g=0.12) and not significant for panic.

**WHY IT MATTERS HERE**

Backs up the mental-health apps in chapter 10 as a modest, low-cost first step for low mood or worry: apps built on CBT did best, while mindfulness apps such as the Healthy Minds Program did less well in some analyses. Effects on PTSD symptoms were small, worth knowing for PTSD Coach users.

Meta-analysis — 176 randomised controlled trials of smartphone apps for depression and anxiety. Moderate evidence. World Psychiatry 2024;23(1):139–149. DOI 10.1002/wps.21183. Free full text in PubMed Central (PMC10785982). Note: Average effects are small and were measured at the end of use (mostly 1–12 weeks); they were smaller against placebo apps, and the social anxiety, OCD and PTSD results rest on small, weaker trials.

### User characteristics and outcomes from a national digital mental health service: an observational study of registrants of the Australian MindSpot Clinic — Titov et al., Lancet Digit Health 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7571905/

**WHAT IT FOUND**

Seven years of routine data from MindSpot, Australia's free, government-funded online clinic. Of 21,745 adults who started a therapist-guided online CBT course, 66.7% completed it; depression (PHQ-9) and anxiety (GAD-7) scores fell substantially (pre-post d=1.40 and 1.45), gains held at 3 months, 1.4–2.2% reliably worsened, and about 97% would recommend the course. A third of those assessed had never talked to a health professional about their symptoms.

**WHY IT MATTERS HERE**

Backs up the MindSpot Clinic listed in chapter 10 directly, and more broadly the free online CBT clinics and courses there. Most relevant to Australian adults with anxiety or low mood, including people who have never sought help before.

Observational study of a national service — 96,018 completed assessments and 21,745 people starting a therapist-guided course, 2013–2019. Early evidence. Lancet Digit Health 2020;2(11):e582–e593. DOI 10.1016/S2589-7500(20)30224-7. Free full text in PubMed Central (PMC7571905) — open access, CC BY. Note: No control group, so it shows what users achieved, not what the course caused (some would have improved anyway); the authors run the clinic.

### Delivering interventions for depression by using the internet: randomised controlled trial — Christensen et al., BMJ 2004

https://pmc.ncbi.nlm.nih.gov/articles/PMC324455/

**WHAT IT FOUND**

525 adults with elevated depressive symptoms were randomised to MoodGYM (an online CBT course), BluePages (a depression information website) or an attention-placebo control. Both websites reduced depression scores more than control: MoodGYM by 3.2 points (95% CI 0.9 to 5.4) and BluePages by 3.0 (0.6 to 5.2). MoodGYM also reduced dysfunctional thinking, and BluePages improved understanding of effective treatments.

**WHY IT MATTERS HERE**

Backs up moodgym in chapter 10 directly: the founding trial of one of the most-studied online CBT programmes. Also relevant to readers using plain-language information sites as a first step.

Randomised controlled trial — 525 community adults with raised depressive symptoms (Canberra, Australia). Moderate evidence. BMJ 2004;328(7434):265. DOI 10.1136/bmj.37945.566632.EE. Free full text in PubMed Central (PMC324455). Note: One short-term trial in people recruited from the community; a later UK GP trial (REEACT, BMJ 2015) found MoodGYM added nothing to usual care, and few used it despite weekly phone support.

### Influence of initial severity of depression on effectiveness of low intensity interventions: meta-analysis of individual patient data — Bower et al., BMJ 2013

https://pmc.ncbi.nlm.nih.gov/articles/PMC3582703/

**WHAT IT FOUND**

Combined patient-level data from 16 trials in primary care and community settings comparing low-intensity help (mainly guided self-help with written materials and internet programmes, with limited professional support) against usual care. These interventions reduced depression (standardised effect −0.42, 95% CI −0.55 to −0.29), and people with more severe depression at the start benefited at least as much as those with milder symptoms.

**WHY IT MATTERS HERE**

Backs up the guided use of CBT self-help books, workbooks and online programmes in chapter 10 (the approach behind Reading Well, CCI workbooks, Getselfhelp and moodgym), and reassures readers that self-help is not only for mild problems when some support is available.

Individual patient data meta-analysis — 16 randomised trial datasets, 2,470 people with depression. Moderate evidence. BMJ 2013;346:f540. DOI 10.1136/bmj.f540. Free full text in PubMed Central (PMC3582703) — open access, CC BY-NC 2.0. Note: Data were available for only about half of eligible trials, few participants had a formal diagnosis, there were signs of publication bias, and the comparison was usual care, not therapy.

### Guided Self-Help Cognitive Behavioural Therapy for Depression in Primary Care: A Randomised Controlled Trial — Williams et al., PLoS One 2013

https://pmc.ncbi.nlm.nih.gov/articles/PMC3543408/

**WHAT IT FOUND**

281 adults with depression in Glasgow general practices were randomised to a CBT self-help book (Overcoming Depression: A Five Areas Approach) with three or four short support sessions, or to usual GP care. At 4 months the book group's depression scores were 5.3 points lower on the BDI-II (95% CI 2.6 to 7.9), and 42.6% v 24.5% had halved their score. At 12 months the gap was similar (5.4 points, 95% CI 1.3 to 9.6) but only 41.6% were followed up.

**WHY IT MATTERS HERE**

Backs up the guided use of CBT self-help books and workbooks in chapter 10 (the approach behind Reading Well books on prescription, Mind Over Mood and the CCI workbooks): a CBT book used with brief support from a non-clinical helper helped GP patients with depression.

Randomised controlled trial — 281 adults with depression in seven Glasgow general practices. Moderate evidence. PLoS One 2013;8(1):e52735. DOI 10.1371/journal.pone.0052735. Free full text in PubMed Central (PMC3543408) — open access, CC BY. Note: Only 41.6% were followed up at 12 months, and the lead author wrote the book tested and has a financial stake in the company that sells it.

### Effectiveness and treatment moderators of internet interventions for adult problem drinking: An individual patient data meta-analysis of 19 randomised controlled trials — Riper et al., PLoS Med 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6298657/

**WHAT IT FOUND**

Pooled the raw data of 14,198 adults (averaging 38 standard units of alcohol a week) from 19 trials of online programmes to cut down drinking. Users drank 5.02 standard units a week less than controls (95% CI 2.48 to 7.57) and had higher odds of ending up within low-risk limits (OR 2.20). Programmes with human support did better than fully automated ones (a further 6.78 units a week less), and people over 55 responded better.

**WHY IT MATTERS HERE**

Backs up the online cut-down-drinking self-help in chapter 10, such as Rethinking Drinking (the listed programmes were not tested). Programmes built on therapy techniques kept more people within low-risk limits than feedback alone, and human support, such as a coach or therapist, improved results.

Individual patient data meta-analysis — 19 randomised trials, 14,198 adults. Moderate evidence. PLoS Med 2018;15(12):e1002714. DOI 10.1371/journal.pmed.1002714. Free full text in PubMed Central (PMC6298657) — open access, CC BY 4.0. Note: Follow-up was mostly only 1–3 months, 43% of participants had no follow-up data, drinking was self-reported, and trials with waiting-list controls showed bigger effects.

### Internet-based cognitive and behavioural therapies for post-traumatic stress disorder (PTSD) in adults — Simon et al., Cochrane Database Syst Rev 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8136365/

**WHAT IT FOUND**

Reviewed 13 trials (808 adults with PTSD) of internet-delivered CBT, all with therapist guidance. Compared with a waiting list, it reduced PTSD symptoms after treatment (SMD −0.61, 95% CI −0.93 to −0.29; 10 trials, 608 people), but the certainty of evidence was very low. It showed no clear advantage over other internet programmes (2 small trials), and too few trials compared it with face-to-face therapy.

**WHY IT MATTERS HERE**

Backs up therapist-guided online trauma courses in chapter 10, such as the THIS WAY UP PTSD course used with a clinician, as a possible start for people who cannot yet reach a trauma therapist. It did not test self-guided tools such as PTSD Coach Online or trauma workbooks.

Cochrane systematic review — 13 randomised trials, 808 adults. Moderate evidence. Cochrane Database Syst Rev 2021;5:CD011710. DOI 10.1002/14651858.CD011710.pub3. Free full text in PubMed Central (PMC8136365). Note: Very low certainty from few, small trials, all with therapist guidance; it says nothing about self-guided apps or books, and face-to-face trauma therapy remains better studied.

### Print-based self-help interventions for smoking cessation — Livingstone-Banks et al., Cochrane Database Syst Rev 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7112723/

**WHAT IT FOUND**

Reviewed 75 trials of printed self-help for quitting smoking. Used on their own, standard booklets or manuals increased quitting compared with nothing (RR 1.19, 95% CI 1.03 to 1.37; 11 trials, 13,241 people; moderate certainty), and personalised materials also helped (RR 1.34, 1.20 to 1.49; 12 trials, 19,190 people), though not clearly more than standard materials sent as often. They added no clear benefit on top of a health professional's advice or nicotine replacement.

**WHY IT MATTERS HERE**

Backs up written stop-smoking self-help in chapter 10, the format of Allen Carr's Easy Way to Stop Smoking (the book itself was not tested). Most relevant to smokers quitting on their own, without a stop-smoking service or nicotine replacement.

Cochrane systematic review — 75 randomised trials. Strong evidence. Cochrane Database Syst Rev 2019;1:CD001118. DOI 10.1002/14651858.CD001118.pub4. Free full text in PubMed Central (PMC7112723). Note: Gains are modest in absolute terms; the trials tested leaflets and manuals rather than any particular popular book, and all came from high-income countries.

### Effectiveness, reach, uptake, and feasibility of digital health interventions for adults with type 2 diabetes: a systematic review and meta-analysis of randomised controlled trials — Moschonis et al., Lancet Digit Health 2023

https://doi.org/10.1016/S2589-7500(22)00233-3

**WHAT IT FOUND**

Reviewed 56 randomised trials of digital programmes for adults with type 2 diabetes. In the 26 trials pooled for blood-glucose control, digital interventions lowered HbA1c by 0.30 percentage points more than control (95% CI 0.19 to 0.42; moderate certainty). Smartphone apps (−0.42) and text messages (−0.37) helped; websites showed no clear benefit.

**WHY IT MATTERS HERE**

Backs up the digital programmes for type 2 diabetes in chapter 16, such as the Low Carb Program app (digital programmes in general were tested, not the named apps). Most relevant to adults with type 2 diabetes using an app or text-message programme alongside usual care.

Systematic review and meta-analysis — 56 randomised trials (11,486 adults); 26 trials (4,546 adults) pooled for HbA1c. Strong evidence. Lancet Digit Health 2023;5(3):e125–e143. Free full text at the publisher — open access, CC BY. Note: Results varied widely between trials (considerable heterogeneity), 46% of trials were at high risk of bias, and the average HbA1c gain is modest; the listed apps were not tested.

### Outcomes of a Digitally Delivered Low-Carbohydrate Type 2 Diabetes Self-Management Program: 1-Year Results of a Single-Arm Longitudinal Study — Saslow et al., JMIR Diabetes 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6238840/

**WHAT IT FOUND**

Followed 1,000 randomly selected UK users of the Low Carb Program for a year; 708 reported 12-month outcomes (non-responders were counted as unchanged). Of those starting with HbA1c of 6.5% or more, 26.2% got below 6.5% while on metformin alone or no glucose-lowering drugs; 40.4% of those on diabetes drugs reduced or stopped at least one; and 46.4% lost at least 5% of body weight. Benefits were largest in people who completed the programme.

**WHY IT MATTERS HERE**

Backs up the Low Carb Program app in chapter 16 directly and, more loosely, the free self-guided low-carb programmes in chapter 10 (Freshwell, Public Health Collaboration). For people with type 2 diabetes, ideally with their GP monitoring medicines.

Single-arm longitudinal study — 1,000 programme users with type 2 diabetes followed for 1 year. Early evidence. JMIR Diabetes 2018;3(3):e12. DOI 10.2196/diabetes.9333. Free full text in PubMed Central (PMC6238840) — open access, CC BY 4.0. Note: No control group and 12-month results were self-reported, so it shows what users reported, not what the programme caused; one author works for the company that runs it.

### Depression in adults: treatment and management (NICE guideline NG222) — NICE 2022

https://www.nice.org.uk/guidance/ng222

**WHAT IT FOUND**

England's national guideline for treating depression in adults. For a new episode of less severe depression, its table of treatment options lists guided self-help first: printed or digital materials based on CBT, behavioural activation, problem-solving or psychoeducation, supported by a trained practitioner, usually over 6 to 8 structured sessions in person, by phone or online.

**WHY IT MATTERS HERE**

Backs up the kind of CBT self-help books, workbooks and online courses in chapter 10 (Reading Well, CCI workbooks, Mind Over Mood, THIS WAY UP, MindSpot): used with a trained practitioner's support, guided self-help is a first-line option for less severe depression.

National clinical guideline based on systematic evidence reviews and network meta-analyses. Strong evidence. NICE guideline NG222, 2022. Free to read on the NICE website. Note: Recommends self-help with practitioner support for less severe depression; it does not endorse reading or apps alone, or self-help as the only treatment for severe depression.

## Neurodiversity — ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia & Tics

### Comparative efficacy and tolerability of medications for attention-deficit hyperactivity disorder in children, adolescents, and adults: a systematic review and network meta-analysis — Cortese et al., Lancet Psychiatry 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6109107/

**WHAT IT FOUND**

Pooled 133 double-blind trials of seven ADHD medicines. Over about 12 weeks, all seven reduced clinician-rated ADHD symptoms in children and adolescents compared with placebo (methylphenidate SMD −0.78, 95% CI −0.93 to −0.62), and four of the five tested in adults did (amphetamines SMD −0.79, −0.99 to −0.58). Weighing benefit against side-effects, the authors favoured methylphenidate for children and amphetamines for adults as first choices for short-term treatment.

**WHY IT MATTERS HERE**

Backs up the ADHD practitioner directories and organisations in chapter 09 (CHADD, ADDA, AADPA, ADHD UK) and the ADHD books and webinars in chapter 10 that explain medication choices: a specialist assessment opens the door to medicines with well-tested short-term benefit.

Systematic review and network meta-analysis — 133 double-blind randomised trials (10,068 children and adolescents, 8,131 adults in the main analysis). Strong evidence. Lancet Psychiatry 2018;5(9):727–738. DOI 10.1016/S2215-0366(18)30269-4. Free full text in PubMed Central (PMC6109107) — open access, CC BY 4.0. Note: Trials were short (about 12 weeks), with too few data to judge effects at 6–12 months, and the authors rated certainty low or very low for many comparisons.

### Cognitive Behavioral Therapy vs Relaxation With Educational Support for Medication-Treated Adults With ADHD and Persistent Symptoms: A Randomized Controlled Trial — Safren et al., JAMA 2010

https://pmc.ncbi.nlm.nih.gov/articles/PMC3641654/

**WHAT IT FOUND**

Tested the 12-session CBT programme set out in the authors' 'Mastering Your Adult ADHD' manuals in 86 adults whose symptoms persisted despite medication, against relaxation training with education. More people responded to CBT (53% vs 23% on clinician global ratings; 67% vs 33% on an ADHD rating scale), self-reported symptoms also fell more, and those who responded or partly responded to CBT kept their gains at 6 and 12 months.

**WHY IT MATTERS HERE**

Backs up 'Mastering Your Adult ADHD' in chapter 10 directly (the trial used the first-edition programme), the ADHD psychologists and therapists found through the chapter 09 directories (ADDA, AADPA, CHADD) and the therapist directories in chapter 05: structured CBT skills can add to medication for adults.

Randomised controlled trial — 86 adults with ADHD already taking medication; 12 individual sessions; follow-up to 12 months. Moderate evidence. JAMA 2010;304(8):875–880. DOI 10.1001/jama.2010.1192. Free full text in PubMed Central (PMC3641654). Note: A single-site trial of 86 adults who were already on medication; results may not carry over to unmedicated adults or routine services.

### Autism intervention meta-analysis of early childhood studies (Project AIM): updated systematic review and secondary analysis — Sandbank et al., BMJ 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10644209/

**WHAT IT FOUND**

Reviewed 252 studies of non-drug early support for young autistic children. In randomised trials, naturalistic developmental behavioural interventions (child-led, play-based) improved social communication (g 0.35, 95% CI 0.23 to 0.47), as did developmental approaches (g 0.28). Most effects lost significance in stricter analyses (no caregiver ratings, blinded assessors); harms were rarely monitored, so the authors say families should watch for distress or negative effects.

**WHY IT MATTERS HERE**

Backs up the autism service directories and organisations in chapter 09 that families use to find early support (National Autistic Society directory, Autism Society, Autism-Europe): it shows which early supports have some trial evidence, how modest it is, and why to watch for harms.

Systematic review and meta-analysis — 252 studies (173 randomised; 289 reports) of young autistic children (average age under 8), 13,304 participants. Moderate evidence. BMJ 2023;383:e076733. DOI 10.1136/bmj-2023-076733. Free full text in PubMed Central (PMC10644209) — open access, CC BY-NC 4.0. Note: Most outcomes were at risk of bias (unblinded raters, caregiver reports); only one effect survived every bias check, and adverse events were seldom reported.

### Risk markers for suicidality in autistic adults — Cassidy et al., Mol Autism 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6069847/

**WHAT IT FOUND**

Surveyed 164 autistic and 169 general-population adults. 72% of autistic adults scored at or above the clinical cut-off on a questionnaire about suicidal thoughts and behaviour, against 34% of the comparison group. Among autistic adults, camouflaging (hiding autistic traits to fit in), non-suicidal self-injury and unmet support needs each predicted higher scores after allowing for depression, anxiety and other factors, but each explained only a small extra share (3–4%).

**WHY IT MATTERS HERE**

Backs up the autistic-led organisations and communities in chapter 09 (ASAN, Reframing Autism, Wrong Planet) and 'Unmasking Autism' and the AASPIRE toolkit in chapter 10: lowering the pressure to mask and meeting support needs are plausible protective targets.

Cross-sectional survey — 164 autistic adults and 169 general-population adults. Early evidence. Mol Autism 2018;9:42. DOI 10.1186/s13229-018-0226-4. Free full text in PubMed Central (PMC6069847) — open access, CC BY 4.0. Note: A one-off survey of volunteers (self-reported diagnoses, no intellectual disability): it shows associations, not cause and effect.

### Experiences of Autism Acceptance and Mental Health in Autistic Adults — Cage et al., J Autism Dev Disord 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC5807490/

**WHAT IT FOUND**

Surveyed 111 autistic adults in the UK about how far they felt accepted by society, by family and friends, and by themselves. Feeling accepted by others and accepting oneself both predicted lower depression; adding acceptance raised the explained variation in depression from 34.6% to 52.1%. Acceptance by others was also linked to lower stress, but acceptance did not predict anxiety. The 27 people who mentioned camouflaging reported more depression and felt less accepted.

**WHY IT MATTERS HERE**

Backs up the autistic-led and neurodiversity-affirming organisations, communities and practitioner directories in chapter 09 (ASAN, Reframing Autism, Neurodivergent Practitioners) and 'Unmasking Autism' in chapter 10: feeling accepted, and accepting oneself, go with better mental health.

Cross-sectional online survey — 111 autistic adults (UK). Early evidence. J Autism Dev Disord 2018;48(2):473–484. DOI 10.1007/s10803-017-3342-7. Free full text in PubMed Central (PMC5807490) — open access, CC BY 4.0. Note: A small, self-selected, mostly female online survey using new single-item acceptance ratings; it shows associations, not cause and effect.

### The Development and Evaluation of an Online Healthcare Toolkit for Autistic Adults and their Primary Care Providers — Nicolaidis et al., J Gen Intern Med 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC5023610/

**WHAT IT FOUND**

Autistic adults and researchers built the AASPIRE Healthcare Toolkit as equal partners; 259 autistic adults and 51 primary care providers helped develop and test it. Over 94% of autistic users found it easy to use, important and useful; 82% of responding providers rated its accommodations report useful. A month later, average barriers to care fell from 4.07 to 2.82, with small gains in healthcare self-efficacy and, for those who saw their provider, communication satisfaction.

**WHY IT MATTERS HERE**

Backs up the AASPIRE Healthcare Toolkit in chapter 10 directly, and the autistic-led organisations and neurodiversity-affirming practitioner directories in chapter 09 that help people ask for healthcare adjustments.

Community-based participatory development and single-group pre/post evaluation — 259 autistic adults and 51 primary care providers in all (evaluation: 170 adults, 41 providers). Early evidence. J Gen Intern Med 2016;31(10):1180–1189. DOI 10.1007/s11606-016-3763-6. Free full text in PubMed Central (PMC5023610). Note: No control group, a one-month follow-up and a self-selected US sample, so the improvements cannot be firmly credited to the toolkit.

### Effectiveness of Treatment Approaches for Children and Adolescents with Reading Disabilities: A Meta-Analysis of Randomized Controlled Trials — Galuschka et al., PLoS ONE 2014

https://pmc.ncbi.nlm.nih.gov/articles/PMC3935956/

**WHAT IT FOUND**

Pooled 22 randomised trials of help for children and teenagers with reading disabilities (dyslexia). Systematic phonics instruction, explicitly teaching letter–sound links and how to blend them, was the only approach with a statistically confirmed benefit for reading and spelling (reading g′ 0.32, 95% CI 0.18 to 0.47). Other approaches tested, such as reading-fluency training, auditory training and coloured overlays, did not show significant effects.

**WHY IT MATTERS HERE**

Backs up the dyslexia tutor and assessor directories in chapter 09 (British Dyslexia Association, PATOSS, International Dyslexia Association) and 'Overcoming Dyslexia' in chapter 10, which explains dyslexia as a difficulty with the sounds of words: structured, phonics-based teaching is the approach with trial evidence.

Meta-analysis of 22 randomised controlled trials (49 comparisons; 1,138 children in intervention and 764 in control groups). Moderate evidence. PLoS ONE 2014;9(2):e89900. DOI 10.1371/journal.pone.0089900. Free full text in PubMed Central (PMC3935956) — open access, CC BY. Note: The phonics effect was small, shrank further after allowing for likely publication bias, and few trials blinded their assessors.

### International clinical practice recommendations on the definition, diagnosis, assessment, intervention, and psychosocial aspects of developmental coordination disorder — Blank et al., Dev Med Child Neurol 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6850610/

**WHAT IT FOUND**

An international panel convened by the European Academy of Childhood Disability agreed 35 recommendations on defining, diagnosing, assessing and treating developmental coordination disorder (dyspraxia), including the first international advice for adolescents and adults. Its top grade (level A) goes to activity- and participation-oriented therapy such as task-specific training or the CO-OP approach; sensory integration therapy is not recommended (evidence inconclusive).

**WHY IT MATTERS HERE**

Backs up the dyspraxia/DCD organisations and support groups in chapter 09 (Dyspraxia Foundation, CanChild, DCD Australia, EACD) and 'Caged in Chaos' in chapter 10: DCD is a recognised condition, in adults as well as children, with agreed assessment and therapy pathways.

International clinical practice recommendations (European Academy of Childhood Disability) — literature reviews plus formal expert consensus (Delphi). Moderate evidence. Dev Med Child Neurol 2019;61(3):242–285. DOI 10.1111/dmcn.14132. Free full text in PubMed Central (PMC6850610) — open access, CC BY-NC-ND 4.0. Note: Only 8 of the 35 recommendations rest directly on research evidence (the rest are expert consensus), and the authors set them to be revised by the end of 2022.

### The Diagnosis and Treatment of Dyscalculia — Haberstroh & Schulte-Körne, Dtsch Arztebl Int 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6440373/

WHAT IT FOUND

Summarises the German evidence-based (S3) guideline on dyscalculia, agreed by 20 professional societies and built on a systematic review and meta-analysis. Across intervention studies, maths support had a moderate average effect (g 0.52, 95% CI 0.42 to 0.62). Training aimed at the specific maths content a child finds hard worked best; group sessions were less effective than one-to-one, and the authors advise starting early in primary school with trained specialists.

WHY IT MATTERS HERE

Backs up the dyscalculia assessor and tutor directories in chapter 09 (Dyscalculia Network, BDA dyscalculia accreditation) and the content-focused teaching approach of 'The Dyscalculia Toolkit' in chapter 10: specialist, individual, content-focused teaching has the best evidence.

Systematic review and meta-analysis underpinning the German S3 clinical practice guideline (20 professional societies). Moderate evidence. Dtsch Arztebl Int 2019;116(7):107–114. DOI 10.3238/arztebl.2019.0107. Free full text in PubMed Central (PMC6440373). Note: High-quality trials are few, and there is little evidence or suitable programmes for older teenagers and adults.

### European clinical guidelines for Tourette syndrome and other tic disorders—version 2.0. Part II: psychological interventions — Andrén et al., Eur Child Adolesc Psychiatry 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC8314030/

WHAT IT FOUND

The European Society for the Study of Tourette Syndrome's updated guideline on psychological treatment. It advises psychoeducation for everyone first, then behavioural therapy as first-line treatment for children and adults whose tics need it: habit reversal training (HRT, the core of CBIT) or exposure and response prevention. HRT/CBIT has the strongest evidence; cognitive and third-wave therapies are not advised on their own.

WHY IT MATTERS HERE

Backs up the Tourette organisations and provider directories in chapter 09 (Tourette Association of America, Tourettes Action, Tourette Canada), which offer psychoeducation and routes to behavioural therapy, and the CBIT workbook 'Managing Tourette Syndrome' in chapter 10.

Clinical practice guideline (European Society for the Study of Tourette Syndrome) — systematic literature search to May 2021, narrative review and expert consensus. Strong evidence. Eur Child Adolesc Psychiatry 2022;31(3):403–423. DOI 10.1007/s00787-021-01845-z. Free full text in PubMed Central (PMC8314030) — open access, CC BY 4.0. Note: Exposure and response prevention rests on one randomised trial and group or internet formats on a few small studies; even for HRT/CBIT, effects were medium-sized.

### Autistic peer-to-peer information transfer is highly effective — Crompton et al., Autism 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7545656/

WHAT IT FOUND

72 adults passed a story along chains of eight people that were all autistic, all non-autistic, or mixed. Autistic chains passed on details as well as non-autistic chains did; detail was lost faster only in mixed chains, where people also rated rapport lower. The authors read this as a mismatch between autistic and non-autistic communication styles (the 'double empathy' idea) rather than an autistic deficit.

WHY IT MATTERS HERE

Backs up the neurodivergent-led practitioner directories in chapter 09 (Neurodivergent Practitioners, Neurodivergent Therapists) and autistic peer communities such as Wrong Planet: autistic people can share information and build rapport with each other as well as non-autistic people do.

Experimental study (diffusion-chain design) — 72 adults in autistic, non-autistic and mixed chains. Early evidence. Autism 2020;24(7):1704–1712. DOI 10.1177/1362361320919286. Free full text in PubMed Central (PMC7545656) — open access, CC BY-NC 4.0. Note: A small laboratory experiment with one storytelling task, in which participants knew each other's diagnosis; it does not measure therapy or support outcomes.

### Attention deficit hyperactivity disorder: diagnosis and management (NICE guideline NG87) — NICE 2018

https://www.nice.org.uk/guidance/ng87

**WHAT IT FOUND**

England's guideline on recognising, diagnosing and supporting ADHD in children, young people and adults. Diagnosis should be made by a specialist with ADHD training. It recommends adjustments to the person's surroundings first, ADHD-focused group parent training for children under 5, medication when symptoms still cause significant problems, and psychological support for adults who prefer not to take medication or still struggle on it.

**WHY IT MATTERS HERE**

Backs up the ADHD practitioner directories in chapter 09 (diagnosis by a clinician with ADHD expertise), the ADHD organisations and support groups there (NICE advises telling people about them) and the ADHD information and CBT books in chapter 10. Relevant to people seeking an ADHD assessment and to families.

National clinical guideline based on systematic evidence reviews and committee consensus. Strong evidence. NICE NG87, published 14 March 2018, last updated 13 September 2019. Free to read on the NICE website. Note: Written for the NHS in England; services, waiting times and medicine approvals differ in other countries.

### The World Federation of ADHD International Consensus Statement: 208 Evidence-based Conclusions about the Disorder — Faraone et al., Neurosci Biobehav Rev 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8328933/

**WHAT IT FOUND**

To counter misconceptions that stigmatise ADHD and delay treatment, the authors kept only strong evidence (large studies and meta-analyses that checked for publication bias) and turned it into 208 statements about how common ADHD is, its causes, course, outcomes and treatments. The statements were approved by 80 authors from 27 countries and endorsed by 403 more readers.

**WHY IT MATTERS HERE**

Backs up the ADHD organisations and advocacy groups in chapter 09 and the ADHD books in chapter 10: it is a well-sourced reference for explaining that ADHD is a real, treatable condition across the lifespan.

International consensus statement built only from meta-analyses or studies of 2,000+ people. Strong evidence. Neurosci Biobehav Rev 2021;128:789–818. DOI 10.1016/j.neubiorev.2021.01.022. Free full text in PubMed Central (PMC8328933) — open access, CC BY. Note: A summary of existing evidence rather than new research or a treatment guideline; several authors report links with ADHD medicine makers, as disclosed in the paper.

## Gut Health & the Gut–Brain Axis

### Efficacy of a low-FODMAP diet in adult irritable bowel syndrome: a systematic review and meta-analysis — van Lanen et al., Eur J Nutr 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8354978/

**WHAT IT FOUND**

Pooled 12 controlled studies (772 adults with IBS) comparing a low-FODMAP diet with other diets. The low-FODMAP diet reduced overall IBS symptom severity (standardised mean difference −0.66, 95% CI −0.88 to −0.44), lowered the IBS Symptom Severity Score by about 45 points in the studies that used it, and improved IBS-specific quality of life (mean difference 4.93 points, 95% CI 1.77 to 8.08).

**WHY IT MATTERS HERE**

Backs up the low-FODMAP diet taught by the FODMAP-trained dietitians in chapter 15 (Monash University and King's College London directories) and the national dietitian finders there; most relevant to adults with IBS thinking about a supervised low-FODMAP diet.

Systematic review and meta-analysis — 12 controlled intervention studies (9 parallel, 3 crossover), 772 adults with IBS. Moderate evidence. Eur J Nutr 2021;60(6):3505–3522. DOI 10.1007/s00394-020-02473-0. Free full text in PubMed Central (PMC8354978) — open access, CC BY 4.0. Note: Trials were small, lasted 3 months at most and were hard to blind, with signs of publication bias; the review was funded by Unilever, where the authors worked.

### Functional bowel disorders with diarrhoea: Clinical guidelines of the United European Gastroenterology and European Society for Neurogastroenterology and Motility — Savarino et al., United European Gastroenterol J 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9278595/

**WHAT IT FOUND**

Europe's gastroenterology societies graded the evidence for diarrhoea-predominant IBS. They strongly recommend gut-directed psychological therapies (low-quality evidence, 89% agreement) and short-term use of a low-FODMAP diet when other measures fail (strong, low quality, 100%), conditionally support some probiotics (93%), and recommend against a gluten-free diet and against faecal microbiota transplant for IBS.

**WHY IT MATTERS HERE**

Backs up the gastroenterologist finders, FODMAP-trained dietitians and GI psychologist directory in chapter 15, and supports the directory's message that FMT is for recurrent C. difficile, not IBS; most relevant to people with IBS-D and their clinicians.

European clinical guideline — GRADE-assessed evidence review and Delphi consensus of 30 experts from 10 countries (31 statements). Moderate evidence. United European Gastroenterol J 2022;10(6):556–584. DOI 10.1002/ueg2.12259. Free full text in PubMed Central (PMC9278595) — open access, CC BY-NC-ND 4.0. Note: Covers diarrhoea-predominant IBS only; the diet, psychological-therapy, probiotic and FMT recommendations all rest on low-quality evidence.

### Assessing telephone-delivered cognitive–behavioural therapy (CBT) and web-delivered CBT versus treatment as usual in irritable bowel syndrome (ACTIB): a multicentre randomised trial — Everitt et al., Gut 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6709776/

**WHAT IT FOUND**

558 UK adults whose IBS had not improved with first-line treatment were randomised to telephone CBT, web-based CBT with minimal therapist support, or usual care. At 12 months symptom scores (IBS-SSS) were 61.6 points lower with telephone CBT (95% CI 33.8 to 89.5) and 35.2 points lower with web CBT (95% CI 12.6 to 57.8) than with usual care; work and social functioning also improved, with no serious adverse reactions.

**WHY IT MATTERS HERE**

Backs up the GI psychologists in chapter 15 (Rome Foundation GastroPsych directory) and CBT therapists found through chapter 05, and shows IBS-specific CBT can work by phone or online; most relevant to adults with long-standing IBS who cannot easily attend face-to-face therapy.

Multicentre randomised controlled trial — 558 adults with refractory IBS, three arms, 12-month follow-up. Moderate evidence. Gut 2019;68(9):1613–1623. DOI 10.1136/gutjnl-2018-317805. Free full text in PubMed Central (PMC6709776) — open access, CC BY-NC 4.0. Note: A single trial in which participants and therapists could not be blinded; 30% did not complete 12-month follow-up.

### Improvement in Gastrointestinal Symptoms After Cognitive Behavior Therapy for Refractory Irritable Bowel Syndrome — Lackner et al., Gastroenterology 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6035059/

**WHAT IT FOUND**

436 adults with IBS were randomised to 10 sessions of standard CBT, 4 sessions of mostly home-based CBT, or 4 sessions of IBS education. Two weeks after treatment 61.0% of the home-based CBT group rated their gut symptoms moderately or substantially improved versus 43.5% with education; at 6 months gastroenterologists rated 58.4% versus 44.8% as improved. Home-based CBT was at least as effective as the longer clinic-based course.

**WHY IT MATTERS HERE**

Backs up the GI psychologists in chapter 15 (Rome Foundation GastroPsych directory) and CBT therapists found through chapter 05; most relevant to people with IBS who want a shorter, mainly home-based course of CBT using a workbook.

Randomised controlled trial (IBSOS) — 436 adults with refractory IBS at two US centres, three arms, 6-month follow-up. Moderate evidence. Gastroenterology 2018;155(1):47–57. DOI 10.1053/j.gastro.2018.03.063. Free full text in PubMed Central (PMC6035059). Note: All three groups, education included, improved similarly on the IBS symptom severity score; CBT's advantage was in global improvement ratings. Mostly white women at two US centres.

### The Efficacy of Hypnotherapy in the Treatment of Irritable Bowel Syndrome: A Systematic Review and Meta-analysis — Lee et al., J Neurogastroenterol Motil 2014

https://pmc.ncbi.nlm.nih.gov/articles/PMC4015203/

**WHAT IT FOUND**

Pooled 7 randomised trials (374 people whose IBS had not responded to usual care) comparing hypnotherapy with conventional treatment or no treatment. At 3 months hypnotherapy reduced abdominal pain more than control (standardised mean difference −0.83, 95% CI −1.65 to −0.01), and 3 of 4 trials found greater improvement in overall gut symptoms; the effect at one year was not statistically clear.

**WHY IT MATTERS HERE**

Backs up the psychogastroenterology clinicians in chapter 15 (Rome Foundation GastroPsych directory) and therapists found through the chapter 05 directories who offer gut-directed hypnotherapy; most relevant to people with persistent IBS interested in it.

Systematic review and meta-analysis — 7 randomised trials, 374 people with IBS. Moderate evidence. J Neurogastroenterol Motil 2014;20(2):152–162. DOI 10.5056/jnm.2014.20.2.152. Free full text in PubMed Central (PMC4015203) — open access, CC BY-NC 3.0. Note: Few, small trials (all before 2014) that could not be blinded, with large differences between them; long-term benefit is uncertain.

### Fecal microbiota transplantation for the treatment of recurrent Clostridioides difficile (Clostridium difficile) — Minkoff et al., Cochrane Database Syst Rev 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10125800/

**WHAT IT FOUND**

Six randomised trials (320 adults) compared faecal microbiota transplant (FMT) with other treatments, mostly antibiotics, for recurrent C. difficile infection. FMT likely leads to a large increase in resolution of the infection (risk ratio 1.92, 95% CI 1.36 to 2.71; number needed to treat 3; moderate-certainty evidence). Serious adverse events and deaths were too few to judge safety with confidence.

**WHY IT MATTERS HERE**

Backs up the regulated FMT services and guidance in chapter 15 (Birmingham Microbiome Treatment Centre, NICE, TGA), the AGA FMT registry in chapter 01 and the C. diff advocacy and FMT research charities in chapter 16; most relevant to people with recurring C. difficile.

Cochrane systematic review and meta-analysis — 6 randomised trials, 320 adults. Strong evidence. Cochrane Database Syst Rev 2023;(4):CD013871. DOI 10.1002/14651858.CD013871.pub2. Free full text in PubMed Central (PMC10125800). Note: Only six trials; findings apply to adults with healthy immune systems, and the authors say registry data are needed on longer-term safety.

### International consensus conference on stool banking for faecal microbiota transplantation in clinical practice — Cammarota et al., Gut 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6872442/

**WHAT IT FOUND**

Experts agreed how stool banks should run so that FMT is safe, traceable and widely available: healthy donors not chosen by the patient, who pass a health questionnaire plus blood and stool tests (repeated every 8–12 weeks), approval by national regulators, supply through doctors rather than direct to patients, donor and recipient records kept for at least 10 years, and registries to track side effects.

**WHY IT MATTERS HERE**

Backs up the regulated FMT programmes and regulator pages in chapter 15 (Birmingham Microbiome Treatment Centre, TGA) and gives a checklist for judging clinics found through the FMT directory in chapter 01; relevant to patients and clinicians.

International consensus statement — 29 experts from Europe, North America and Australia; Delphi process, 40 statements (17 GRADE-assessed). Moderate evidence. Gut 2019;68(12):2111–2121. DOI 10.1136/gutjnl-2019-319548. Free full text in PubMed Central (PMC6872442) — open access, CC BY-NC 4.0. Note: About safety and organisation rather than effectiveness; 23 of the 40 statements rest on expert opinion, and regulation differs by country.

### Fecal Microbiota Transplantation Is Highly Effective in Real-World Practice: Initial Results From the FMT National Registry — Kelly et al., Gastroenterology 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8034505/

WHAT IT FOUND

First results from the AGA-led FMT National Registry: of 259 people given FMT for C. difficile at 20 sites, 90% of those followed for one month had resolution, 98% of them after a single FMT, and 4% of those initially resolved who were followed to six months had a recurrence. Hospital admission possibly related to FMT occurred in 1%, and new IBS or IBD was diagnosed in 1% each by six months.

WHY IT MATTERS HERE

Backs up the AGA FMT National Registry listed in chapter 01 and the regulated FMT services in chapter 15; most relevant to people weighing FMT for recurrent C. difficile who want real-world results alongside trial data.

Prospective observational registry — 259 people treated with FMT for C. difficile at 20 North American sites. Early evidence. Gastroenterology 2021;160(1):183–192.e3. DOI 10.1053/j.gastro.2020.09.038. Free full text in PubMed Central (PMC8034505). Note: Observational with no comparison group; many people were lost to follow-up and the sites were larger centres with an interest in FMT.

### Probiotics for the prevention of pediatric antibiotic-associated diarrhea — Guo et al., Cochrane Database Syst Rev 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6490796/

WHAT IT FOUND

Across 33 trials (6,352 children taking antibiotics), probiotics reduced antibiotic-associated diarrhoea from 19% to 8% (risk ratio 0.45, 95% CI 0.36 to 0.56; number needed to treat 9; moderate-certainty evidence). Benefit looked larger with higher-dose products such as Lactobacillus rhamnosus or Saccharomyces boulardii, which the authors say needs confirming; no serious adverse events were attributed to probiotics.

WHY IT MATTERS HERE

Backs up the evidence-graded probiotic guides in chapter 15 (ISAPP, Clinical Guide to Probiotic Products, NIH fact sheet, WGO guideline), which stress that benefit depends on the specific product and situation; most relevant to parents and clinicians.

Cochrane systematic review and meta-analysis — 33 randomised trials, 6,352 children. Strong evidence. Cochrane Database Syst Rev 2019; (4):CD004827. DOI 10.1002/14651858.CD004827.pub5. Free full text in PubMed Central (PMC6490796). Note: 20 of 33 trials had high risk of bias; serious harms have been reported outside trials in very ill or immunocompromised children.

### The 2026 British Society of Gastroenterology guidelines on the diagnosis and management of adult coeliac disease — Penny et al., Gut 2026

https://doi.org/10.1136/gutjnl-2025-337747

WHAT IT FOUND

The British Society of Gastroenterology's updated guideline for adults with coeliac disease recommends a life-long gluten-free diet to improve symptoms and quality of life and reduce complications (strong recommendation, low-certainty evidence), signposting people at diagnosis to an established advocacy group such as Coeliac UK, and regular follow-up for up to 2 years. Adults with very high tTG antibody levels may be diagnosed without a biopsy after shared decision-making.

WHY IT MATTERS HERE

Backs up the coeliac charities and local groups in chapter 15 (Coeliac UK, Coeliac Australia, AOECS societies), which it advises pointing people to at diagnosis, and the coeliac practitioner finder; most relevant to adults newly diagnosed with coeliac disease.

National clinical guideline — multidisciplinary panel from the UK, Sweden, Italy and Australia; 15 GRADE-assessed recommendations, 19 good-practice statements and 6 expert opinions, each voted on by a consensus group. Moderate evidence. Gut 2026 (published online 9 July 2026). Free full text at the publisher — open access, CC BY-NC 4.0. Note: Several key recommendations, including the life-long gluten-free diet, rest on low-certainty evidence; it covers adults only, and the no-biopsy route is optional.

### Consensus standards of healthcare for adults and children with inflammatory bowel disease in the UK — Kapasi et al., Frontline Gastroenterol 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7223296/

**WHAT IT FOUND**

IBD UK, an alliance of patient and professional organisations, agreed 59 standards of care through a Delphi process informed by 689 patients and 151 professionals. They include that newly diagnosed people be signposted to patient organisations and be able to see a psychologist and specialist dietitian when needed, and that patients get clear information for self-managing flares and a telephone/email advice line.

**WHY IT MATTERS HERE**

Backs up the IBD charities' information hubs, local networks and support groups in chapter 15 and the IBD support groups in chapter 06; most relevant to people with Crohn's or colitis, and families, checking what good care should include.

National consensus standards — modified Delphi (3 rounds, 28 voters) informed by a survey of 151 professionals and 689 patients; 59 statements. Moderate evidence. Frontline Gastroenterol 2020;11(3):178–187 (online 2019). DOI 10.1136/flgastro-2019-101260. Free full text in PubMed Central (PMC7223296) — open access, CC BY-NC 4.0. Note: Expert and patient consensus, not trial evidence; led and funded by Crohn's & Colitis UK, which is listed in the directory.

### The Microbiota-Gut-Brain Axis: From Motility to Mood — Margolis et al., Gastroenterology 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8634751/

**WHAT IT FOUND**

Three gut–brain researchers explain how the gut, its microbes and the brain signal to each other (vagus nerve, immune system, microbial metabolites, serotonin) and how this may relate to IBS and depression. They stress that the best-studied pathways come largely from animal models, that a causal role for the microbiome 'remains to be determined', and that clinically significant effects of probiotics for psychiatric disorders have not been shown.

**WHY IT MATTERS HERE**

Backs up the gut–brain science listings in chapter 15 (Rome Foundation, APC Microbiome Ireland, Gut Microbiota for Health) and gives context for food-and-mood resources in chapter 10; useful for anyone wanting an honest picture of what is and is not yet known.

Narrative review of mechanistic, animal and human studies. Early evidence. Gastroenterology 2021;160(5):1486–1501. DOI 10.1053/j.gastro.2020.10.066. Free full text in PubMed Central (PMC8634751). Note: Narrative review of mostly animal and early human research; it explains possible mechanisms but does not show that any gut–brain treatment works.

## Metabolic Therapies — Fasting, Formula Diets, Ketogenic Therapy, Exercise, Surgery & Medicines

### Effects of ketogenic diet on health outcomes: an umbrella review of meta-analyses of randomized clinical trials — Patikorn et al., BMC Med 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10210275/

**WHAT IT FOUND**

Re-analysed and graded 17 published meta-analyses of randomised trials of ketogenic diets. High-quality evidence showed about five times as many children with drug-resistant epilepsy cutting their seizures by at least half, and, in adults with type 2 diabetes, lower triglycerides but higher LDL cholesterol. Moderate-quality evidence showed lower body weight and HbA1c. Most of the 115 effects examined rested on low or very low quality evidence.

**WHY IT MATTERS HERE**

Backs up the ketogenic and low-carb practitioners in chapter 01, the keto communities in chapter 14 and keto books and guides in chapter 10, while showing the trade-off: weight, blood sugar and triglycerides improved, but LDL cholesterol rose by an amount the authors judged clinically meaningful.

Umbrella review — 17 meta-analyses covering 68 randomised trials, re-analysed and graded with GRADE. Moderate evidence. BMC Med 2023;21:196. DOI 10.1186/s12916-023-02874-y. Free full text in PubMed Central (PMC10210275) — open access, CC BY 4.0. Note: Most trials were small and short (median 42 people, 13 weeks); whether these changes mean fewer heart attacks or longer life is unknown.

### The use of ketogenic diets in cancer patients: a systematic review — Römer et al., Clin Exp Med 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8505380/

WHAT IT FOUND

Gathered the clinical studies of ketogenic diets in people with cancer published up to April 2019. There was no conclusive evidence that the diet slows tumours or lengthens survival. Most patients lost a significant amount of weight and had mild to moderate side effects, and in the uncontrolled studies that measured it only 60% kept to the diet. The authors conclude that clinical evidence of benefit is still lacking.

WHY IT MATTERS HERE

Explains the state of evidence on ketogenic diets for cancer, relevant to keto communities that mention cancer (Ketogenic Diet India, chapter 14) and keto practitioners in chapter 01: it is a research question, not an established cancer treatment.

Systematic review — 39 studies, 770 people with cancer (3 randomised trials, 2 controlled studies, the rest single-arm studies and case reports). Early evidence. Clin Exp Med 2021;21(4):501–536. DOI 10.1007/s10238-021-00710-2. Free full text in PubMed Central (PMC8505380) — open access, CC BY 4.0. Note: Search ended in 2019; most studies were small, uncontrolled and at high risk of bias, so neither benefits nor harms are well measured.

### Comparison of seven popular structured dietary programmes and risk of mortality and major cardiovascular events in patients at increased cardiovascular risk: systematic review and network meta-analysis — Karam et al., BMJ 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10053756/

WHAT IT FOUND

Compared named diet programmes in people at raised risk of heart disease. With moderate certainty, Mediterranean programmes reduced death from any cause (odds ratio 0.72; about 17 fewer deaths per 1,000 people at intermediate risk over five years), cardiovascular death, stroke and non-fatal heart attack compared with minimal advice. Low-fat programmes also reduced deaths and heart attacks. Ornish, Pritikin and the other programmes generally showed little or no benefit.

WHY IT MATTERS HERE

Backs up the Mediterranean-style eating resources in chapter 10 (the Oldways guides): of the named diet programmes tested over the long term, Mediterranean and low-fat programmes were the ones with moderate-certainty evidence of fewer heart attacks and deaths.

Systematic review and network meta-analysis — 40 randomised trials, 35,548 people at increased cardiovascular risk. Strong evidence. BMJ 2023;380:e072003. DOI 10.1136/bmj-2022-072003. Free full text in PubMed Central (PMC10053756) — open access, CC BY-NC 4.0. Note: Benefits rested on moderate-certainty evidence, partly from trials that also added exercise, medicines or quit-smoking help; no low-carbohydrate programme trials qualified.

### A journey into a Mediterranean diet and type 2 diabetes: a systematic review with meta-analyses — Esposito et al., BMJ Open 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC4538272/

WHAT IT FOUND

Pulled together the evidence on Mediterranean eating in type 2 diabetes and prediabetes. In three long-term trials, a Mediterranean diet lowered HbA1c by 0.47 percentage points more than usual care or low-fat diets, and two trials found a 49% higher chance of the metabolic syndrome resolving. Earlier meta-analyses also favoured it for weight and cholesterol, and closer adherence was linked with a 19–23% lower risk of developing diabetes.

WHY IT MATTERS HERE

Backs up the Mediterranean-style eating guides in chapter 10 (Oldways) as an option for people with type 2 diabetes or prediabetes, alongside low-carb approaches.

Systematic review of 8 meta-analyses and 5 randomised trials, with new meta-analyses of trials lasting 6 months or more. Moderate evidence. BMJ Open 2015;5(8):e008222. DOI 10.1136/bmjopen-2015-008222. Free full text in PubMed Central (PMC4538272) — open access, CC BY-NC 4.0. Note: The diabetes-control result rests on only three trials, and the lower diabetes risk comes mainly from observational studies.

### Vegetarian and Vegan Dietary Patterns to Treat Adult Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials — Guest et al., Adv Nutr 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11540868/

**WHAT IT FOUND**

Reviewed randomised trials of vegetarian and vegan eating for adults with type 2 diabetes. Compared with non-vegetarian diets, vegetarian diets likely lowered HbA1c by 0.40 percentage points and BMI by 0.96 (moderate-certainty evidence) and may allow less diabetes medication (low certainty). They showed no clear effect on fasting glucose, fasting insulin or LDL cholesterol.

**WHY IT MATTERS HERE**

Backs up the plant-based cooking classes (PCRM's Food for Life) and the plant-based meal-prep community in chapter 14: vegetarian or vegan eating is a reasonable option for type 2 diabetes, not only low-carb. Four of the seven trials were led by PCRM's president, Neal Barnard.

Systematic review and meta-analysis with GRADE ratings — 7 randomised trials, 770 adults with type 2 diabetes. Moderate evidence. Adv Nutr 2024;15(10):100294. DOI 10.1016/j.advnut.2024.100294. Free full text in PubMed Central (PMC11540868) — open access, CC BY 4.0. Note: Only seven mostly small trials lasting 12–74 weeks, with varied comparison diets; HbA1c was pooled from just five of them.

### Doctor Referral of Overweight People to Low Energy total diet replacement Treatment (DROPLET): pragmatic randomised controlled trial — Astbury et al., BMJ 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6156558/

**WHAT IT FOUND**

GP patients with obesity were randomised to a total diet replacement programme (formula foods of 810 kcal a day as the only food for 8 weeks, then food reintroduction, with weekly support) or usual practice-nurse support. At 12 months the programme group had lost 10.7 kg versus 3.1 kg (difference 7.2 kg); 45% versus 15% lost at least 10% of their weight. Mild side effects such as constipation were more common, but moderate or worse adverse events were similar (11% v 12%).

**WHY IT MATTERS HERE**

Backs up the low-calorie, formula-first approach in Roy Taylor's Life Without Diabetes (chapter 10), showing that this kind of programme can work for people with obesity, with or without diabetes, when offered through ordinary general practice.

Pragmatic randomised controlled trial — 278 adults with obesity in 10 UK general practices, 1 year. Moderate evidence. BMJ 2018;362:k3760. DOI 10.1136/bmj.k3760. Free full text in PubMed Central (PMC6156558) — open access, CC BY 4.0. Note: Only 73% were re-measured at 12 months, follow-up stopped at one year, and the trial was part-funded by the formula maker.

### Effect of Time-Restricted Eating on Weight Loss in Adults With Type 2 Diabetes: A Randomized Clinical Trial — Pavlou et al., JAMA Netw Open 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10611992/

**WHAT IT FOUND**

Compared eating only between noon and 8 pm (no calorie counting), cutting calories by 25% a day, and no change. After 6 months the time-restricted group had lost 3.56% more body weight than controls; calorie cutting's 1.78% was not statistically significant, and the two diets did not differ significantly from each other. HbA1c fell by about 0.9 percentage points in both diet groups versus controls, with no serious adverse events, and low blood sugar was no more common.

**WHY IT MATTERS HERE**

Backs up time-restricted eating, as used by the fasting communities and the Zero app in chapter 13 and the fasting books in chapter 10, as one option for people with type 2 diabetes; in the trial, glucose-lowering medicines were adjusted under a set protocol.

Randomised controlled trial — 75 adults with type 2 diabetes and obesity, 6 months. Moderate evidence. JAMA Netw Open 2023;6(10):e2339337. DOI 10.1001/jamanetworkopen.2023.39337. Free full text in PubMed Central (PMC10611992) — open access, CC BY-NC-ND 4.0. Note: Small (75 people), 6 months and not blinded; more people in the time-restricted group were already on weight-lowering diabetes drugs.

### Effects of Time-Restricted Eating on Nonalcoholic Fatty Liver Disease: The TREATY-FLD Randomized Clinical Trial — Wei et al., JAMA Netw Open 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10024204/

**WHAT IT FOUND**

Everyone followed the same calorie-reduced diet; half also ate only between 8 am and 4 pm. Liver fat (MRI) fell by 8.3 percentage points with time-restricted eating and 8.1 with calorie cutting alone at 6 months (6.9 v 7.9 at 12 months), and weight by 8.4 kg v 7.8 kg at 12 months, with no significant differences. Liver stiffness, blood pressure and blood fats improved equally; only insulin resistance improved more with time restriction, at 12 months.

**WHY IT MATTERS HERE**

Backs up the fasting communities in chapter 13 and fasting books in chapter 10 only in part: for fatty liver, eating within an 8-hour window worked as well as ordinary calorie cutting but no better, and the authors conclude that cutting calories explains most of the benefit.

Randomised controlled trial — 88 adults with obesity and fatty liver, 12 months, liver fat measured by MRI. Moderate evidence. JAMA Netw Open 2023;6(3):e233513. DOI 10.1001/jamanetworkopen.2023.3513. Free full text in PubMed Central (PMC10024204) — open access, CC BY 4.0. Note: One centre in China with young adults (average age 32); liver fat was measured by MRI, not biopsy, so effects on liver scarring are uncertain.

### EASL-EASD-EASO Clinical Practice Guidelines on the Management of Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) — European Association for the Study of the Liver (EASL) et al., Obes Facts 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11299976/

**WHAT IT FOUND**

For adults with fatty liver linked to metabolic risk, recommends lasting weight loss of at least 5% to reduce liver fat, 7–10% to improve inflammation and 10% or more to improve scarring, Mediterranean-style eating with fewer ultra-processed foods and sugary drinks, and regular exercise; incretin medicines and bariatric surgery are options where indicated. Evidence was insufficient for very-low-carb ketogenic diets, and thin that time-restricted eating beats calorie cutting.

**WHY IT MATTERS HERE**

Backs up calorie-reduced eating plans for fatty liver, Mediterranean-style (the Oldways guides, chapter 10) or lower-carb (chapters 01 and 10), and the exercise professionals in chapter 12, while flagging thin evidence for ketogenic diets and time-restricted eating.

Joint clinical practice guideline of the European liver, diabetes and obesity societies — graded recommendations with Delphi consensus. Strong evidence. Obes Facts 2024;17(4):374–444 (also published in J Hepatol 2024;81(3):492–542). DOI 10.1159/000539371. Free full text in PubMed Central (PMC11299976) — open access, CC BY-NC 4.0. Note: Evidence that lifestyle weight loss helps advanced scarring or cirrhosis is insufficient, and diet trials lasted only 2–24 months, so long-term liver outcomes are unknown.

### Exercise in the Management of Metabolic-Associated Fatty Liver Disease (MAFLD) in Adults: A Position Statement from Exercise and Sport Science Australia — Keating et al., Sports Med 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10687186/

**WHAT IT FOUND**

Graded the evidence for exercise in fatty liver disease. High-certainty evidence shows that regular aerobic exercise (most studies used 150–240 minutes a week of at least moderate intensity) lowers liver fat by about 2–4% in absolute terms, even without weight loss, and improves fitness. High-intensity interval training appears comparable; the effect of resistance training on liver fat is uncertain; and there is little evidence on liver inflammation or scarring.

**WHY IT MATTERS HERE**

Backs up the accredited exercise physiologists and other clinical exercise professionals in chapter 12, and the exercise programmes in chapter 10, as part of care for fatty liver alongside diet.

Position statement of Exercise & Sports Science Australia — evidence-graded recommendations based on systematic reviews and meta-analyses. Strong evidence. Sports Med 2023;53(12):2347–2371. DOI 10.1007/s40279-023-01918-w. Free full text in PubMed Central (PMC10687186) — open access, CC BY 4.0. Note: The fall in liver fat is modest, and there is little evidence yet that exercise alone improves liver inflammation or scarring.

### Effect of exercise on cardiometabolic health of adults with overweight or obesity: Focus on blood pressure, insulin resistance, and intrahepatic fat—A systematic review and meta-analysis — Battista et al., Obes Rev 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8365642/

**WHAT IT FOUND**

Pooled trials of exercise training programmes. Exercise lowered systolic blood pressure by about 3 mmHg and diastolic by about 2 mmHg, gave a small reduction in insulin resistance (standardised mean difference −0.34; −0.50 in people with type 2 diabetes) and a moderate reduction in liver fat measured by MRI (−0.59, 13 studies), with high-intensity interval training showing a larger effect on liver fat.

**WHY IT MATTERS HERE**

Backs up the exercise professionals in chapter 12 and the home-workout programmes in chapter 10 as a way to improve insulin resistance, blood pressure and liver fat in people living with overweight or obesity.

Systematic review and meta-analysis — 54 randomised trials in adults with overweight or obesity. Moderate evidence. Obes Rev 2021;22(Suppl 4):e13269. DOI 10.1111/obr.13269. Free full text in PubMed Central (PMC8365642) — open access, CC BY 4.0. Note: Trials were mostly small (median 38 people) and 43% were rated poor quality; results varied between studies.

### Long-Term Outcomes of Medical Management vs Bariatric Surgery in Type 2 Diabetes — Courcoulas et al., JAMA 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC10900968/

**WHAT IT FOUND**

Adults with type 2 diabetes and obesity had been randomised to bariatric surgery (gastric bypass, sleeve or band) or medical and lifestyle care. At 7 years HbA1c had fallen by 1.6 percentage points after surgery versus 0.2 with medical care; diabetes remission was 18.2% v 6.2% at 7 years and 12.7% v 0% at 12 years, with fewer diabetes medicines. Anaemia, fractures and gut problems were more common after surgery.

**WHY IT MATTERS HERE**

Explains the long-term benefits and trade-offs of metabolic surgery for type 2 diabetes, useful context for readers comparing it with the diet-based remission approaches described in chapter 10.

Pooled long-term follow-up of 4 US randomised trials (ARMMS-T2D) — 262 adults with type 2 diabetes, median 11 years. Moderate evidence. JAMA 2024;331(8):654–664. DOI 10.1001/jama.2024.0318. Free full text in PubMed Central (PMC10900968). Note: Small open-label trials were pooled and 25% of the medical group later had surgery; a 2026 Cochrane review rated long-term remission evidence very uncertain.

### Comparative effects of drugs for adults with overweight or obesity: systematic review and network meta-analysis — Nong et al., BMJ 2026

https://doi.org/10.1136/bmj-2026-372161

**WHAT IT FOUND**

At one year, compared with lifestyle change alone, tirzepatide gave the most extra weight loss (14.9%), then cagrilintide-semaglutide (14.8%), oral semaglutide (10.9%), orforglipron (9.9%) and injected semaglutide (9.8%) (moderate to high certainty). Larger losses generally came with more side effects and stopping. Only injected semaglutide reduced deaths and heart attacks (mostly in trials of high-risk people), and no drug meaningfully improved quality of life.

**WHY IT MATTERS HERE**

Explains what modern weight-loss medicines can and cannot do, so readers can weigh them against the diet, fasting and exercise approaches in this directory (chapters 01, 10, 12 and 13) with their clinician.

Systematic review and network meta-analysis — 262 randomised trials, 99,791 adults, 19 drugs, GRADE. Strong evidence. BMJ 2026;394:e372161. Free full text at the publisher — open access, CC BY-NC 4.0. Note: Follow-up ranged from 12 to 172 weeks, so long-term benefits and harms, especially of the newest drugs, remain uncertain.

### Weight regain after cessation of medication for weight management: systematic review and meta-analysis — West et al., BMJ 2026

https://pmc.ncbi.nlm.nih.gov/articles/PMC12776922/

**WHAT IT FOUND**

After stopping weight-loss medicines, people regained on average 0.4 kg a month, with weight projected to return to its starting point about 1.7 years later and gains in blood sugar, cholesterol and blood pressure projected to reverse within about 1.4 years. Regain was faster after the newer incretin drugs (0.8 kg a month) and faster than after behavioural weight-loss programmes, whatever the initial weight loss.

**WHY IT MATTERS HERE**

Explains that the benefits of weight-loss medicines fade quickly once they stop, faster than after behavioural programmes: useful context for readers weighing medicines against, or alongside, the lifestyle resources in chapters 10, 12, 13 and 14.

Systematic review and meta-analysis — 37 studies (63 treatment arms), 9,341 adults with overweight or obesity. Moderate evidence. BMJ 2026;392:e085304. DOI 10.1136/bmj-2025-085304. Free full text in PubMed Central (PMC12776922) — open access, CC BY 4.0. Note: Only one study followed people for two years after stopping; for the newest drugs, regain beyond 12 months was projected rather than observed.

### Early findings from the NHS Type 2 Diabetes Path to Remission Programme: a prospective evaluation of real-world implementation — Valabhji et al., Lancet Diabetes Endocrinol 2024

https://doi.org/10.1016/S2213-8587(24)00194-3

**WHAT IT FOUND**

The NHS offered adults aged 18–65 diagnosed with type 2 diabetes in the last 6 years a 12-month programme starting with 12 weeks of total diet replacement (soups and shakes, about 800–900 kcal a day) plus coaching. Among 1,710 starters with weight data, mean weight loss at a year was 9.4 kg (10.3 kg among completers). Of those with two HbA1c results recorded, 27% were in remission (32% of completers).

**WHY IT MATTERS HERE**

Backs up the diet-led remission approach in Professor Roy Taylor's book Life Without Diabetes in chapter 10 (he is a co-author) and shows the approach can work in an ordinary health service, not only in trials.

National prospective service evaluation — 7,540 people referred in England; 1,740 started the 12-month programme in time to be assessed. Moderate evidence. Lancet Diabetes Endocrinol 2024;12(9):653–663. Free full text at the publisher — open access, CC BY. Note: An uncontrolled service evaluation: only 55% completed the programme and many lacked HbA1c results, so the true remission rate is uncertain and lower than in the trials.

## Nutrients — Vitamins, Minerals, Protein, Fats, Sugars & Fibre: Benefits, Deficiencies & Harms

### Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017 — GBD 2017 Diet Collaborators, Lancet 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6899507/

**WHAT IT FOUND**

Estimated how much chronic disease worldwide is linked to 15 dietary factors. In 2017, 11 million adult deaths (22% of all adult deaths) and 255 million disability-adjusted life-years were attributed to dietary risks, mainly through cardiovascular disease (10 million deaths), then cancers and type 2 diabetes. The leading risks were a diet high in sodium (3 million deaths), low in whole grains (3 million) and low in fruit (2 million).

**WHY IT MATTERS HERE**

Explains why everyday diet quality matters for chronic disease: too much salt and too few whole grains and fruit carried the largest diet-linked toll. The cooking classes and food communities in chapter 14, the eating-well resources in chapter 10 and the dietitian finders in chapter 15 can help.

Global modelling study (comparative risk assessment) — 15 dietary factors in adults aged 25+ across 195 countries, using risk estimates from meta-analyses of cohort studies. Moderate evidence. Lancet 2019;393(10184):1958–1972. DOI 10.1016/S0140-6736(19)30041-8. Free full text in PubMed Central (PMC6899507) — open access, CC BY 4.0. Note: Modelled from observational studies, so these are links, not proof of cause; the later GBD 2019 analysis, using updated methods, put diet-linked deaths lower, at about 8 million in 2019.

### Carbohydrate intake for adults and children: WHO guideline — WHO 2023

https://iris.who.int/handle/10665/370420

**WHAT IT FOUND**

In cohort studies pooled for this WHO guideline, adults eating the most fibre had lower risks than those eating the least: death from any cause 15% lower (RR 0.85), coronary heart disease 24% lower (RR 0.76), type 2 diabetes and colorectal cancer each 16% lower (RR 0.84), all moderate certainty. WHO strongly recommends carbohydrate mainly from whole grains, vegetables, fruit and pulses, and at least 25 g of fibre a day for adults; it sets no total-carbohydrate target.

**WHY IT MATTERS HERE**

Backs up the cooking classes and food programmes in chapter 14, the cooking and eating-well resources in chapter 10 and the dietitian finders in chapter 15: it sets out why fibre-rich whole foods matter for heart disease, diabetes and bowel cancer.

WHO guideline — GRADE-rated systematic reviews of trials and cohort studies (fibre: 100 cohort studies and 49 trials in adults). Strong evidence. Geneva: World Health Organization; 2023. ISBN 978-92-4-007359-3. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: The disease links come from observational studies (moderate certainty); trials mainly measured risk factors such as weight and cholesterol.

### Guideline: sugars intake for adults and children — WHO 2015

https://iris.who.int/handle/10665/149782

**WHAT IT FOUND**

WHO strongly recommends keeping free sugars (sugars added to food and drink, plus those in honey, syrups and fruit juice) below 10% of daily energy, and suggests below 5%. In trials, adults who cut free sugars lost a little weight (−0.80 kg) and those who added them gained (+0.75 kg), because of the extra energy rather than sugar as such. In cohort studies of children, more free sugars was linked with more tooth decay. The 10% advice rests on moderate-quality evidence.

**WHY IT MATTERS HERE**

Backs up the advice to cut added sugar in metabolic-health books in chapter 10, such as The Obesity Code, and the recipe sites there that avoid refined sugar: cutting free sugars is a WHO recommendation for people of all ages.

WHO guideline — GRADE-rated systematic reviews of trials and cohort studies on body weight and dental caries. Moderate evidence. Geneva: World Health Organization; 2015. ISBN 978-92-4-154902-8. Free from the World Health Organization. Note: The guideline only weighed body weight and tooth decay; the stricter 5% suggestion rests on very low-quality evidence.

### Reduction in saturated fat intake for cardiovascular disease — Hooper et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC8092457/

**WHAT IT FOUND**

Pooled 15 randomised trials (56,675 people) that reduced saturated fat for at least two years. Cutting saturated fat lowered combined cardiovascular events by 17% (RR 0.83, 95% CI 0.70–0.98; moderate-quality evidence), with bigger cuts giving bigger benefit; replacing it with polyunsaturated fat or carbohydrate both looked useful. It made little or no difference to deaths from any cause (RR 0.96) or cardiovascular deaths (RR 0.95).

**WHY IT MATTERS HERE**

Explains what randomised trials show about saturated fat and heart disease — useful context for readers of the high-fat keto, carnivore and low-carb communities. The dietitian finders in chapter 15 can help people change the fats they eat.

Cochrane systematic review and meta-analysis — 15 randomised trials, 56,675 people. Strong evidence. Cochrane Database Syst Rev 2020;8:CD011737. DOI 10.1002/14651858.CD011737.pub3. Free full text in PubMed Central (PMC8092457). Note: Saturated fat remains debated: the benefit was fewer combined heart and stroke events, with little or no effect on deaths, and trials varied widely.

### Replacing salt with low-sodium salt substitutes (LSSS) for cardiovascular health in adults, children and pregnant women — Brand et al., Cochrane Database Syst Rev 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9363242/

WHAT IT FOUND

Pooled 26 randomised trials in which people or households swapped regular salt for low-sodium salt substitutes, mostly potassium-enriched. In adults, substitutes probably lowered blood pressure slightly (systolic −4.76 mmHg, diastolic −2.43 mmHg) and probably slightly reduced non-fatal stroke, acute coronary syndrome and cardiovascular deaths (moderate certainty), while slightly raising blood potassium. Evidence in children was very uncertain.

WHY IT MATTERS HERE

Explains one simple, tested way to eat less sodium and more potassium at home, relevant to the cooking communities in chapter 14 and the cooking and eating-well resources in chapter 10. All trials excluded people for whom extra potassium could be harmful, such as some with kidney disease.

Cochrane systematic review and meta-analysis — 26 randomised trials, 34,961 adults and 92 children. Strong evidence. Cochrane Database Syst Rev 2022;8:CD015207. DOI 10.1002/14651858.CD015207. Free full text in PubMed Central (PMC9363242) — open access, CC BY. Note: Effects were small; trials left out people at risk of high potassium (e.g. kidney disease or some medicines), so safety for them is not established.

### Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies — Naghshi et al., BMJ 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7374797/

WHAT IT FOUND

Pooled 32 cohort studies (715,128 people, 113,039 deaths). Higher total protein intake was linked with a 6% lower risk of death from any cause (0.94, 95% CI 0.89–0.99), and higher plant protein with lower all-cause (0.92) and cardiovascular (0.88) death. Animal protein showed no significant link either way with death from any cause, cardiovascular disease or cancer. Each extra 3% of daily energy from plant protein was linked with 5% lower all-cause mortality.

WHY IT MATTERS HERE

Explains how protein sources relate to long-term health — relevant to the carnivore, keto and plant-based communities in chapter 14 and to people using the protein-tracking apps in chapters 13 and 16.

Systematic review and dose–response meta-analysis — 32 prospective cohort studies, 715,128 people. Moderate evidence. BMJ 2020;370:m2412. DOI 10.1136/bmj.m2412. Free full text in PubMed Central (PMC7374797) — open access, CC BY 4.0. Note: Observational studies only, so these are links rather than proof of cause; results varied between studies and diet was mostly self-reported.

### Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease — Abdelhamid et al., Cochrane Database Syst Rev 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7049091/

WHAT IT FOUND

Pooled 86 randomised trials (162,796 people), mostly of fish-oil (long-chain omega-3) capsules, lasting 1–7 years. More long-chain omega-3 made little or no difference to death from any cause (RR 0.97; high certainty), cardiovascular events (RR 0.96; high certainty) or stroke, and may slightly reduce coronary heart disease events (RR 0.91; low certainty). More plant omega-3 (ALA) probably makes little or no difference to deaths.

WHY IT MATTERS HERE

Explains that omega-3 capsules made little or no difference to deaths or overall cardiovascular events in trials — useful context when weighing supplements suggested by practitioners, clinics or retreats. The dietitian finders in chapter 15 can advise on omega-3 from food.

Cochrane systematic review and meta-analysis — 86 randomised trials, 162,796 people. Strong evidence. Cochrane Database Syst Rev 2020;3:CD003177. DOI 10.1002/14651858.CD003177.pub5. Free full text in PubMed Central (PMC7049091). Note: Most trials tested capsules; there was little trial evidence on eating oily fish itself.

### Dietary magnesium intake and the risk of cardiovascular disease, type 2 diabetes, and all-cause mortality: a dose–response meta-analysis of prospective cohort studies — Fang et al., BMC Med 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC5143460/

**WHAT IT FOUND**

Pooled 40 cohort studies of more than 1 million people followed for 4–30 years. Each extra 100 mg a day of dietary magnesium was linked with a 19% lower risk of type 2 diabetes (RR 0.81), 22% lower heart failure (RR 0.78), 7% lower stroke (RR 0.93) and 10% lower death from any cause (RR 0.90), but not with total cardiovascular disease or coronary heart disease.

**WHY IT MATTERS HERE**

Explains links between magnesium-rich eating (whole grains, green leafy vegetables and nuts) and chronic disease. The nutrient-tracking apps in chapter 16, such as Cronometer, and the dietitian finders in chapter 15 can help people check their intake.

Dose–response meta-analysis — 40 prospective cohort studies, more than 1 million people. Moderate evidence. BMC Med 2016;14:210. DOI 10.1186/s12916-016-0742-z. Free full text in PubMed Central (PMC5143460) — open access, CC BY 4.0. Note: Observational studies of diet, not supplement trials, so other features of magnesium-rich diets may explain part of the links.

### Daily iron supplementation for improving anaemia, iron status and health in menstruating women — Low et al., Cochrane Database Syst Rev 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC10182438/

**WHAT IT FOUND**

Pooled 67 trials (8,506 menstruating women) of daily iron supplements. Iron cut the chance of being anaemic at the end of treatment by 61% (RR 0.39; moderate quality), raised haemoglobin (high quality) and reduced iron deficiency (RR 0.62). It improved exercise performance and appeared to reduce symptomatic fatigue, though fatigue data could not be pooled. Constipation and loose stools were about twice as common with iron.

**WHY IT MATTERS HERE**

Explains what daily iron supplements do for women who menstruate, a group in which iron deficiency and anaemia are common worldwide — useful background for readers with ongoing tiredness, which has many possible causes. Testing and treatment belong with a doctor.

Cochrane systematic review and meta-analysis — 67 trials (randomised or quasi-randomised), 8,506 women. Strong evidence. Cochrane Database Syst Rev 2016;4:CD009747. DOI 10.1002/14651858.CD009747.pub2. Free full text in PubMed Central (PMC10182438). Note: Most trials were small with unclear methods; the fatigue findings came from separate trials with mixed results that were not pooled.

### What Endocrinologists Should Know About Iodine: Population Deficiency, Individual Excess and Misinformation in the United Kingdom — Taylor et al., Clin Endocrinol (Oxf) 2026

https://pmc.ncbi.nlm.nih.gov/articles/PMC13629602/

**WHAT IT FOUND**

UK thyroid and nutrition experts review the return of mild-to-moderate iodine deficiency: the 2019–2023 national survey found a median urinary iodine of 82 µg/L in women aged 16–49, below the WHO adequacy level. Risks include avoiding dairy, eating little fish, unfortified plant milks (only 28% are fortified) and sea or Himalayan salt, which has negligible iodine. They warn that kelp supplements and 'iodine resets' can deliver far too much iodine and trigger thyroid problems.

**WHY IT MATTERS HERE**

Explains why vegans, people avoiding dairy and people with very restricted eating (including some neurodivergent people) can run short of iodine — relevant to the plant-based communities in chapter 14, the neurodiversity resources in chapter 09, the thyroid foundation in chapter 06 and dietitians in chapter 15.

Narrative expert review by UK thyroid and nutrition specialists. Moderate evidence. Clin Endocrinol (Oxf) 2026;105(5):523–530. DOI 10.1111/cen.70162. Free full text in PubMed Central (PMC13629602) — open access, CC BY 4.0. Note: A narrative review focused on the UK, where salt is not iodised; iodine status differs by country.

### Long-term Metformin Use and Vitamin B12 Deficiency in the Diabetes Prevention Program Outcomes Study — Aroda et al., J Clin Endocrinol Metab 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC4880159/

**WHAT IT FOUND**

Adults at high risk of type 2 diabetes were randomised to metformin or placebo, and the metformin group kept taking it for about 9 more years. Low or borderline-low vitamin B12 was more common with metformin at 5 years (19.1% vs 9.5%) and 13 years (20.3% vs 15.6%), and each year of metformin use was linked with 13% higher odds of B12 deficiency. Anaemia was more common with metformin, and nerve damage (neuropathy) was more common in metformin users with low B12.

**WHY IT MATTERS HERE**

Explains that long-term metformin, widely used for prediabetes and type 2 diabetes, can lower vitamin B12 — worth knowing for readers of the metabolic-health resources in chapters 01 and 16 (the CDC National Diabetes Prevention Program in chapter 16 grew out of this trial).

Secondary analysis of a randomised trial (Diabetes Prevention Program) and its open-label follow-up — 2,155 people; vitamin B12 measured at 5 and 13 years. Moderate evidence. J Clin Endocrinol Metab 2016;101(4):1754–1761. DOI 10.1210/jc.2015-3754. Free full text in PubMed Central (PMC4880159). Note: B12 was measured only in people with stored blood samples; anaemia was more common with metformin but was not related to B12 status.

### Effects and safety of periconceptional oral folate supplementation for preventing birth defects — De-Regil et al., Cochrane Database Syst Rev 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC8783750/

**WHAT IT FOUND**

Pooled 5 randomised trials (7,391 women) of folic acid taken around conception and in early pregnancy. Folic acid, alone or with other vitamins and minerals, cut neural tube defects such as spina bifida by about two-thirds (RR 0.31, 95% CI 0.17–0.58; 6,708 births; high-quality evidence), including repeat cases in women with a previously affected pregnancy. There was no clear effect on other birth defects or on miscarriage.

**WHY IT MATTERS HERE**

Explains one of the clearest nutrient benefits shown in trials, relevant to anyone who could become pregnant. The trials tested folic acid supplements, not diet alone; a doctor, pharmacist or the dietitian finders in chapter 15 can advise.

Cochrane systematic review and meta-analysis — 5 randomised trials, 7,391 women. Strong evidence. Cochrane Database Syst Rev 2015;(12):CD007950. DOI 10.1002/14651858.CD007950.pub3. Free full text in PubMed Central (PMC8783750). Note: The benefit is specific to neural tube defects; the trials are older and most reported their methods unclearly.

### Homocysteine-lowering interventions for preventing cardiovascular events — Martí-Carvajal et al., Cochrane Database Syst Rev 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC6483699/

**WHAT IT FOUND**

Pooled 15 randomised trials (71,422 people) of vitamin B6, B9 (folic acid) and/or B12 supplements given to lower blood homocysteine, a marker linked with heart disease. Compared with placebo they made no difference to heart attacks (RR 1.02) or death from any cause (RR 1.01), both high-quality evidence, but stroke was slightly less common (4.3% vs 5.1%; RR 0.90). Serious adverse events did not differ.

**WHY IT MATTERS HERE**

Explains that lowering homocysteine with B-vitamin pills did not prevent heart attacks or deaths — useful context when a practitioner or wellness programme suggests B-vitamin pills to lower homocysteine for heart health.

Cochrane systematic review and meta-analysis — 15 randomised trials, 71,422 people. Strong evidence. Cochrane Database Syst Rev 2017;8:CD006612. DOI 10.1002/14651858.CD006612.pub5. Free full text in PubMed Central (PMC6483699). Note: The stroke benefit was small (4.3% vs 5.1%), and trials differed in participants, vitamin doses and access to folic-acid-fortified foods.

### Vitamin D Supplements and Prevention of Cancer and Cardiovascular Disease — Manson et al., N Engl J Med 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6425757/

**WHAT IT FOUND**

A large randomised trial gave daily vitamin D3 or placebo to 25,871 US adults not selected for deficiency, for a median of 5.3 years. Vitamin D did not reduce invasive cancer (HR 0.96, 95% CI 0.88–1.06) or major cardiovascular events (HR 0.97, 0.85–1.12), and deaths from any cause were similar (HR 0.99). An analysis not planned in advance hinted at fewer cancer deaths after the first one to two years. No excess of high calcium or kidney stones was seen.

**WHY IT MATTERS HERE**

Explains that vitamin D pills did not prevent cancer or heart disease in generally healthy older adults — useful context when weighing supplements suggested by practitioners or wellness programmes. It does not test treatment of diagnosed deficiency.

Randomised placebo-controlled trial (VITAL) — 25,871 US adults (men 50+, women 55+), median 5.3 years. Moderate evidence. N Engl J Med 2019;380(1):33–44. DOI 10.1056/NEJMoa1809944. Free full text in PubMed Central (PMC6425757). Note: Most participants were not deficient (mean 25(OH)D 30.8 ng/mL; 12.7% below 20 ng/mL), so results may differ for people with low vitamin D.

### Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases — Bjelakovic et al., Cochrane Database Syst Rev 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC8407395/

**WHAT IT FOUND**

Pooled 78 randomised trials (296,707 people) of beta-carotene, vitamin A, vitamin C, vitamin E and selenium supplements, in healthy people and people with stable disease. Overall they did not lower deaths (RR 1.02, 95% CI 0.98–1.05). In the 56 trials at low risk of bias, deaths were slightly higher with supplements (RR 1.04), driven by beta-carotene (RR 1.05) and vitamin E (RR 1.03); vitamin A, vitamin C and selenium had no significant effect.

**WHY IT MATTERS HERE**

Explains why more is not always better with supplements: antioxidant pills did not lengthen life in trials, and some were linked with slightly more deaths — useful context when weighing supplement protocols offered by clinics, retreats or online programmes.

Cochrane systematic review and meta-analysis — 78 randomised trials, 296,707 people. Strong evidence. Cochrane Database Syst Rev 2012;(3):CD007176. DOI 10.1002/14651858.CD007176.pub2. Free full text in PubMed Central (PMC8407395). Note: The excess deaths were small and showed up only in some analyses; the review dates from 2012 and studied supplements, not antioxidant-rich foods.

### Calcium intake and risk of fracture: systematic review — Bolland et al., BMJ 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC4784799/

**WHAT IT FOUND**

Reviewed studies of calcium and fractures in people over 50. Most of the 44 cohort studies found no link between dietary calcium, milk or dairy intake and fracture risk, and no trial showed that more dietary calcium prevents fractures. In 26 trials, calcium supplements reduced total fractures by 11% (RR 0.89) and vertebral fractures slightly, but not hip or forearm fractures; in the four trials at lowest risk of bias there was no effect at any site.

**WHY IT MATTERS HERE**

Explains that eating more calcium was not linked with fewer fractures and that calcium pills gave weak, inconsistent protection — useful context when bone-health supplements are suggested by practitioners or wellness programmes.

Systematic review and meta-analysis — 26 randomised trials of calcium supplements, plus 2 trials and 44 cohort studies of dietary calcium, in people over 50. Moderate evidence. BMJ 2015;351:h4580. DOI 10.1136/bmj.h4580. Free full text in PubMed Central (PMC4784799) — open access, CC BY-NC 4.0. Note: Evidence on dietary calcium is observational; the supplement benefit shrank to nothing in the best-designed trials and the authors found signs of publication bias.

## Plastics, Chemicals & Pollution — How the Environment Is Linked to Chronic Disease

### Pollution and health: a progress update — Fuller et al., Lancet Planet Health 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC11995256/

**WHAT IT FOUND**

Updating the Lancet Commission on pollution and health with 2019 data, the authors estimate pollution caused about 9 million premature deaths that year — one in six deaths worldwide. Air pollution accounted for 6.7 million, water pollution 1.4 million, lead 0.9 million and toxic workplace exposures 0.87 million. Deaths from 'modern' pollution, such as outdoor air pollution and lead, have risen by over 66% since 2000, while deaths from household air and water pollution fell.

**WHY IT MATTERS HERE**

Explains that pollution sits alongside unhealthy diet, smoking, alcohol and inactivity as a major driver of chronic disease (WHO lists air pollution among five major risk factors), and that lead's toll is better measured than that of newer chemicals such as PFAS.

Update of the Lancet Commission on pollution and health — global estimates from Global Burden of Disease 2019 data (modelling, not a trial). Moderate evidence. Lancet Planet Health 2022;6(6):e535–e547. DOI 10.1016/S2542-5196(22)00090-0. Free full text in PubMed Central (PMC11995256) — open access, CC BY-NC-ND 4.0. Note: Deaths are modelled estimates that rely on exposure–risk links from observational studies; the authors say chemical pollution is probably undercounted.

### WHO global air quality guidelines: particulate matter (PM2.5 and PM10), ozone, nitrogen dioxide, sulfur dioxide and carbon monoxide — WHO 2021

https://iris.who.int/handle/10665/345329

**WHAT IT FOUND**

WHO's 2021 update halved its yearly guideline level for fine particles (PM2.5) from 10 to 5 μg/m³ and lowered most others (the 24-hour sulfur dioxide level rose); all its recommendations are rated strong. It says strong evidence shows PM2.5 is a cause of death overall and of heart disease, stroke, COPD, lung cancer and chest infections, with growing evidence for type 2 diabetes. About 7 million deaths a year are attributed to outdoor and household air pollution combined.

**WHY IT MATTERS HERE**

Explains why the air people breathe every day is a risk factor for heart, lung and metabolic disease, and sets the clean-air benchmarks that governments use; useful context for anyone living with heart or lung disease or diabetes.

WHO guideline — recommendations based on WHO-commissioned systematic reviews, rated with an adapted GRADE approach. Strong evidence. Geneva: World Health Organization, 2021. ISBN 9789240034228. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: The evidence comes mainly from long-term observational studies; guideline levels are targets for governments, not advice for individuals.

### Estimates, trends, and drivers of the global burden of type 2 diabetes attributable to PM2·5 air pollution, 1990–2019: an analysis of data from the Global Burden of Disease Study 2019 — GBD 2019 Diabetes and Air Pollution Collaborators, Lancet Planet Health 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9278144/

**WHAT IT FOUND**

Combining cohort and case–control studies into an exposure–response curve and applying it to 2019 global data, the authors estimate that about a fifth of the worldwide burden of type 2 diabetes was attributable to fine-particle (PM2.5) air pollution: 13.4% of type 2 diabetes deaths were linked to outdoor PM2.5 and 6.5% to household air pollution. The attributable burden rose by 50% since 1990, driven largely by population growth and ageing.

**WHY IT MATTERS HERE**

Explains that polluted air is now counted as a risk factor for type 2 diabetes, not only for heart and lung disease; relevant to anyone at risk of, or living with, diabetes, and a reminder that clean-air policy is also part of diabetes prevention.

Global burden analysis — exposure–response curve from cohort and case–control studies applied to Global Burden of Disease 2019 data for 204 countries. Moderate evidence. Lancet Planet Health 2022;6(7):e586–e600. DOI 10.1016/S2542-5196(22)00122-X. Free full text in PubMed Central (PMC9278144) — open access, CC BY 4.0. Note: Modelled estimates that treat links found in observational studies as causal; the figures carry considerable uncertainty.

### Air Pollution (Particulate Matter) Exposure and Associations with Depression, Anxiety, Bipolar, Psychosis and Suicide Risk: A Systematic Review and Meta-Analysis — Braithwaite et al., Environ Health Perspect 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6957283/

**WHAT IT FOUND**

Reviewing 22 observational studies, the authors found long-term exposure to fine particles (PM2.5) was linked with a higher chance of depression: pooled odds ratio 1.10 per 10 μg/m³ increase (95% CI 1.02 to 1.19; five studies). Two studies also linked long-term PM2.5 with anxiety, and short-term rises in PM10 (all particles up to 10 μm across) were linked with suicide over the following 0–2 days.

**WHY IT MATTERS HERE**

Explains that air quality may be one of many influences on mental health as well as physical health; relevant to people living with depression or anxiety and to the clinicians and peer workers who support them.

Systematic review and meta-analysis — 22 observational studies (9 in the main meta-analyses). Moderate evidence. Environ Health Perspect 2019;127(12):126002. DOI 10.1289/EHP4595. Free full text in PubMed Central (PMC6957283) — public domain. Note: Few studies, with varied methods and possible residual confounding; the authors call for better studies before cause can be judged.

### Ambient air pollution and clinical dementia: systematic review and meta-analysis — Wilker et al., BMJ 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10498344/

**WHAT IT FOUND**

Of 51 studies, 14 could be pooled for fine particles (PM2.5): the overall hazard ratio for dementia was 1.04 per 2 μg/m³ (95% CI 0.99 to 1.09), a small rise that was not statistically clear. In seven studies that actively checked every participant for dementia it was 1.42 (1.00 to 2.02). Links with nitrogen dioxide and nitrogen oxides were uncertain, and ozone showed no clear link. The authors conclude PM2.5 might be a risk factor for dementia.

**WHY IT MATTERS HERE**

Explains that outdoor air pollution is a possible, still uncertain, risk factor for dementia that can be reduced at population level; relevant to readers concerned about brain health in later life.

Systematic review and meta-analysis — 51 longitudinal studies (14 pooled for PM2.5). Moderate evidence. BMJ 2023;381:e071620. DOI 10.1136/bmj-2022-071620. Free full text in PubMed Central (PMC10498344) — open access, CC BY-NC 4.0. Note: Most studies were at high risk of bias and the overall estimate was not statistically clear; the authors urge caution in interpreting the pooled figures.

### Does ambient PM2.5 reduce the protective association of leisure-time physical activity with mortality? A systematic review, meta-analysis, and individual-level pooled analysis of cohort studies involving 1.5 million adults — Ku et al., BMC Med 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12661664/

**WHAT IT FOUND**

Across seven cohorts of 1.5 million adults, meeting recommended leisure-time activity levels was linked with about a 30% lower risk of death where yearly fine-particle (PM2.5) levels were below 25 μg/m³, but only 12–15% lower at 25 μg/m³ or more. Pooled individual data from three cohorts confirmed the pattern: activity stayed beneficial even at high PM2.5, with the greatest benefit in cleaner air, though for cancer deaths it was no longer clear at 35–50 μg/m³.

**WHY IT MATTERS HERE**

Backs up the walking and activity groups in chapter 13 and the exercise professionals in chapter 12: being active is still linked with longer life where air is polluted, although the benefit is smaller in very polluted air; relevant to readers in cities with poor air quality.

Systematic review and meta-analysis of 7 cohort studies (1,515,094 adults) plus pooled individual data from 3 cohorts (869,038 adults). Moderate evidence. BMC Med 2025;23:647. DOI 10.1186/s12916-025-04496-y. Free full text in PubMed Central (PMC12661664) — open access, CC BY 4.0. Note: Observational cohorts with self-reported activity, mostly in high-income countries; it is uncertain whether results apply where PM2.5 exceeds 50 μg/m³.

### The Minderoo-Monaco Commission on Plastics and Human Health — Landrigan et al., Ann Glob Health 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10038118/

**WHAT IT FOUND**

Plastics contain thousands of chemicals, including carcinogens, neurotoxicants and hormone disruptors (phthalates, bisphenols, PFAS) that leach into people. The commission links these additives with premature birth, neurodevelopmental disorders, male reproductive birth defects, infertility, obesity, heart and kidney disease, and cancers; evidence on micro- and nanoplastics is emerging but incomplete. Yearly production rose from under 2 to 460 million tonnes (1950–2019).

**WHY IT MATTERS HERE**

Explains the main ways everyday plastics may affect long-term health, and why babies in the womb and young children are thought to be most vulnerable; useful background for readers wanting to reduce plastic exposure at home.

International commission report — narrative review of evidence across the plastic life cycle (production, use and disposal). Moderate evidence. Ann Glob Health 2023;89(1):23. DOI 10.5334/aogh.4056. Free full text in PubMed Central (PMC10038118) — open access, CC BY 4.0. Note: A narrative (not systematic) review that also argues for a global plastics treaty; much of the human evidence is associational and micro/nanoplastic data are early.

### Effects of Microplastic Exposure on Human Digestive, Reproductive, and Respiratory Health: A Rapid Systematic Review — Chartres et al., Environ Sci Technol 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11697325/

**WHAT IT FOUND**

Using a formal review method, the authors found three human and 28 animal studies on microplastics and digestive, reproductive or respiratory health. Rating the mainly animal evidence as high or moderate quality for several outcomes, they concluded microplastics are 'suspected' to harm reproductive health (sperm quality), digestive health and respiratory health, with a suggested link to colon and lung cancer. Human evidence on birth outcomes was too weak to classify.

**WHY IT MATTERS HERE**

Explains what is, and is not yet, known about microplastics and human health — the current concern is suspected harm rather than proof — which helps readers weigh alarming headlines.

Rapid systematic review (Navigation Guide method) — 3 human observational studies and 28 animal studies. Early evidence. Environ Sci Technol 2024;58(52):22843–22864. DOI 10.1021/acs.est.3c09524. Free full text in PubMed Central (PMC11697325) — open access, CC BY 4.0. Note: Mostly animal studies, with only three small human studies; 'suspected' harm is not proof of harm in people.

### Microplastics and Nanoplastics in Atheromas and Cardiovascular Events — Marfella et al., N Engl J Med 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11009876/

**WHAT IT FOUND**

In 257 people who had fatty plaque surgically removed from a neck (carotid) artery, polyethylene was found in the plaque of 150 (58.4%) and polyvinyl chloride in 31 (12.1%). Over about 34 months, those with micro- or nanoplastics in their plaque had a higher risk of heart attack, stroke or death from any cause than those without (hazard ratio 4.53; 95% CI 2.00 to 10.27).

**WHY IT MATTERS HERE**

Explains why scientists are now studying plastic particles as a possible risk for heart attack and stroke; relevant to readers with heart or artery disease, though it shows a link in one group of surgical patients, not that plastics cause heart attacks.

Prospective multicentre observational study — 257 patients having carotid artery surgery, followed for about 34 months. Early evidence. N Engl J Med 2024;390(10):900–910. DOI 10.1056/NEJMoa2309822. Free full text in PubMed Central (PMC11009876). Note: A single small observational study that cannot show cause; the authors note that laboratory contamination could not be firmly ruled out.

### EDC-2: The Endocrine Society's Second Scientific Statement on Endocrine-Disrupting Chemicals — Gore et al., Endocr Rev 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC4702494/

**WHAT IT FOUND**

The Endocrine Society reviewed evidence on endocrine-disrupting chemicals (EDCs) such as BPA, phthalates, pesticides and PCBs in seven areas: obesity and diabetes, female and male reproduction, hormone-sensitive cancers in women, prostate, thyroid, and brain development. It concluded the evidence had strengthened since 2009, with causal links shown in animals that are consistent with human correlational data, especially for exposures in early development.

**WHY IT MATTERS HERE**

Explains how everyday chemicals that mimic or block hormones may contribute to obesity, diabetes, fertility problems and thyroid disease, and why pregnancy and early childhood are sensitive windows.

Scientific statement of the Endocrine Society — expert review of human and animal studies, mainly from 2010–2015. Moderate evidence. Endocr Rev 2015;36(6):E1–E150. DOI 10.1210/er.2015-1010. Free full text in PubMed Central (PMC4702494). Note: Much of the evidence comes from animal studies, and the Society itself cautions against inferring cause in humans; published in 2015.

### Exposure to endocrine-disrupting chemicals and anthropometric measures of obesity: a systematic review and meta-analysis — Ribeiro et al., BMJ Open 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7311014/

**WHAT IT FOUND**

Across 73 studies (over 32,000 people for BPA and over 21,000 for phthalates), bisphenol A and phthalates were consistently associated with general and abdominal obesity in children and adults. In adults, higher BPA exposure was linked with obesity (odds ratio 1.50; 95% CI 1.27 to 1.77) and a larger waist (1.50; 1.27 to 1.78). The authors state that causality cannot be determined from these data.

**WHY IT MATTERS HERE**

Explains a possible extra contributor to weight gain beyond food and activity — chemicals found in plastics, packaging and personal-care products — for readers working on weight and metabolic health.

Systematic review and meta-analysis — 73 observational studies, mostly cross-sectional. Moderate evidence. BMJ Open 2020;10(6):e033509. DOI 10.1136/bmjopen-2019-033509. Free full text in PubMed Central (PMC7311014) — open access, CC BY-NC 4.0. Note: Mostly cross-sectional studies that measured chemicals once, so they cannot show whether exposure led to weight gain or the reverse.

### Risk to human health related to the presence of perfluoroalkyl substances in food — EFSA Panel on Contaminants in the Food Chain (CONTAM) et al., EFSA J 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7507523/

**WHAT IT FOUND**

EFSA set a tolerable weekly intake of 4.4 ng per kg of body weight for four PFAS combined (PFOA, PFNA, PFHxS and PFOS), based on weaker antibody responses to vaccines in children. It found clear evidence linking PFAS with higher blood cholesterol and a possible causal link with lower birth weight, but insufficient evidence for diabetes, obesity or metabolic syndrome. Parts of the European population exceed the safe intake; fish, fruit and eggs contributed most.

**WHY IT MATTERS HERE**

Explains which health effects of PFAS ('forever chemicals') a major food-safety regulator considers well supported and which remain unproven; relevant to parents and PFAS-affected communities. In 2023 the WHO cancer agency (IARC) classed PFOA as carcinogenic to humans, mainly on animal and mechanistic evidence.

Scientific opinion (risk assessment) of the European Food Safety Authority's expert panel — human, animal and exposure data. Moderate evidence. EFSA J 2020;18(9):e06223. DOI 10.2903/j.efsa.2020.6223. Free full text in PubMed Central (PMC7507523) — open access, CC BY-ND 4.0. Note: EFSA judged the overall uncertainty of its assessment to be high, and the safe-intake figure was derived from a single study of 1-year-old children.

### Human health implications of organic food and organic agriculture: a comprehensive review — Mie et al., Environ Health 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5658984/

**WHAT IT FOUND**

Residues on conventional fruit and vegetables are most people's main source of pesticide exposure; in EU testing about 1.5% of food samples were estimated to exceed short-term safety limits, but none of the organic samples did. Farm and spray exposure has been linked with Parkinson's disease, type 2 diabetes and some cancers, and prenatal organophosphate exposure with poorer child cognition. Organic eating may lower allergy and overweight risk, but confounding is likely.

**WHY IT MATTERS HERE**

Explains how food choices change pesticide exposure and what organic food can and cannot be expected to do, stressing that residues are no reason to eat less fruit and vegetables; relevant to readers weighing up organic produce.

Comprehensive (narrative) review, written after a European Parliament (STOA) workshop. Moderate evidence. Environ Health 2017;16:111. DOI 10.1186/s12940-017-0315-4. Free full text in PubMed Central (PMC5658984) — open access, CC BY 4.0. Note: A narrative review; most health links are from observational studies, and it is unclear how far farm-exposure findings apply to residues in food.

### Environmental toxic metal contaminants and risk of cardiovascular disease: systematic review and meta-analysis — Chowdhury et al., BMJ 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6113772/

**WHAT IT FOUND**

Pooling 37 studies of 348,259 people, those in the top third of exposure had a higher risk of cardiovascular disease than those in the bottom third for arsenic (relative risk 1.30), lead (1.43), cadmium (1.33) and copper (1.81); lead was also linked with an 85% higher risk of coronary heart disease. Mercury showed no clear link. Risk rose steadily with exposure for arsenic, lead and cadmium.

**WHY IT MATTERS HERE**

Explains that everyday exposure to toxic metals is linked with heart disease beyond the usual lifestyle risk factors; relevant to readers with, or at risk of, heart disease.

Systematic review and meta-analysis — 37 observational studies, 348,259 participants. Moderate evidence. BMJ 2018;362:k3310. DOI 10.1136/bmj.k3310. Free full text in PubMed Central (PMC6113772) — open access, CC BY-NC 4.0. Note: Based only on observational studies that may be affected by unmeasured confounding, so the authors say cause is hard to establish.

### Low-Level Environmental Lead Exposure and Children's Intellectual Function: An International Pooled Analysis — Lanphear et al., Environ Health Perspect 2005

https://pmc.ncbi.nlm.nih.gov/articles/PMC1257652/

**WHAT IT FOUND**

Pooling seven cohorts from four countries (including Port Pirie, South Australia), the study found that higher blood lead in children went with lower IQ, with no safe threshold seen. In the corrected (2019) figures, a rise in blood lead from 2.4 to 30 µg/dL was linked with 6.7 fewer IQ points, and the loss was steepest at low levels: 3.8 points from 2.4 to 10 µg/dL, against 1.8 points from 10 to 20 µg/dL.

**WHY IT MATTERS HERE**

Explains why even low lead exposure in early childhood matters for brain development and why no safe level is known; relevant to parents and carers of young children and to communities with known lead contamination.

Pooled analysis of 7 prospective cohorts in 4 countries — 1,333 children, IQ tested at ages 5–10. Moderate evidence. Environ Health Perspect 2005;113(7):894–899 (erratum: Environ Health Perspect 2019;127(9):099001). DOI 10.1289/ehp.7688. Free full text in PubMed Central (PMC1257652) — public domain. Note: Observational cohorts begun before 1995; a 2019 erratum corrected some figures (the PMC page shows the originals) without changing the conclusions.

### Lifestyle interventions to reduce endocrine-disrupting phthalate and phenol exposures among reproductive age men and women: A review and future steps — Martin et al., Environ Int 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9890927/

WHAT IT FOUND

Of 21 studies that tried to cut exposure to phthalates and phenols such as BPA and parabens, the most successful provided replacement products or diets and targeted several exposure routes, often with personalised education and regular support such as meetings or support groups. Results were mixed: in one fresh-food study chemical levels rose, likely from contaminated foods. Few studies checked whether lower levels improve health.

WHY IT MATTERS HERE

Explains which practical steps have lowered everyday exposure to hormone-disrupting chemicals from food packaging and personal-care products, and that studies offering ongoing personal support tended to do better.

Review of 21 intervention studies (dietary, behavioural and household) aiming to lower phthalate and phenol levels such as BPA and parabens. Early evidence. Environ Int 2022;170:107576. DOI 10.1016/j.envint.2022.107576. Free full text in PubMed Central (PMC9890927) — open access, CC BY-NC-ND 4.0. Note: Mostly small, short studies measuring urine levels, not health outcomes; results varied and some interventions did not lower exposure.

## Stress, Trauma & Adversity — How They Are Linked to Chronic Disease

### The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis — Hughes et al., Lancet Public Health 2017

https://doi.org/10.1016/S2468-2667(17)30118-4

WHAT IT FOUND

Adults who had at least four adverse childhood experiences (such as abuse, neglect or domestic violence) were at higher risk of every outcome studied than those with none. The links were weaker for physical inactivity, overweight and diabetes (odds ratios under 2), moderate for smoking, heavy drinking, cancer, heart disease and respiratory disease (2–3), and strongest for problem drug use and violence (over 7).

WHY IT MATTERS HERE

Explains why childhood adversity matters for long-term physical as well as mental health, and why the trauma therapists in chapter 05 and the trauma survivor support in chapter 06 are relevant to people living with chronic illness.

Systematic review and meta-analysis — 37 studies, 253,719 adults, 23 health outcomes. Moderate evidence. Lancet Public Health 2017;2(8):e356–e366. Free full text at the publisher — open access, CC BY-NC-ND. Note: The studies were observational and mostly relied on adults recalling childhood events, so they show links, not proof of cause; results varied widely between studies for about half the outcomes.

### Life course health consequences and associated annual costs of adverse childhood experiences across Europe and North America: a systematic review and meta-analysis — Bellis et al., Lancet Public Health 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7098477/

WHAT IT FOUND

Pooled 23 studies comparing adults with and without adverse childhood experiences (ACEs: abuse, neglect, household dysfunction). Two or more ACEs were reported by 18.7% in Europe and 35.0% in North America. The authors estimated ACEs could account for about 40% of depression and 30% of anxiety in North America (over a quarter in Europe) and smaller shares of heart disease, cancer and diabetes, costing US$581 billion a year in Europe and $748 billion in North America.

WHY IT MATTERS HERE

Explains how much adult ill health — especially depression, anxiety, drug use, heavy drinking and smoking — is linked with a hard childhood, which is why the trauma-focused therapists in chapter 05 and the survivor communities in chapter 06 belong alongside the metabolic and medical listings.

Systematic review and meta-analysis — 23 studies (11 in Europe, 12 in North America), with attributable-fraction and cost modelling. Moderate evidence. Lancet Public Health 2019;4(10):e517–e528. DOI 10.1016/S2468-2667(19)30145-8. Free full text in PubMed Central (PMC7098477) — open access, CC BY 4.0. Note: Observational studies, many retrospective and self-reported; the attributable shares and costs assume the links are causal.

### The impact of adverse childhood experiences on multimorbidity: a systematic review and meta-analysis — Senaratne et al., BMC Med 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11325707/

**WHAT IT FOUND**

Brought together 25 studies (372,162 adults) on childhood adversity and multimorbidity, meaning living with two or more long-term conditions. Pooled, 48.1% had at least one ACE and 34.5% had multimorbidity. In the eight studies with enough data, each additional ACE was linked with 12.9% higher odds of multimorbidity (95% CI 7.9% to 17.9%), a dose–response pattern, although results varied a lot between studies ($I^2$ 76.9%).

**WHY IT MATTERS HERE**

Explains that childhood adversity is linked with a higher chance of living with several long-term conditions, which supports trauma-aware care from the chronic-illness and trauma therapists in chapter 05 and the multi-condition communities in chapter 06.

Systematic review and meta-analysis — 25 observational studies, 372,162 people (dose–response analysis in 8 studies, 197,981 people). Moderate evidence. BMC Med 2024;22:315. DOI 10.1186/s12916-024-03505-w. Free full text in PubMed Central (PMC11325707) — open access, CC BY 4.0. Note: Observational studies with recalled ACEs; most were rated at high risk of bias from confounding, and childhood socio-economic status could not be separated out.

### Adverse childhood experience is associated with an increased risk of reporting chronic pain in adulthood: a stystematic review and meta-analysis — Bussières et al., Eur J Psychotraumatol 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10993817/

**WHAT IT FOUND**

Reviewed 85 studies of 826,452 adults. People who reported direct childhood adversity (sexual, physical or emotional abuse, or neglect) had higher odds of chronic pain as adults (adjusted odds ratio 1.45, 95% CI 1.38 to 1.53), and childhood physical abuse was also linked with pain-related disability (1.46, 1.03 to 2.08). Risk rose with the number of ACEs, from 1.29 for one ACE to 1.95 for four or more.

**WHY IT MATTERS HERE**

Explains why childhood adversity comes up so often in chronic pain: it is linked with a higher chance of pain and pain-related disability later in life. Relevant to the pain books in chapter 10, the trauma therapists in chapter 05 and the chronic-pain and fibromyalgia communities in chapter 06.

Systematic review and meta-analysis — 85 observational studies, 826,452 adults (57 studies pooled). Moderate evidence. Eur J Psychotraumatol 2023;14(2):2284025. DOI 10.1080/20008066.2023.2284025. Free full text in PubMed Central (PMC10993817) — open access, CC BY-NC 4.0. Note: Observational studies relying mostly on adults' recall; an association, not proof that adversity causes pain, and results varied between studies.

### Childhood and Adolescent Adversity and Cardiometabolic Outcomes: A Scientific Statement From the American Heart Association — Suglia et al., Circulation 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC7792566/

**WHAT IT FOUND**

The American Heart Association reviewed how adversity in childhood and adolescence relates to obesity, high blood pressure, type 2 diabetes and heart disease. It found substantial evidence of an association across the life course, often rising with more adversity and most consistent for physical and sexual abuse. It outlined likely pathways through behaviour (such as smoking and overeating), mental health and stress biology, and noted most studies were cross-sectional.

**WHY IT MATTERS HERE**

Explains why heart and metabolic risk can have roots in childhood stress, linking the metabolic-health books in chapter 10 with the trauma therapists in chapter 05. Most relevant to readers with diabetes, weight or heart concerns and a difficult childhood.

American Heart Association scientific statement — expert review of the published evidence (16 authors). Moderate evidence. Circulation 2018;137(5):e15–e28. DOI 10.1161/CIR.0000000000000536. Free full text in PubMed Central (PMC7792566). Note: A narrative statement, not a meta-analysis; most underlying studies were cross-sectional and relied on adults' recall of childhood.

### Childhood Adversities Increase the Risk of Psychosis: A Meta-analysis of Patient-Control, Prospective- and Cross-sectional Cohort Studies — Varese et al., Schizophr Bull 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC3406538/

**WHAT IT FOUND**

Pooled 36 studies on childhood adversity (sexual, physical and emotional abuse, neglect, parental death and bullying) and psychosis. Adversity was linked with almost three times the odds of psychosis (odds ratio 2.78, 95% CI 2.34 to 3.31), with similar results in prospective studies (2.75). The estimated population attributable risk was 33% (16% to 47%), a figure that assumes the link is causal.

**WHY IT MATTERS HERE**

Explains why trauma history matters in serious mental illness, backing trauma-informed help from the therapists in chapter 05 and the survivor and mental-health communities in chapter 06 for people living with psychosis.

Meta-analysis — 36 studies: 18 patient–control, 10 prospective and 8 population-based cross-sectional (about 81,000 people). Moderate evidence. Schizophr Bull 2012;38(4):661–671. DOI 10.1093/schbul/sbs050. Free full text in PubMed Central (PMC3406538) — open access, CC BY-NC 3.0. Note: Mostly patient–control and cross-sectional studies that differed widely in how adversity was measured; observational, so cause is not shown.

### Population vs Individual Prediction of Poor Health From Results of Adverse Childhood Experiences Screening — Baldwin et al., JAMA Pediatr 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7835926/

**WHAT IT FOUND**

Tested whether ACE scores can tell who will become unwell. In the UK cohort each extra ACE was linked with a 14% higher risk of a mental health problem and 9% of a physical one, yet scores sorted individuals barely better than chance (AUC 0.58 and 0.60; 0.50 is chance). Of children with four or more ACEs, 56% had a mental health problem at 18, against 33% of those with none. The New Zealand cohort gave the same picture.

**WHY IT MATTERS HERE**

Explains how to read ACE research: a high score signals higher risk across a group, not a fixed future for any one person, and screening by ACE score alone is unlikely to target help well. Useful for anyone who has done an online ACE quiz.

Two prospective birth cohorts — E-Risk (UK; 2,009 followed to age 18) and Dunedin (New Zealand; 918 followed to age 45). Moderate evidence. JAMA Pediatr 2021;175(4):385–393. DOI 10.1001/jamapediatrics.2020.5602. Free full text in PubMed Central (PMC7835926) — open access, CC BY 4.0. Note: Two cohorts from high-income countries, with health measured at 18 and 45 years, so later-life disease was not covered.

### Trauma and PTSD in the WHO World Mental Health Surveys — Kessler et al., Eur J Psychotraumatol 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5632781/

**WHAT IT FOUND**

Representative surveys of 68,894 adults in 24 countries found 70.4% had lived through at least one traumatic event, with an average of 3.2 traumas per person across the population. About 4% of traumas led to PTSD, but risk varied greatly by type and was highest after interpersonal violence, reaching 19% after rape. Rape, other sexual assault, being stalked and the unexpected death of a loved one together made up about half of all years lived with PTSD.

**WHY IT MATTERS HERE**

Backs up the sexual-violence and trauma-survivor services in chapter 06 (such as RAINN, After Silence and 1800RESPECT) and the trauma specialists in chapter 05: trauma is common, and violence, above all sexual violence, carries the highest risk of PTSD.

Cross-national population surveys — WHO World Mental Health surveys in 24 countries, 68,894 adults. Early evidence. Eur J Psychotraumatol 2017;8(sup5):1353383. DOI 10.1080/20008198.2017.1353383. Free full text in PubMed Central (PMC5632781) — open access, CC BY 4.0. Note: Traumas were recalled in lay interviews and PTSD was assessed with a structured survey interview using DSM-IV criteria, not by clinicians.

### Stress related disorders and risk of cardiovascular disease: population based, sibling controlled cohort study — Song et al., BMJ 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6457109/

**WHAT IT FOUND**

Followed Swedish people diagnosed with PTSD or other stress-related disorders for up to 27 years. Compared with their own unaffected brothers and sisters, they had a 64% higher risk of cardiovascular disease in the first year after diagnosis (hazard ratio 1.64, 95% CI 1.45 to 1.84) and a 29% higher risk after that (1.29, 1.24 to 1.34). The link was stronger for cardiovascular disease starting before age 50.

**WHY IT MATTERS HERE**

Explains that severe stress reactions such as PTSD are linked with heart and blood-vessel disease, not only with mood; the authors call for closer clinical attention after diagnosis. Relevant to people using the trauma therapists in chapter 05 and the trauma communities in chapter 06.

Population-based, sibling-controlled cohort study (Sweden) — 136,637 people with stress-related disorders, 171,314 siblings and 1,366,370 matched people. Moderate evidence. BMJ 2019;365:l1255. DOI 10.1136/bmj.l1255. Free full text in PubMed Central (PMC6457109) — open access, CC BY-NC 4.0. Note: Observational: the sibling design controls for shared family background, but other differences, such as lifestyle, may explain part of the link.

### Association of Stress-Related Disorders With Subsequent Autoimmune Disease — Song et al., JAMA 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6583688/

**WHAT IT FOUND**

Over a mean of 10 years, people diagnosed with stress-related disorders (PTSD, acute stress reaction, adjustment disorder) developed autoimmune disease at 9.1 per 1,000 person-years, against 6.0 in matched people and 6.5 in their siblings. Their risk was 36% higher (hazard ratio 1.36, 95% CI 1.33 to 1.40); for PTSD it was 1.46 for any and 2.29 for three or more autoimmune diseases. Results held in the sibling comparison.

**WHY IT MATTERS HERE**

Explains a link between severe stress reactions and later autoimmune disease. Relevant to the autoimmune communities in chapter 06 and to anyone living with both trauma and an autoimmune condition, alongside the trauma therapists in chapter 05.

Population- and sibling-matched cohort study (Sweden) — 106,464 people with stress-related disorders, 1,064,640 matched people and 126,652 siblings. Moderate evidence. JAMA 2018;319(23):2388–2400. DOI 10.1001/jama.2018.7028. Free full text in PubMed Central (PMC6583688). Note: Observational registry study of diagnosed stress disorders, so everyday stress is not covered and cause is not shown.

### Global and regional estimates of violence against women: prevalence and health effects of intimate partner violence and non-partner sexual violence — WHO 2013

https://iris.who.int/handle/10665/85239

**WHAT IT FOUND**

WHO's first global review found 35% of women worldwide had experienced physical or sexual violence by a partner or sexual violence by someone else, and up to 38% of murders of women were committed by partners. Women abused by a partner were almost twice as likely to experience depression (pooled odds ratio 1.97 in longitudinal studies); non-partner sexual violence was linked with 2.3 times the odds of alcohol use disorders and 2.6 times depression or anxiety.

**WHY IT MATTERS HERE**

Backs up the domestic, family and sexual violence services in chapter 06 (1800RESPECT, Women's Aid, the US National Domestic Violence Hotline, RAINN) and the trauma therapists in chapter 05: violence is common and leaves lasting harm to mental and physical health.

WHO systematic reviews and global estimates — prevalence data from 155 studies in 81 countries, plus reviews of health effects. Moderate evidence. Geneva: World Health Organization; 2013. ISBN 978 92 4 156462 5. Free from the World Health Organization. Note: Health-effect estimates come from observational studies; prevalence data are from before 2013 (WHO published updated 2018 estimates in 2021).

### Job strain as a risk factor for coronary heart disease: a collaborative meta-analysis of individual participant data — Kivimäki et al., Lancet 2012

https://pmc.ncbi.nlm.nih.gov/articles/PMC3486012/

**WHAT IT FOUND**

Pooled original records from 13 European cohorts (197,473 working people followed for a mean of 7.5 years). The 15% who reported job strain (high demands with little control) had a 23% higher risk of a first heart attack or coronary death (hazard ratio 1.23, 95% CI 1.10 to 1.37), still seen after excluding early events. The authors estimated job strain accounts for 3.4% of coronary events, a much smaller share than smoking.

**WHY IT MATTERS HERE**

Explains that job strain is linked with a modestly higher risk of heart disease; the authors suggest easing workplace stress might lower risk, though far less than tackling smoking. Relevant to the workplace mental-health support in chapter 05 and the stress-reduction resources in chapters 10 and 13.

Individual-participant meta-analysis — 13 European cohort studies, 197,473 employees, 2,358 coronary events. Moderate evidence. Lancet 2012;380(9852):1491–1497. DOI 10.1016/S0140-6736(12)60994-5. Free full text in PubMed Central (PMC3486012). Note: Observational: job strain was self-reported once; the link is modest and was smaller in unpublished than in published studies.

### WHO guidelines on mental health at work — WHO 2022

https://iris.who.int/handle/10665/363177

**WHAT IT FOUND**

WHO's first global guidelines on mental health at work. They recommend training managers to support workers' mental health (strong recommendation, moderate-certainty evidence) and reasonable adjustments for workers with mental health conditions. Stress-management programmes based on mindfulness or CBT, and leisure-time exercise, may be considered (conditional; low or very low certainty). WHO estimates 15% of working-age adults have a mental disorder at any time.

**WHY IT MATTERS HERE**

Backs up the workplace mental-health service in chapter 05 and the CBT, mindfulness and exercise resources in chapters 10 and 13 for people whose stress comes from work. Also useful for managers and employers.

WHO guideline developed with GRADE systematic reviews — recommendations on organisational, manager, worker and individual interventions. Moderate evidence. Geneva: World Health Organization; 2022. ISBN 978-92-4-005305-2. Free from the World Health Organization — open access, CC BY-NC-SA 3.0 IGO. Note: Most recommendations are conditional and rest on low or very low certainty evidence; WHO made no recommendation on workplace screening.

### Childhood trauma and adulthood inflammation: a meta-analysis of peripheral C-reactive protein, interleukin-6 and tumour necrosis factor-α — Baumeister et al., Mol Psychiatry 2016

https://pmc.ncbi.nlm.nih.gov/articles/PMC4564950/

**WHAT IT FOUND**

Pooled 25 studies comparing adults with and without childhood trauma. Those exposed had higher blood levels of three markers of inflammation: C-reactive protein (Fisher's z 0.10, 95% CI 0.05 to 0.14), interleukin-6 (0.08) and TNF-α (0.23), all small effects. Different kinds of abuse were linked with different markers, and age, body mass index and sex did not explain the results.

**WHY IT MATTERS HERE**

Explains one way early trauma may 'get under the skin': low-grade inflammation, which the authors propose as a biological link between childhood adversity and later physical and mental illness. Background for the trauma books in chapter 10.

Meta-analysis — 25 studies; C-reactive protein in 16,870 people, interleukin-6 in 3,751 and TNF-α in 881. Moderate evidence. Mol Psychiatry 2016;21(5):642–649. DOI 10.1038/mp.2015.67. Free full text in PubMed Central (PMC4564950) — open access, CC BY 4.0. Note: Effects were small and studies mostly measured inflammation once in people recalling past trauma, so cause and long-term consequences are not shown.

### Neurobiological and Systemic Effects of Chronic Stress — McEwen, Chronic Stress (Thousand Oaks) 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC5573220/

**WHAT IT FOUND**

Explains 'allostasis': the body's stress systems (the HPA axis and cortisol, the autonomic nervous system, immune and metabolic signals) help us adapt, but when overused or out of balance they cause wear and tear, called 'allostatic load'. It describes how chronic stress reshapes brain circuits and affects immune and metabolic health, how early adversity has lasting effects, and urges better sleep, social support, healthy diet and moderate activity.

**WHY IT MATTERS HERE**

Explains the biology linking chronic stress with illness, and why the sleep, movement, social-connection and stress-reduction resources in chapters 06, 10 and 13 all bear on it.

Narrative review by the scientist who developed the concept of allostatic load. Early evidence. Chronic Stress (Thousand Oaks) 2017;1:2470547017692328. DOI 10.1177/2470547017692328. Free full text in PubMed Central (PMC5573220) — open access, CC BY-NC 3.0. Note: Expert narrative review drawing heavily on animal and laboratory studies; it is not a systematic review and does not measure risks in people.

### Quantity and Quality of Sleep and Incidence of Type 2 Diabetes: A systematic review and meta-analysis — Cappuccio et al., Diabetes Care 2010

https://pmc.ncbi.nlm.nih.gov/articles/PMC2809295/

**WHAT IT FOUND**

Pooled 10 prospective studies of 107,756 adults followed for 4 to 32 years. Short sleep (5–6 hours or less a night) was linked with a 28% higher risk of developing type 2 diabetes (relative risk 1.28, 95% CI 1.03 to 1.60) and long sleep (over 8–9 hours) with a 48% higher risk. Difficulty falling asleep (1.57) and difficulty staying asleep (1.84) were also linked with higher risk.

**WHY IT MATTERS HERE**

Explains that short, long and broken sleep are all linked with a higher risk of type 2 diabetes. Background for the sleep clinics and insomnia programmes in chapter 11 and the sleep books in chapter 10, though it did not test whether better sleep lowers that risk.

Systematic review and meta-analysis — 10 prospective studies (13 cohorts), 107,756 people, 3,586 new cases of type 2 diabetes. Moderate evidence. Diabetes Care 2010;33(2):414–420. DOI 10.2337/dc09-1124. Free full text in PubMed Central (PMC2809295) — open access, CC BY-NC-ND 3.0. Note: Observational, with self-reported sleep; it does not show that improving sleep lowers diabetes risk.

### Psychological interventions for coronary heart disease — Richards et al., Cochrane Database Syst Rev 2017

https://pmc.ncbi.nlm.nih.gov/articles/PMC6478177/

**WHAT IT FOUND**

Reviewed 35 trials of psychological treatments, mostly combining several approaches, for people with coronary heart disease. They did not reduce deaths from all causes (risk ratio 0.90, 95% CI 0.77 to 1.05; moderate-quality evidence), but deaths from heart causes fell by 21% (0.79, 0.63 to 0.98; low quality). Depression, anxiety and stress symptoms improved modestly (low or very low quality).

**WHY IT MATTERS HERE**

Backs up the therapists in chapter 05 for people living with heart disease: psychological care may ease distress and may lower deaths from heart causes, though it was not shown to lengthen life overall.

Cochrane systematic review and meta-analysis — 35 randomised trials, 10,703 people with coronary heart disease. Moderate evidence. Cochrane Database Syst Rev 2017;4:CD002902. DOI 10.1002/14651858.CD002902.pub4. Free full text in PubMed Central (PMC6478177). Note: Considerable uncertainty: trial reporting was often poor, evidence for heart deaths and symptoms was low quality, and there were signs of small-study bias.

## The Microbiome & Chronic Disease

### Role of the gut microbiota in nutrition and health — Valdes et al., BMJ 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC6000740/

**WHAT IT FOUND**

The authors explain how gut microbes ferment fibre into short-chain fatty acids and how diet, medicines and antibiotics shape the microbiome. Lower microbial diversity has been found in obesity, cardiometabolic and autoimmune conditions, but they stress that observational studies cannot show cause. Their summary of 22 systematic reviews (313 trials, 46,826 people) found good evidence that probiotics help prevent some conditions, such as diarrhoea and, in children, eczema.

**WHY IT MATTERS HERE**

Explains how food, fibre and medicines shape the gut microbiome and what probiotics can and cannot do; backs up the microbiome-science and probiotic guides in chapter 15 and the home-cooking and food-and-mood resources in chapter 10.

Narrative review, including a summary table of 22 systematic reviews of probiotic trials (313 trials, 46,826 participants). Early evidence. BMJ 2018;361:k2179. DOI 10.1136/bmj.k2179. Free full text in PubMed Central (PMC6000740) — open access, CC BY-NC 4.0. Note: Narrative rather than systematic review; much of the evidence it covers is observational or from animals, and authors declare links to nutrition, prebiotic and synbiotic companies.

### Causal relationships among the gut microbiome, short-chain fatty acids and metabolic diseases — Sanna et al., Nat Genet 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6441384/

**WHAT IT FOUND**

Most microbiome–disease links are associations. This study used people's genes as a natural experiment (Mendelian randomisation) in 952 adults. Genetically higher gut production of butyrate, made when bacteria ferment fibre, was linked with a better insulin response after a glucose drink ($P = 9.8\times10^{-5}$), and higher stool propionate with higher type 2 diabetes risk (odds ratio 1.15 per standard deviation; $P = 0.004$). The authors read this as evidence of a causal effect.

**WHY IT MATTERS HERE**

Explains why fibre-fermenting gut bacteria may matter for blood-sugar control, using genetics to test cause rather than simple association; background for the gut-health and metabolic resources elsewhere in the directory rather than support for any one listing.

Mendelian randomisation study — genotypes, gut metagenomes and stool short-chain fatty acids in 952 Dutch adults without diabetes, tested against 17 metabolic traits; propionate result replicated in UK Biobank. Early evidence. Nat Genet 2019;51(4):600–605. DOI 10.1038/s41588-019-0350-x. Free full text in PubMed Central (PMC6441384). Note: Effects were small and rest on Mendelian randomisation assumptions; the propionate result missed the authors' main significance threshold until replicated in UK Biobank.

### Gut microbiota–derived metabolite trimethylamine-N-oxide and multiple health outcomes: an umbrella review and updated meta-analysis — Li et al., Am J Clin Nutr 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9257469/

**WHAT IT FOUND**

TMAO forms when gut bacteria break down choline and carnitine (found in meat, eggs, dairy and seafood) and the liver converts the product. People with the highest blood TMAO had a higher risk of major cardiovascular events (hazard ratio 1.74, 95% CI 1.55 to 1.95; 36 studies) and of death from any cause (1.60, 1.43 to 1.79; 37 studies) than those with the lowest. Six links, including diabetes and high blood pressure, were rated 'highly suggestive'; none 'convincing'.

**WHY IT MATTERS HERE**

Explains one way gut bacteria may connect diet with heart, kidney and metabolic disease; the authors call TMAO a possible risk marker and say it is not yet known whether lowering it would prevent disease.

Umbrella review and updated meta-analyses of observational studies — 24 meta-analyses, 82 studies, 18 health outcomes. Moderate evidence. Am J Clin Nutr 2022;116(1):230–243. DOI 10.1093/ajcn/nqac074. Free full text in PubMed Central (PMC9257469) — open access, CC BY 4.0. Note: All included studies were observational, so cause cannot be inferred; TMAO is closely tied to kidney function, and a Mendelian randomisation study found no causal link with heart disease.

### Gut microbiome–targeted therapies in nonalcoholic fatty liver disease: a systematic review, meta-analysis, and meta-regression — Sharpton et al., Am J Clin Nutr 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6599739/

**WHAT IT FOUND**

Twenty-one randomised trials (1,252 people with non-alcoholic fatty liver disease, now called MASLD) tested probiotics or synbiotics (probiotics plus prebiotic fibre) for 8–28 weeks. They lowered the liver enzyme ALT (by 11.2 IU/L; 16 trials) and liver stiffness (by 0.70 kPa; 4 trials), and raised the odds of less fat on ultrasound (odds ratio 2.40, 95% CI 1.50 to 3.84; 6 trials). No trials of antibiotics or faecal transplant were found; none measured liver biopsy changes.

**WHY IT MATTERS HERE**

Backs up the probiotic guides in chapter 15 (WGO probiotics guideline, Clinical Guide to Probiotic Products, ISAPP) for people with fatty liver; most relevant to anyone told they have fatty liver disease who is asking about probiotics.

Systematic review and meta-analysis — 21 randomised trials, 1,252 people with non-alcoholic fatty liver disease. Moderate evidence. Am J Clin Nutr 2019;110(1):139–149. DOI 10.1093/ajcn/nqz042. Free full text in PubMed Central (PMC6599739). Note: Results varied widely between trials ($I^2$ over 90% for ALT and liver stiffness), trials were short, and none used liver biopsy, so long-term benefit is unknown.

### Effects of fecal microbiota transplantation on glycemic and lipid profiles in overweight or obese patients with metabolic disorders: a systematic review and meta-analysis — Zhang et al., Front Endocrinol (Lausanne) 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12745229/

**WHAT IT FOUND**

Eleven randomised trials (320 adults with overweight or obesity plus metabolic syndrome, type 2 diabetes or related problems) tested faecal microbiota transplant (FMT) from healthy lean donors. Pooled, FMT did not significantly change body mass index (−0.65; P = 0.07), insulin resistance (HOMA-IR −0.64; P = 0.06) or HbA1c (P = 0.74), on low-certainty evidence. The authors conclude its true metabolic benefit remains uncertain.

**WHY IT MATTERS HERE**

Explains that faecal transplant is not an established treatment for weight or blood sugar; context for the FMT clinic directory in chapter 01 and the regulated FMT services in chapter 15, whose proven use is recurrent C. difficile infection.

Systematic review and meta-analysis — 11 randomised trials, 320 adults with overweight or obesity and metabolic disease (PROSPERO-registered). Moderate evidence. Front Endocrinol (Lausanne) 2025;16:1737543. DOI 10.3389/fendo.2025.1737543. Free full text in PubMed Central (PMC12745229) — open access, CC BY 4.0. Note: Low-certainty evidence from small trials with different donors and methods; an earlier meta-analysis found small short-term HbA1c and insulin improvements but no weight loss.

### Fecal transplantation for treatment of inflammatory bowel disease — Imdad et al., Cochrane Database Syst Rev 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC10133790/

**WHAT IT FOUND**

Twelve randomised trials (550 people) tested faecal microbiota transplant (FMT) for inflammatory bowel disease. In active ulcerative colitis, FMT may increase the chance of clinical remission (10 trials, 468 people; risk ratio 1.79, 95% CI 1.13 to 2.84; low-certainty evidence), with little or no difference in overall side effects. Evidence on serious harms, on keeping remission and on Crohn's disease was very uncertain.

**WHY IT MATTERS HERE**

Explains where faecal transplant stands for Crohn's and colitis: it may help bring active ulcerative colitis into remission (low-certainty evidence) but is unproven for Crohn's; context for the FMT listings in chapter 01, the FMT programmes and trial registries in chapter 15 and the IBD groups in chapters 06 and 15.

Cochrane systematic review and meta-analysis — 12 randomised trials, 550 adults and children with ulcerative colitis or Crohn's disease. Moderate evidence. Cochrane Database Syst Rev 2023;(4):CD012774. DOI 10.1002/14651858.CD012774.pub3. Free full text in PubMed Central (PMC10133790). Note: Low-certainty evidence from small, short trials using different donors and routes; no trial tested FMT for bringing Crohn's disease into remission.

### Antibiotic use as a risk factor for inflammatory bowel disease across the ages: a population-based cohort study — Faye et al., Gut 2023

https://pmc.ncbi.nlm.nih.gov/articles/PMC9998355/

**WHAT IT FOUND**

Following everyone in Denmark aged 10 or over from 2000 to 2018 (6.1 million people; 52,898 new cases of inflammatory bowel disease), antibiotic use was linked with a higher rate of IBD at every age: 28% higher at 10–40 years, 48% at 40–60 and 47% at 60 and over (incidence rate ratios 1.28, 1.48, 1.47). Risk rose with more courses, peaked 1–2 years after use, and was highest after antibiotics often used for gut infections.

**WHY IT MATTERS HERE**

Explains how disturbing the gut microbiome may contribute to Crohn's disease and colitis, and why the authors see antibiotic stewardship as important; context for the IBD organisations and support groups in chapters 06 and 15.

Nationwide registry cohort — 6,104,245 Danish residents aged 10 and over, 2000–2018, 52,898 new cases of IBD. Moderate evidence. Gut 2023;72(4):663–670. DOI 10.1136/gutjnl-2022-327845. Free full text in PubMed Central (PMC9998355). Note: Observational: the infections being treated, rather than the antibiotics, may explain part of the link, and early undiagnosed IBD could prompt prescriptions.

### Association of Infant Antibiotic Exposure With Childhood Health Outcomes — Aversa et al., Mayo Clin Proc 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC7796951/

**WHAT IT FOUND**

Of 14,572 children born in one US county, 70% had at least one antibiotic prescription before age 2. Early antibiotics were linked with higher risk of childhood asthma, allergic rhinitis, eczema (atopic dermatitis), coeliac disease, overweight, obesity and ADHD (hazard ratios 1.20 to 2.89). Links depended on the number, type and timing of courses. The authors stress their findings 'reflect associations, not causation'.

**WHY IT MATTERS HERE**

Explains how antibiotics in the first two years, which disturb the developing gut microbiome, may be linked with later allergies, coeliac disease and weight; context for the coeliac organisations in chapter 15.

Population-based birth cohort — 14,572 children born 2003–2011 in Olmsted County, Minnesota, followed to 2017. Moderate evidence. Mayo Clin Proc 2021;96(1):66–77. DOI 10.1016/j.mayocp.2020.07.019. Free full text in PubMed Central (PMC7796951). Note: Observational, from one US county; the infections antibiotics were given for may explain some links (confounding by indication), and reverse causation is possible.

### Gut microbiome of multiple sclerosis patients and paired household healthy controls reveal associations with disease risk and course — iMSMS Consortium, Cell 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC10143502/

**WHAT IT FOUND**

Each of 576 people with multiple sclerosis was compared with a genetically unrelated healthy person from the same household (mostly spouses, sharing diet and surroundings). The MS group had more of some bacteria, such as Akkermansia muciniphila, and less of others, such as Faecalibacterium prausnitzii, a major butyrate producer; microbiome function also differed with MS treatments. The authors say the results 'strongly support' links with MS risk and course.

**WHY IT MATTERS HERE**

Explains how the gut microbiome is being studied as an environmental factor in multiple sclerosis; context for the MS lifestyle programme in chapter 16 and the autoimmune communities in chapter 06, which this study did not test.

Case–control study — 576 people with multiple sclerosis and 576 healthy household partners at seven sites in the USA, Argentina, Scotland and Spain. Early evidence. Cell 2022;185(19):3467–3486.e16. DOI 10.1016/j.cell.2022.08.021. Free full text in PubMed Central (PMC10143502). Note: A one-off comparison, so it cannot show whether microbes help cause MS or whether MS and its treatments change the microbes.

### Meta-analysis of fecal metagenomes reveals global microbial signatures that are specific for colorectal cancer — Wirbel et al., Nat Med 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC7984229/

**WHAT IT FOUND**

Re-analysing eight stool-sequencing studies of colorectal cancer from seven countries, researchers found a core set of 29 bacterial species consistently enriched in people with the cancer, including Fusobacterium, Porphyromonas and Parvimonas. Cancer-linked microbiomes had more genes for breaking down protein and mucus and fewer for carbohydrates, which the authors say fits known dietary risks (red meat, low fibre). Signatures from one study kept their accuracy in the others.

**WHY IT MATTERS HERE**

Explains how gut bacteria are linked with bowel cancer and why diet may be part of that link; context for the gut-health services and gastroenterologist finders in chapter 15.

Meta-analysis of 8 case–control stool metagenome studies (N = 768) from 7 countries on 3 continents. Moderate evidence. Nat Med 2019;25(4):679–689. DOI 10.1038/s41591-019-0406-6. Free full text in PubMed Central (PMC7984229). Note: Case–control data cannot show whether the bacteria help cause cancer or the tumour changes the gut; the authors note causality is unresolved.

### Perturbations in Gut Microbiota Composition in Psychiatric Disorders: A Review and Meta-analysis — Nikolova et al., JAMA Psychiatry 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8444066/

**WHAT IT FOUND**

Across 59 case–control studies of depression, bipolar disorder, psychosis, anxiety, anorexia, OCD, PTSD and ADHD, patients overall had lower gut microbial richness (Chao1 standardised mean difference −0.5), consistently so only in bipolar disorder. Rather than disorder-specific patterns, they found a shared one: fewer anti-inflammatory, butyrate-producing bacteria (Faecalibacterium, Coprococcus) and more Eggerthella in depression, bipolar disorder, psychosis and anxiety.

**WHY IT MATTERS HERE**

Explains what is known about gut bacteria in mental illness; background for the gut–brain research and information listings in chapter 15 and the food-and-mood course and books in chapter 10. The shared pattern means the microbiome is not a test for any one condition.

Umbrella review and meta-analysis of 59 case–control studies across eight psychiatric disorders (diversity meta-analysis: 1,519 patients, 1,429 controls). Moderate evidence. JAMA Psychiatry 2021;78(12):1343–1354. DOI 10.1001/jamapsychiatry.2021.2573. Free full text in PubMed Central (PMC8444066) — open access, CC BY. Note: Case–control studies cannot show whether gut bacteria affect mental health or the illness, its medicines and diet change the bacteria; most studies were small to moderate in size.

### Machine learning-based meta-analysis reveals gut microbiome alterations associated with Parkinson's disease — Romano et al., Nat Commun 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12059030/

**WHAT IT FOUND**

Pooling 4,489 stool samples from 22 case–control studies in 11 countries, the gut microbiome of people with Parkinson's disease differed consistently from that of controls, including fewer Faecalibacterium and more microbial genes for breaking down solvents and pesticides, which the authors relate to known environmental risk factors. Microbiome tests sorted patients from controls fairly well within a study (average AUC 71.9%) but poorly in other studies (61%).

**WHY IT MATTERS HERE**

Explains what is and is not known about gut bacteria in Parkinson's disease; context for the Parkinson's organisations in chapter 06 and the gut–brain research centres in chapter 15.

Meta-analysis with machine learning — 22 case–control studies, 4,489 stool samples from 11 countries. Moderate evidence. Nat Commun 2025;16(1):4227. DOI 10.1038/s41467-025-56829-3. Free full text in PubMed Central (PMC12059030) — open access, CC BY 4.0. Note: Case–control data cannot show cause or effect; some differences may reflect Parkinson's medicines, and microbiome tests did not transfer well between studies.

### Gut-microbiota-targeted diets modulate human immune status — Wastyk et al., Cell 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC9020749/

**WHAT IT FOUND**

Healthy adults were randomised to eat more fermented foods (such as yoghurt, kefir, kimchi and kombucha; up from 0.4 to 6.3 servings a day) or more fibre (21.5 to 45.1 g a day). In the fermented-food group, microbiome diversity rose steadily and 19 of 93 inflammatory proteins in the blood fell, including IL-6. The high-fibre diet did not raise diversity, and the main immune outcome did not change in either group.

**WHY IT MATTERS HERE**

Backs up the fermentation book and food-and-mood resources in chapter 10 and ISAPP's fermented-food guidance in chapter 15 as a reason fermented foods are being studied; most relevant to people curious about yoghurt, kefir and kimchi.

Randomised diet study — 18 healthy adults per arm, high-fermented-food vs high-fibre diet for 10 weeks within a 17-week study; no control arm. Early evidence. Cell 2021;184(16):4137–4153.e14. DOI 10.1016/j.cell.2021.06.019. Free full text in PubMed Central (PMC9020749). Note: Small study (18 healthy adults per diet) with no control group, a primary immune outcome that did not change, and no disease outcomes.

### Mediterranean diet intervention alters the gut microbiome in older people reducing frailty and improving health status: the NU-AGE 1-year dietary intervention across five European countries — Ghosh et al., Gut 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7306987/

**WHAT IT FOUND**

In 612 older adults in five European countries, a year of a Mediterranean-style diet tailored to older people (323 people, against 289 controls) did not change overall microbiome diversity, but closer adherence was linked with less loss of diversity and more of certain bacteria. Those diet-linked bacteria were associated with lower frailty, better cognitive function and lower inflammatory markers such as C-reactive protein.

**WHY IT MATTERS HERE**

Backs up the Mediterranean-style cooking and eating-well resources in chapter 10 as one way to support the gut microbiome with age; most relevant to older adults and their carers.

Microbiome sub-study of a 1-year randomised trial — 612 adults aged 65–79 in five European countries (323 Mediterranean-style diet, 289 controls). Early evidence. Gut 2020;69(7):1218–1228. DOI 10.1136/gutjnl-2019-319654. Free full text in PubMed Central (PMC7306987) — open access, CC BY-NC 4.0. Note: The links between microbiome changes and frailty were correlations within the trial, not randomised comparisons, so they do not show the bacteria caused the benefits.

### International consensus statement on microbiome testing in clinical practice — Porcari et al., Lancet Gastroenterol Hepatol 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC12343204/

**WHAT IT FOUND**

Sixty-nine microbiome experts from 18 countries agreed that there is not yet enough evidence to recommend routine gut microbiome testing in clinical practice. They discouraged people from ordering tests without a clinical recommendation and testing companies from giving treatment advice, and discouraged reporting the Firmicutes-to-Bacteroidetes ratio, finding too little evidence for any 'dysbiosis index'.

**WHY IT MATTERS HERE**

Backs up the warnings about home gut-microbiome tests in chapter 15 (EUFIC explainer, NIST comparison of test services); most relevant to anyone thinking of paying for a stool microbiome test.

International expert consensus (Delphi process) — 69 experts from 18 countries, 35 statements, each needing at least 80% agreement. Moderate evidence. Lancet Gastroenterol Hepatol 2025;10(2):154–167. DOI 10.1016/S2468-1253(24)00311-X. Free full text in PubMed Central (PMC12343204). Note: Expert consensus rather than trial evidence; it sets standards for good testing but cannot itself show which tests improve health.

### Treatment of periodontitis for glycaemic control in people with diabetes mellitus — Simpson et al., Cochrane Database Syst Rev 2022

https://pmc.ncbi.nlm.nih.gov/articles/PMC9009294/

**WHAT IT FOUND**

Thirty-five randomised trials (3,249 people, nearly all with type 2 diabetes) compared professional gum treatment, which removes plaque (the film of bacteria on teeth) and tartar from below the gumline, with no or usual care. Treatment lowered HbA1c by 0.43 percentage points (4.7 mmol/mol; 95% CI 0.28 to 0.59) at 3 to 4 months (30 trials, moderate-certainty evidence) and by 0.30 points at 6 months. Trials that checked for harms found none or only mild ones.

**WHY IT MATTERS HERE**

Explains a link between gum disease, which is driven by the bacterial film on teeth, and blood-sugar control: treating it improved diabetes control in trials; relevant to people with diabetes using the metabolic-health resources in chapter 10.

Cochrane systematic review and meta-analysis — 35 randomised trials, 3,249 people with diabetes and gum disease. Strong evidence. Cochrane Database Syst Rev 2022;(4):CD004714. DOI 10.1002/14651858.CD004714.pub4. Free full text in PubMed Central (PMC9009294). Note: Only two trials were at low risk of bias, few followed people beyond six months, and most did not assess side effects.

## Damp, Mould & Indoor Air — What the Research Shows

### WHO guidelines for indoor air quality: dampness and mould — WHO 2009

https://iris.who.int/handle/10665/164348

**WHAT IT FOUND**

WHO's expert review found sufficient evidence that people in damp or mouldy homes and public buildings are at higher risk of respiratory symptoms, respiratory infections and asthma flare-ups, with some evidence for allergic rhinitis and asthma; mould exposure also raises the risk of rare conditions such as hypersensitivity pneumonitis. As the risk could not be quantified, WHO sets no numeric limits; it advises preventing damp and mould and fixing them when they occur.

**WHY IT MATTERS HERE**

Explains that damp and mould are linked with breathing problems, can be prevented, and should be fixed at the source (leaks, condensation, poor ventilation); most relevant to people with asthma or allergies, and to families in damp housing.

WHO guideline — expert review of epidemiological, clinical and toxicological evidence (WHO working group, 2007). Moderate evidence. Copenhagen: WHO Regional Office for Europe, 2009. ISBN 978 92 890 4168 3. Free from the World Health Organization. Note: Evidence reviewed to 2007 and mostly observational; WHO found consistent links but judged that causation was not yet established and could not identify the microbes responsible.

### Respiratory and Allergic Health Effects of Dampness, Mold, and Dampness-Related Agents: A Review of the Epidemiologic Evidence — Mendell et al., Environ Health Perspect 2011

https://pmc.ncbi.nlm.nih.gov/articles/PMC3114807/

**WHAT IT FOUND**

Updating the US Institute of Medicine's 2004 review with 103 newer studies, the authors found damp or mould seen or smelt indoors consistently linked with new and worsening asthma, wheeze, cough, breathlessness, respiratory infections, bronchitis, allergic rhinitis and eczema, in allergic and non-allergic people. Evidence strongly suggested damp or mould causes asthma flare-ups in children. Evidence did not support measuring specific moulds or microbes to guide action.

**WHY IT MATTERS HERE**

Explains which illnesses are linked with visible damp and mould, and why fixing the damp matters more than laboratory testing of a home; relevant to families with asthma, eczema or allergies and to anyone offered mould testing.

Review of epidemiological evidence — 103 studies published after the 2004 US Institute of Medicine review, plus that review's 45 studies (to late 2009). Moderate evidence. Environ Health Perspect 2011;119(6):748–756. DOI 10.1289/ehp.1002410. Free full text in PubMed Central (PMC3114807) — public domain. Note: Mostly observational studies to 2009, so for most outcomes it shows consistent links rather than proof that mould is the cause.

### Indoor mould exposure, asthma and rhinitis: findings from systematic reviews and recent longitudinal studies — Caillaud et al., Eur Respir Rev 2018

https://pmc.ncbi.nlm.nih.gov/articles/PMC9489198/

WHAT IT FOUND

Experts for France's health-safety agency (ANSES) reviewed 61 publications from 2006–2017, focusing on studies that followed people over time. In children, visible mould and mould odour were linked with developing asthma and with asthma attacks, which they judged sufficient evidence of a causal relationship. In adults the evidence was limited, apart from asthma linked with mouldy workplaces. Evidence of a link with allergic rhinitis was sufficient.

WHY IT MATTERS HERE

Explains the evidence that mouldy homes can bring on and worsen childhood asthma; most relevant to parents of children with asthma or wheeze, and to adults whose breathing is worse in a damp workplace.

Systematic review for France's health-safety agency ANSES — 61 publications from 2006–2017 (7 meta-analyses, 4 systematic reviews, longitudinal, incident case-control and panel studies). Moderate evidence. Eur Respir Rev 2018;27(148):170137. DOI 10.1183/16000617.0137-2017. Free full text in PubMed Central (PMC9489198) — open access, CC BY-NC 4.0. Note: A narrative synthesis of observational studies without pooled estimates; evidence in adults outside the workplace remains limited.

### Childhood asthma and mould in homes—A meta-analysis — Varga et al., Wien Klin Wochenschr 2025

https://pmc.ncbi.nlm.nih.gov/articles/PMC11794369/

WHAT IT FOUND

Pooling 11 cohort and 21 case-control studies of children, the authors found that living in a mouldy home was linked with a higher chance of later developing asthma: 53% higher odds in the case-control studies (OR 1.53, 95% CI 1.42–1.65) and 15% higher in the cohort studies (OR 1.15, 95% CI 1.01–1.31), with no sign of publication bias. Results of the cohort studies varied considerably.

WHY IT MATTERS HERE

Explains that early-life exposure to a mouldy home may help bring on childhood asthma, not only trigger attacks; most relevant to parents of babies and young children living with damp or mould.

Systematic review and meta-analysis — 32 observational studies of children (11 cohort, 21 case-control). Moderate evidence. Wien Klin Wochenschr 2025;137(3–4):79–88. DOI 10.1007/s00508-024-02396-4. Free full text in PubMed Central (PMC11794369) — open access, CC BY 4.0. Note: Observational studies: the stronger cohort studies found a smaller, less consistent effect, and case-control results may be inflated by parents' recall of mould.

### Association of residential dampness and mold with respiratory tract infections and bronchitis: a meta-analysis — Fisk et al., Environ Health 2010

https://pmc.ncbi.nlm.nih.gov/articles/PMC3000394/

WHAT IT FOUND

Across 23 studies, damp or mould at home was linked with about 45% higher odds of bronchitis (OR 1.45, 95% CI 1.32–1.59) and of respiratory infections (OR 1.44, 1.31–1.59) in studies adjusted for age, sex, smoking and socioeconomic status, and 48% higher odds of respiratory infections in children (OR 1.48, 1.33–1.65). If the link is causal, damp and mould would account for an estimated 8–20% of these infections.

WHY IT MATTERS HERE

Explains why children and adults in damp or mouldy homes may get more respiratory infections and bronchitis; relevant to families dealing with frequent coughs and colds.

Meta-analysis — 23 observational studies (mostly cross-sectional). Moderate evidence. Environ Health 2010;9:72. DOI 10.1186/1476-069X-9-72. Free full text in PubMed Central (PMC3000394) — open access, CC BY 2.0. Note: Mostly one-off surveys with self-reported damp, so other factors may explain part of the link; the authors say causation is not yet confirmed.

### Damp mouldy housing and early childhood hospital admissions for acute respiratory infection: a case control study — Ingham et al., Thorax 2019

https://pmc.ncbi.nlm.nih.gov/articles/PMC6824607/

**WHAT IT FOUND**

Independent building assessors, who did not know which children were cases, inspected the homes of 642 children under two in Wellington, New Zealand. Each one-point rise on an 8-item damp-mould index was linked with 15% higher odds of hospital admission for a respiratory infection (adjusted OR 1.15, 95% CI 1.02–1.30). The authors estimate that removing damp and mould could cut these admissions by 19%, about 1,700 fewer a year in New Zealand.

**WHY IT MATTERS HERE**

Explains the link between damp, mouldy homes and respiratory infections serious enough to need hospital care in babies and toddlers; relevant to parents of young children and to renters seeking repairs.

Case-control study — 188 children under 2 admitted with acute respiratory infection and 454 controls, Wellington, New Zealand (2011–2013). Early evidence. Thorax 2019;74(9):849–857. DOI 10.1136/thoraxjnl-2018-212979. Free full text in PubMed Central (PMC6824607) — open access, CC BY-NC 4.0. Note: Observational study in one city; the broader housing-quality score lost significance after adjustment, although the damp-mould score held.

### A State-of-the-Science Review of the Effect of Damp- and Mold-Affected Housing on Mental Health — Gatto et al., Environ Health Perspect 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11334706/

**WHAT IT FOUND**

University of Melbourne researchers reviewed 19 studies from 2003–2023 on damp or mould at home and mental health. Most reported links with poorer mental health: depression, stress and anxiety in adults, postnatal depression in mothers, and emotional symptoms and difficulty regulating emotions in children. The authors judged the studies generally low in quality and call for better research.

**WHY IT MATTERS HERE**

Explains that a damp, mouldy home may weigh on mental as well as physical health, through stress and worry and possibly biological effects; relevant to people whose low mood or anxiety is tied up with poor housing.

State-of-the-science review — 19 observational studies, 2003–2023 (63% cross-sectional). Early evidence. Environ Health Perspect 2024;132(8):086001. DOI 10.1289/EHP14341. Free full text in PubMed Central (PMC11334706) — public domain. Note: Mostly one-off surveys the authors judged low quality; it shows a link, not cause, and the link may partly reflect other housing problems or run both ways.

### Remediating buildings damaged by dampness and mould for preventing or reducing respiratory tract symptoms, infections and asthma — Sauni et al., Cochrane Database Syst Rev 2015

https://pmc.ncbi.nlm.nih.gov/articles/PMC6769180/

**WHAT IT FOUND**

Twelve studies (8,028 people) tested repairing damp, mouldy homes, schools or an office. Pooling two trials in homes, repairs reduced wheeze in adults (OR 0.64, 95% CI 0.55–0.75) and rhinitis, counted as a respiratory infection (OR 0.57, 0.49–0.66), with moderate-quality evidence. In one trial in children with asthma, home repairs did not clearly reduce symptom days or emergency visits compared with information only. School repairs gave inconsistent results.

**WHY IT MATTERS HERE**

Explains that fixing the cause of damp and removing mould may ease asthma symptoms and respiratory infections in adults; relevant to people with asthma, renters seeking repairs and anyone weighing whether remediation is worth it.

Cochrane systematic review — 12 studies, 8,028 people (3 randomised trials, one a cluster trial of 4,407 people, and 9 controlled before-after studies). Moderate evidence. Cochrane Database Syst Rev 2015;(2):CD007897. DOI 10.1002/14651858.CD007897.pub3. Free full text in PubMed Central (PMC6769180). Note: Few, varied studies (only three randomised) with mostly self-reported symptoms; evidence ranged from moderate to very low quality, and searches ended in 2014.

### Effect of insulating existing houses on health inequality: cluster randomised study in the community — Howden-Chapman et al., BMJ 2007

https://pmc.ncbi.nlm.nih.gov/articles/PMC1808149/

**WHAT IT FOUND**

Insulating 1,350 low-income New Zealand homes made bedrooms slightly warmer (0.5 °C) and drier (relative humidity 2.3% lower) in winter while using less energy. People in insulated homes were less likely to report fair or poor health (OR 0.50, 95% CI 0.38–0.68), wheezing (OR 0.57, 0.47–0.70), children's days off school (OR 0.49, 0.31–0.80) and GP visits (OR 0.73, 0.62–0.87). The fall in hospital admissions for breathing problems was not statistically significant.

**WHY IT MATTERS HERE**

Explains that insulating homes, making them warmer and drier, improved self-reported health and breathing in a randomised trial; relevant to renters, families and people with asthma in cold, damp housing.

Cluster randomised trial — 1,350 households, 4,407 people in seven low-income New Zealand communities. Moderate evidence. BMJ 2007;334(7591):460. DOI 10.1136/bmj.39070.573032.80. Free full text in PubMed Central (PMC1808149). Note: Health outcomes were self-reported by occupants who knew their home had been insulated, and the fall in hospital admissions was not significant.

### Indoor air quality at home — NICE 2020

https://www.nice.org.uk/guidance/ng149

**WHAT IT FOUND**

NICE recommends advising people how to cut damp and condensation (background ventilation, extractor fans, avoiding drying clothes indoors where possible, fixing leaks), to ventilate when cooking, especially with gas, to choose low-VOC and low-formaldehyde products, and not to smoke indoors. Health professionals should explain that damp, mould, nitrogen dioxide and other pollutants can worsen asthma, and ask about housing when cough or wheeze keeps returning.

**WHY IT MATTERS HERE**

Explains practical steps to keep the air at home healthy and when to ask a landlord or council for help; most relevant to people with asthma, COPD or heart disease, pregnant women and families with young children.

National guideline (England) — evidence reviews and committee recommendations, developed with Public Health England. Moderate evidence. NICE guideline NG149, published 8 January 2020. Free to read on the NICE website. Note: Written for England's housing and legal system; the committee found limited evidence for some links and relied partly on its own judgement.

### Diagnosis of Hypersensitivity Pneumonitis in Adults. An Official ATS/JRS/ALAT Clinical Practice Guideline — Raghu et al., Am J Respir Crit Care Med 2020

https://pmc.ncbi.nlm.nih.gov/articles/PMC7397797/

**WHAT IT FOUND**

Hypersensitivity pneumonitis is an immune-driven lung disease, sometimes with scarring, that develops in susceptible people exposed to an inhaled trigger. The guideline lists flooded or contaminated houses, humidifiers and home ventilation or cooling systems among sources of moulds and microbes that cause it, alongside birds and some chemicals. People with the non-scarring form who avoid the trigger may stabilise or recover fully; the scarring form has worse survival.

**WHY IT MATTERS HERE**

Explains a rare but serious lung disease that household mould can cause, and why finding and removing the source matters; relevant to anyone with persistent, unexplained breathlessness or cough linked to a damp home or humidifier.

International clinical practice guideline (American Thoracic Society, Japanese Respiratory Society, Asociación Latinoamericana del Tórax) — six systematic reviews, GRADE recommendations. Moderate evidence. Am J Respir Crit Care Med 2020;202(3):e36–e69. DOI 10.1164/rccm.202005-2032ST. Free full text in PubMed Central (PMC7397797). Note: About diagnosis rather than prevention; it rests on limited direct evidence, and the trigger is not found in up to 60% of patients.

### AWMF mold guideline “Medical clinical diagnostics for indoor mold exposure” – Update 2023 AWMF Register No. 161/001 — Hurraß et al., Allergol Select 2024

https://pmc.ncbi.nlm.nih.gov/articles/PMC11097193/

**WHAT IT FOUND**

German-speaking medical societies graded the evidence on indoor mould and disease: sufficient for links with allergic rhinitis, allergic asthma, hypersensitivity pneumonitis, respiratory infections, bronchitis and fungal infections in vulnerable people, but inadequate for chronic fatigue syndrome, autoimmune disease, multiple chemical sensitivity, neurotoxic effects, cancer or 'mycotoxicosis'. They advise against urine or blood mycotoxin tests.

**WHY IT MATTERS HERE**

Explains what is and is not established about mould and illness: context for readers of the environmental-illness educator ISEAI (chapter 16) and for anyone offered a 'mould illness' diagnosis or mycotoxin test, including by some functional-medicine practitioners (chapter 01).

Consensus clinical guideline (AWMF S2k) of German-speaking medical societies — literature review with formal consensus (>95% agreement on key messages). Moderate evidence. Allergol Select 2024;8:90–198. DOI 10.5414/ALX02444E. Free full text in PubMed Central (PMC11097193) — open access, CC BY 2.5. Note: A consensus guideline rather than a formal systematic review; 'insufficient evidence' means a link is unproven, not disproven.

### Exposure to formaldehyde and asthma outcomes: A systematic review, meta-analysis, and economic assessment — Lam et al., PLoS One 2021

https://pmc.ncbi.nlm.nih.gov/articles/PMC8011796/

**WHAT IT FOUND**

Formaldehyde is given off by pressed-wood products such as particleboard, foam insulation and some household products. Reviewing 90 studies and pooling those in children, the authors linked each 10 µg/m³ rise with 20% higher odds of an asthma diagnosis (OR 1.20, 95% CI 1.02–1.41); the link with worse symptoms was smaller and not significant (OR 1.08, 0.92–1.28). They rated the evidence moderate quality and 'sufficient' for asthma in children and adults.

**WHY IT MATTERS HERE**

Explains why choosing low-formaldehyde furniture, flooring and building materials may matter for people with asthma, especially in new homes or after renovation.

Systematic review (Navigation Guide method, PROSPERO-registered) and meta-analysis — 90 human studies assessed in detail (51% cross-sectional). Moderate evidence. PLoS One 2021;16(3):e0248258. DOI 10.1371/journal.pone.0248258. Free full text in PubMed Central (PMC8011796) — public domain. Note: About half the studies were one-off surveys and exposure measures varied; a broader 2015 review of household VOCs found that evidence poor and inconsistent.

### Radon in homes and risk of lung cancer: collaborative analysis of individual data from 13 European case-control studies — Darby et al., BMJ 2005

https://pmc.ncbi.nlm.nih.gov/articles/PMC546066/

**WHAT IT FOUND**

Radon is a natural radioactive gas that can build up indoors from the ground. Pooling 13 European studies, lung-cancer risk rose 16% (95% CI 5–31%) for every 100 Bq/m³ of long-term home radon, in a straight line with no sign of a safe threshold. By age 75, estimated risk at 0, 100 and 400 Bq/m³ was about 0.4%, 0.5% and 0.7% for lifelong non-smokers but about 10%, 12% and 16% for smokers. Radon was estimated to cause about 2% of cancer deaths in Europe.

**WHY IT MATTERS HERE**

Explains a common, invisible indoor cause of lung cancer and why the risk is far greater for smokers; relevant to people in high-radon areas deciding whether to test their home.

Pooled analysis of individual data — 13 case-control studies in nine European countries, 7,148 people with lung cancer and 14,208 controls. Moderate evidence. BMJ 2005;330(7485):223. DOI 10.1136/bmj.38308.477650.63. Free full text in PubMed Central (PMC546066). Note: Observational (case-control) data from Europe; radon levels vary widely between regions, and most of the absolute risk falls on smokers.

18

# Study & Train — Accredited Courses to Work in Healthcare, Mental Health & Metabolic Health, Worldwide

STUDY & TRAIN

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# Study & Train — Accredited Courses to Work in Healthcare, Mental Health & Metabolic Health, Worldwide

Want to work in healthcare — as a doctor, psychiatrist, nurse, dietitian or nutritionist, diabetes educator, exercise physiologist, physiotherapist, occupational or speech therapist, pharmacist, psychologist, counsellor, social worker, peer worker, addiction worker or sleep technologist — or to specialise in metabolic health, obesity, lifestyle medicine or ketogenic therapy? This chapter lists the official places to find a legitimate course, wherever you live. Wherever possible each listing is the regulator, accreditation body or government register that publishes the list of approved programmes: those lists outlast any single course or college, and checking one is how you know a qualification can lead to registration. Start with the first category to explore health careers and check that a course is approved, try free training from health organisations, then find the accredited route for your profession. Rules differ from country to country — a course accredited in one may not lead to registration in another, and some credentials are voluntary — so each listing says what its accreditation means. Listings are information, not endorsements — check fees, entry requirements and accreditation with the provider before you enrol. Every page was checked twice before it was added and opened again in a browser.

## Start Here — Explore Health Careers & Check a Health Course Is Approved

### US Bureau of Labor Statistics — Occupational Outlook Handbook: Healthcare Occupations (United States)

https://www.bls.gov/ooh/healthcare/home.htm

**WHAT YOU WILL FIND**

Lists 49 US healthcare occupations, from home health aides and pharmacy technicians to registered nurses, dental hygienists and physicians, with the entry-level education and median pay for each. Each occupation profile has a 'How to Become One' tab on the education, licensing and certification the job needs, plus job outlook, state data and similar occupations.

**WHO IT IS FOR**

Anyone in the US weighing a health career who wants independent government figures on training, licensing, pay and job prospects before choosing a course.

Free. Note: US only, and licensing is set by each state (for example, nurses need a licence from the state where they work), so check the state board too.

### NHS Health Careers — Official guide to more than 350 NHS roles, training routes and apprenticeships (England, UK)

https://www.healthcareers.nhs.uk/

**WHAT YOU WILL FIND**

The NHS careers service describes more than 350 roles in 14 groups, from doctor, nurse and paramedic to healthcare science and support roles. Each role page explains the work and how to become one. It also covers NHS apprenticeships for people without a degree, a 'Find your career in health' quiz, a compare-roles tool and a contact centre where advisers answer questions by phone or email.

**WHO IT IS FOR**

School leavers, career changers and careers advisers in England working out which health role suits them and which degree or apprenticeship leads to it.

Free. Note: Written for the NHS in England: routes, funding and job titles differ in Scotland, Wales and Northern Ireland.

### NHS Education for Scotland — NHS Scotland Careers: explore roles, entry routes and student bursaries (Scotland, UK)

https://www.careers.nhs.scot/explore-careers/

**WHAT YOU WILL FIND**

A role-by-role guide to NHS Scotland careers in 16 areas, including nursing, midwifery, medicine, allied health professions, psychology, pharmacy and healthcare science. Role pages set out the training pathways (degree, SWAP, HNC, Open University, postgraduate). The mental health nurse page, for example, names the eight Scottish universities with NMC-approved degrees and the £10,000 student bursary.

**WHO IT IS FOR**

School pupils, career changers and careers advisers in Scotland comparing NHS roles and the Scottish routes and funding into them.

Free. Note: Scotland-specific: the bursaries, entry routes and university lists apply to study in Scotland.

### Ahpra — Approved programs of study for Australia's nationally registered health professions (Australia)

https://www.ahpra.gov.au/Accreditation/Approved-Programs-of-Study

**WHAT YOU WILL FIND**

Ahpra's national search tool lists the programs of study that each National Board has approved for registration in the professions regulated under the National Law, from medicine, nursing and psychology to paramedicine, physiotherapy, occupational therapy and pharmacy. Ahpra says graduates of approved programs are qualified for registration, though they must still apply and meet the other requirements.

**WHO IT IS FOR**

Anyone planning to study a health degree in Australia, and careers advisers, who want to check before enrolling that a course leads to registration.

Free to search; tuition is set by each education provider. Note: Covers only the nationally registered professions; dietitians, social workers, counsellors and exercise physiologists rely on their professional body's accreditation lists instead.

### Kia Ora Hauora — National Māori health workforce programme: study pathways and support into health careers (New Zealand)

https://www.kiaorahauora.co.nz/

**WHAT YOU WILL FIND**

A national programme, running for more than 15 years, to increase the number of Māori working in health and disability. The site guides secondary students on what to study and tertiary students on providers, costs, foundation courses and financial support. It also covers career changers, scholarships, and events such as hospital visits, science days and wānanga, and links to Māori student associations.

**WHO IT IS FOR**

Māori rangatahi, tertiary students and adults considering a clinical or non-clinical health career in Aotearoa New Zealand, and their whānau and careers advisers.

Free to use; register on the site to join the programme's support and events. Note: It supports and guides rather than teaching (it does not deliver courses or qualifications), and a contracted coordination centre (Mokowhiti Consultancy) runs it, so details may change with the contract.

### Health and Care Professions Council — Approved programmes for psychologists, dietitians, physios, OTs & speech and language therapists (UK)

https://www.hcpc-uk.org/education/approved-programmes/

**WHAT YOU WILL FIND**

The UK regulator's search of every education and training programme it has approved, filtered by profession — 15 in all, including practitioner psychologist, dietitian, physiotherapist, occupational therapist and speech and language therapist — by education provider, and by whether a programme is open to new applicants. UK-trained graduates of approved programmes can apply to join the HCPC Register.

**WHO IT IS FOR**

Anyone in the UK choosing a practitioner psychology, dietetics, physiotherapy, occupational therapy or speech and language therapy programme, or checking that it leads to HCPC registration.

Free to search; course fees are set by each provider.

### CORU — Approved qualifications for physiotherapists, occupational therapists & speech and language therapists (Ireland)

https://www.coru.ie/health-and-social-care-professionals/education/approved-qualifications/

**WHAT YOU WILL FIND**

Ireland's health and social care regulator links from this page to the list of approved qualifications for each profession it registers, including physiotherapists, occupational therapists, speech and language therapists, dietitians and social workers. Each profession's registration board approves and monitors the programmes that prepare people for registration.

**WHO IT IS FOR**

Anyone in Ireland planning to study physiotherapy, occupational therapy or speech and language therapy, or anyone checking that an Irish qualification leads to CORU registration.

Free to view; course fees are set by each college.

### CAAHEP — Find an accredited allied health programme, incl. exercise science & exercise physiology (United States)

https://www.caahep.org/students/find-an-accredited-program

**WHAT YOU WILL FIND**

The Commission on Accreditation of Allied Health Education Programs' public finder lists every currently accredited programme, and those holding a Letter of Review, across its allied health professions; exercise programmes are reviewed by its CoAES committee. From 15 August 2027, ACSM requires EP and CEP candidates to have graduated from a programme that is CAAHEP-accredited or has started the CAAHEP process.

**WHO IT IS FOR**

US students choosing an accredited allied health programme, including anyone aiming for ACSM's Exercise Physiologist or Clinical Exercise Physiologist credentials through an exercise science or exercise physiology degree.

Free to search; tuition is set by each college or university. Note: The finder covers many allied health professions; choose the profession you want, then check what your state requires.

### Kenya Medical Practitioners and Dentists Council — Approved medical and dental schools and student indexing (Kenya & East Africa)

https://kmpdc.go.ke/undergraduate-training/

**WHAT YOU WILL FIND**

KMPDC's undergraduate training page lists the 13 medical schools and 2 dental schools in Kenya approved by the Council, and the schools in Uganda, Tanzania, Rwanda and Burundi recognised under East African Community reciprocity. Deans must submit admitted students for indexing within three months, and students who are not indexed cannot start an internship. The page links the MBChB and BDS core curricula.

**WHO IT IS FOR**

Anyone in East Africa planning to study medicine or dentistry, and parents checking a school, before enrolling; current students checking that their dean has indexed them.

Free to read; tuition is set by each university. Note: Doctors and dentists only; nurses and other health workers in Kenya are regulated by their own councils.

### Nursing and Midwifery Council of Ghana — Accredited nursing and midwifery training institutions (Ghana)

https://www.nmc.gov.gh/web/find-accredited-institutions

**WHAT YOU WILL FIND**

A public table of about 150 institutions accredited by the Council to train nurses and midwives in Ghana. For each it shows the programmes offered (codes such as RGN, RM, RMN, RPHN, NAC and NAP, with '(BSc)' marking degree programmes), whether it is state or private, and its region.

**WHO IT IS FOR**

Prospective nursing and midwifery students in Ghana and their families checking that a college is accredited before applying.

Free to read; fees are set by each institution. Note: The table shows no accreditation dates or status, so confirm a programme's current accreditation with the Council before paying fees.

### Nursing and Midwifery Council of Nigeria — Approved schools of nursing and midwifery, with accreditation status (Nigeria)

https://nmcn.gov.ng/apschool.html

**WHAT YOU WILL FIND**

The Council's page on approved training institutions: basic schools of nursing and of midwifery, post-basic nursing specialty schools, university nursing departments, and community nursing and midwifery programmes. Its linked PDF list (December 2025) gives each school's accreditation status and date by state, including withdrawals and admission embargoes. Full accreditation lasts five years, provisional two.

**WHO IT IS FOR**

Prospective nursing and midwifery students in Nigeria and their parents, and anyone checking whether a school or university department may admit students.

Free to read; fees are set by each school. Note: The list is a PDF dated December 2025 and the page's totals do not agree (290 institutions; 400 programmes), so confirm a school's current status with the Council before paying fees.

### COMAEM — Medicine degree programmes in Mexico with current COMAEM accreditation (Mexico)

https://www.comaem.org.mx/acreditacion-internacional/

**WHAT YOU WILL FIND**

Mexico's medical-education accreditor lists, state by state, the medicine degree programmes (such as Médico Cirujano) that hold its accreditation, with the university, campus and the date each accreditation runs to. On 25 October 2026 the table had 114 programmes in 31 states. The site menus also show programmes whose accreditation has expired or is in process.

**WHO IT IS FOR**

Anyone choosing a medical school in Mexico who wants to check that the programme holds current accreditation before enrolling.

Free to read; tuition is set by each university. Note: Spanish only and medicine only; a few rows show end dates that have already passed, so check the date and confirm with COMAEM or the university.

## Free Courses From Health Organisations — Try the Field First

### University of Tasmania, Wicking Dementia Centre — Understanding Dementia free online course (worldwide)

https://www.utas.edu.au/wicking/understanding-dementia

**WHAT YOU WILL FIND**

A free, self-paced course of about 21 hours in four modules: the brain and how it changes; signs, symptoms and risks; caring for people with dementia; and being and belonging with dementia. It is always open, has no exams and gives a completion certificate.

**WHO IT IS FOR**

Anyone considering aged care, nursing, allied health or dementia support work, and carers who want a grounding first.

Free, including the completion certificate. Note: The certificate is not accredited academic credit.

### World Health Organization — OpenWHO free online learning platform (worldwide)

https://openwho.org/

**WHAT YOU WILL FIND**

WHO's own free, self-paced online courses on public health and health emergencies — current topics include research ethics, clinical trials and antimicrobial resistance — in many languages, including Swahili. A way to try WHO's own training before choosing a qualification.

**WHO IT IS FOR**

Anyone considering public health, global health or humanitarian work who wants to try WHO's own training before choosing a qualification.

Free. Note: Centred on public health and emergencies rather than mental health; courses come and go, so search the platform for current topics.

### PAHO Virtual Campus for Public Health — Free self-learning courses with certificates (the Americas & worldwide)

https://campus.paho.org/en/courses/self-learning

**WHAT YOU WILL FIND**

The Pan American Health Organization's learning platform offers self-paced courses that are open-access, free of charge and end with a PAHO certificate stating the course hours. Examples include a 20-hour course on caring for people with type 2 diabetes in primary health care (launched November 2025) and the HEARTS course on accurate automated blood pressure measurement; courses come in several languages.

**WHO IT IS FOR**

Students and early-career health workers, especially in Latin America and the Caribbean, who want free certificated introductions to primary care and public health; PAHO says some courses can also supplement health students' studies.

Free, including the certificate. Note: Short certificated courses for health workers, not qualifications; languages vary by course.

### UNA-SUS, Brazil's Ministry of Health — Free online courses for health professionals, from open courses to master's (Brazil)

https://www.unasus.gov.br/

**WHAT YOU WILL FIND**

The Open University of Brazil's Unified Health System (SUS), created by the Ministry of Health in 2010, offers free distance courses built with a network of universities, from open online courses to aperfeiçoamento, specialisation and professional master's programmes, with certificates. It lists 151 courses open for enrolment, including a diabetes-in-primary-care course made with the Sociedade Brasileira de Diabetes.

**WHO IT IS FOR**

Portuguese-speaking health students and professionals, especially in Brazil's SUS, who want free certificated training; any health professional may enrol in courses whose prerequisites they meet.

Free. Note: Portuguese only and designed for Brazil's public health system; some courses require professional prerequisites.

### MHPOD — Mental Health Professional Online Development: free government-funded training (Australia)

https://www.mhpod.gov.au/about-us/

**WHAT YOU WILL FIND**

Free online learning for Australia's mental health and related workforces: over 70 topics of about an hour each, plus videos, checklists and templates, based on the National Practice Standards for the mental health workforce. Topics range from recovery to legislation and dual disability, with certificates for completed content. It is open to peer workers, students and interested members of the public.

**WHO IT IS FOR**

People starting or building a mental health career in Australia, such as peer workers, students, nurses, allied health and community workers, who want free structured learning.

Free. Note: Australian practice context; a free Learning Portal account is needed to track progress and download certificates.

### NHS England Learning Hub — Free health and care e-learning, now taking in the elearning for healthcare programmes (UK)

https://learninghub.nhs.uk/

**WHAT YOU WILL FIND**

NHS England's platform for free education and training resources: e-learning, videos and articles from the NHS and professional organisations. NHS England is moving the elearning for healthcare (elfh) programmes onto it. NHS and social care staff get full access, and anyone else can register a general account with a personal email address.

**WHO IT IS FOR**

UK students and career changers who want to try the e-learning that NHS staff use before applying for health or care roles, and staff building skills.

Free. Note: General (non-NHS) accounts see only resources opened to the wider audience, and NHS England described general access as for UK locations.

### World Health Organization — WHO Academy: WHO's learning platform for health workers, free registration (worldwide)

https://www.who.int/about/who-academy

**WHAT YOU WILL FIND**

WHO's lifelong-learning academy offers online courses on topics such as primary health care, behavioural sciences, urban health and clinical trial design. Registration on its learning platform (whoacademy.org) is free; WHO says the platform launched in December 2024 with nearly 200 WHO courses, including translations in 12 languages, and aims to give health workers free access to learning.

**WHO IT IS FOR**

Health students and health workers anywhere, especially in low- and middle-income countries, who want WHO-built courses on core health-system skills, as a step on from OpenWHO.

Free to register; WHO describes the Academy's aim as free access to lifelong learning for health workers. Note: The platform needs JavaScript and a free account, and the catalogue is still growing, so check each course's audience and language.

## Medicine, Psychiatry & Nursing — Accredited Programmes

### World Directory of Medical Schools (WFME & FAIMER) — every medical school in the world, by country (global)

https://www.wdoms.org/

**WHAT YOU WILL FIND**

The global directory of medical schools, combining the former IMED (FAIMER) and Avicenna (WFME) directories. Search by country, city or school name; entries give contact details, affiliations, curriculum and enrolment details, and for some schools notes contributed by the directory's sponsors.

**WHO IT IS FOR**

Anyone thinking of studying medicine in another country, or checking a school before applying; useful for international students and doctors planning to work abroad.

Free to search; tuition is set by each school. Note: The directory itself says a listing is not recognition or accreditation: check the school's national accreditor and the regulator where you plan to work before enrolling.

### LCME — Accredited MD Programs directory (United States)

https://lcme.org/directory/accredited-programs/

**WHAT YOU WILL FIND**

The official table of about 165 accredited MD programmes, by state, showing city, accreditation status (full, preliminary or provisional, including any on probation), first year of accreditation and next survey date. A companion page lists new schools with applicant or candidate status.

**WHO IT IS FOR**

Anyone in the US aiming to become a physician (including a psychiatrist) by the MD route; check a new or unfamiliar school's status here before applying.

Free to view; tuition is set by each school. Note: Covers MD programmes only: osteopathic (DO) schools are accredited separately by the AOA's COCA, and Canadian MD programmes by CACMS.

### CACMS — Accredited MD Programs (Canada)

https://cacms-cafmc.ca/about-cacms/accredited-programs/

**WHAT YOU WILL FIND**

The list of Canada's MD programmes by province and status: 17 accredited, plus new schools with preliminary accreditation, candidate or applicant status. CACMS accredits complete MD programmes run by universities chartered in Canada.

**WHO IT IS FOR**

Students in Canada planning to study medicine, and anyone checking whether a new Canadian medical school is fully accredited yet.

Free to view; tuition is set by each university.

### Australian Medical Council — Accredited medical schools (Australia & New Zealand)

https://www.amc.org.au/accredited-organisations/medical-schools/accredited-medical-schools/

**WHAT YOU WILL FIND**

The table of every accredited primary medical programme in Australia and New Zealand (24 universities, including Auckland and Otago), with each programme's accreditation expiry and next accreditation event. A primary medical programme leads to the qualification that enables registration as a medical practitioner.

**WHO IT IS FOR**

Anyone in Australia or New Zealand who wants to become a doctor, including future psychiatrists; check here that a medical degree is accredited before enrolling.

Free to view; tuition is set by each university.

### General Medical Council — Bodies that can award UK medical degrees (United Kingdom)

https://www.gmc-uk.org/education/how-we-quality-assure-education-and-training/approving-education-and-training/institutions-awarding-uk-medical-degrees/list-of-awarding-bodies-and-new-schools

**WHAT YOU WILL FIND**

The official list of about 40 universities and joint schools (such as Hull York and Brighton and Sussex) that the GMC allows to award UK primary medical qualifications, with a record of how the list has changed and a link to new schools and programmes under review.

**WHO IT IS FOR**

Anyone planning to study medicine in the UK, or checking that a new UK medical school awards a recognised UK medical degree.

Free to view; tuition is set by each university.

### National Medical Commission — College and Course Search: medical colleges for MBBS and MD/MS courses (India)

https://nmc.org.in/information-desk-college-and-course-search

**WHAT YOU WILL FIND**

The NMC's official search of medical colleges by course, academic year, state, management (government or private), university and college name. Courses include MBBS and postgraduate MD, MS, DM, MCh and diploma courses, including MD Psychiatry. The page also posts each year's undergraduate and postgraduate seat matrices.

**WHO IT IS FOR**

Students in India planning to study MBBS, and doctors choosing a postgraduate course such as MD Psychiatry, checking a college before applying.

Free to search; fees are set by each college. Note: Results load from a form and change each academic year; confirm a college's current NMC permission and seats before paying any fees.

### Royal College of Psychiatrists — Become a psychiatrist: training routes and exams (United Kingdom)

https://www.rcpsych.ac.uk/become-a-psychiatrist

**WHAT YOU WILL FIND**

The College's hub for school students, medical students and foundation doctors thinking about psychiatry: what the job involves, how to become a psychiatrist, psychiatry placements at medical school, and applying for core and higher psychiatry training. Linked training pages cover the MRCPsych exams and routes for international doctors.

**WHO IT IS FOR**

School leavers, medical students and junior doctors in the UK considering psychiatry; international doctors can follow its 'International Medical Graduates' and Medical Training Initiative links.

Free to read; exam and training fees are set out in the College's training pages.

### RANZCP — Psychiatry training: the Fellowship Program (Australia & New Zealand)

https://www.ranzcp.org/become-a-psychiatrist/psychiatry-training

**WHAT YOU WILL FIND**

How to train as a psychiatrist in Australia and New Zealand: eligibility, applying through the branch training committee for your state, territory or New Zealand, selection (CV, academic record, work experience and interview), time and fees. Training takes a minimum of 60 months full-time and leads to Fellowship of the College (FRANZCP).

**WHO IT IS FOR**

Registered doctors in Australia or New Zealand (or medical students planning ahead) who want to become psychiatrists.

Free to read; annual training, course and exam fees apply.

### Nursing and Midwifery Council — Approved programmes search (United Kingdom)

https://www.nmc.org.uk/education/approved-programmes/

**WHAT YOU WILL FIND**

Search programmes run by NMC-approved education institutions by UK nation, institution and course: pre-registration nursing (including the mental health field), midwifery, prescribing, return to practice and specialist community public health nursing. The page warns that other 'nursing diploma' courses will not lead to NMC registration.

**WHO IT IS FOR**

Anyone in the UK who wants to become a nurse (including a mental health nurse) or midwife, and qualified nurses looking for approved post-registration courses.

Free to search; tuition is set by each university.

### Nursing and Midwifery Board of Australia — Approved programs of study (Australia)

https://www.nursingmidwiferyboard.gov.au/Accreditation/Approved-programs-of-study

**WHAT YOU WILL FIND**

The national search of programmes approved for general registration as a registered nurse, enrolled nurse or midwife, plus re-entry and endorsement programmes. Bridging programmes are now open only to overseas-qualified nurses and midwives who had to complete one before March 2020; others follow an outcomes-based assessment.

**WHO IT IS FOR**

Anyone in Australia planning to study nursing or midwifery, and registered nurses or midwives checking a re-entry or endorsement programme.

Free to search; tuition is set by each provider.

### Nursing Council of New Zealand — How to become a nurse, with the list of accredited programmes (New Zealand)

https://www.nursingcouncil.org.nz/NCNZ/Education-section/How_to_become_a_nurse.aspx

**WHAT YOU WILL FIND**

Explains the routes to registration as a registered nurse (bachelor's or graduate-entry master's degree) or enrolled nurse (New Zealand diploma), all offered only by institutions the Council accredits, and links to the downloadable list of accredited programmes and entry requirements.

**WHO IT IS FOR**

Anyone in New Zealand who wants to become a nurse, before choosing a provider.

Free to read; tuition is set by each provider. Note: The programme list is a PDF updated periodically (the version linked in October 2026 was dated August 2024); confirm current status with the provider.

### ACEN — Search accredited nursing programmes, practical to clinical doctorate (United States & international)

https://www.acenursing.org/search-programs

**WHAT YOU WILL FIND**

Search nursing programmes accredited by ACEN at every level: practical, diploma, associate, baccalaureate, master's, clinical doctorate and transition-to-practice. Filter by programme type, status (accredited or candidate), governing organisation and city, state or country.

**WHO IT IS FOR**

Anyone in the US choosing a nursing programme, especially an associate degree or practical nursing route.

Free to search; tuition is set by each school. Note: ACEN accreditation is separate from approval by the state board of nursing, which licensing depends on, so check both.

### CCNE — Find accredited nursing programmes: baccalaureate, graduate and residency (United States)

https://www.aacnnursing.org/ccne-accreditation/find-accredited-programs

**WHAT YOU WILL FIND**

The gateway to CCNE's directory of accredited baccalaureate, master's, Doctor of Nursing Practice and post-graduate APRN certificate programmes, plus entry-to-practice nurse residency and nurse practitioner fellowship programmes, searchable by institution or state. A separate page lists programmes seeking accreditation.

**WHO IT IS FOR**

US students choosing a BSN, and registered nurses choosing a graduate programme, such as a psychiatric-mental health nurse practitioner track.

Free to search; tuition is set by each school. Note: The directory opens on CCNE's separate older-style site; CCNE accreditation is separate from state board of nursing approval.

### Canadian Association of Schools of Nursing — Accredited programs directory (Canada & international)

https://www.casn.ca/accreditation/accredited-programs

**WHAT YOU WILL FIND**

Search nursing programmes that hold CASN accreditation and are within their accreditation term: baccalaureate (BScN), nurse practitioner, practical nursing and a few international programmes. Filter by institution, province, country and programme.

**WHO IT IS FOR**

Students in Canada choosing a nursing degree or practical nursing diploma, and registered nurses choosing a nurse practitioner programme.

Free to search; tuition is set by each institution. Note: Entry to practice is approved by each province's or territory's nursing regulator, so check the regulator's list as well.

### Australian College of Mental Health Nurses — Becoming a mental health nurse and the CMHN credential (Australia)

https://acmhn.org/Web/Education/Becoming-a-mental-health-nurse-in-Australia.aspx

**WHAT YOU WILL FIND**

The step-by-step route to specialist mental health nursing in Australia: register as a nurse, study mental health nursing at postgraduate certificate, diploma or master's level (the College has accredited a number of courses), then apply to become a Credentialed Mental Health Nurse (CMHN) through one of three pathways, including one for UK-registered mental health nurses.

**WHO IT IS FOR**

Registered nurses and nursing students in Australia who want to specialise in mental health, and UK-trained mental health nurses moving to Australia.

Free to read; postgraduate fees vary; credential application A$225 for members, A$555 for non-members. Note: The CMHN is a professional credential, not a separate registration: Ahpra registration as a nurse is the legal requirement.

## Nutrition & Dietetics — Accredited Degrees, Registration & Specialist Training

### ACEND — Accredited Program Directory for dietetics (United States & international)

https://www.eatrightpro.org/acend/accredited-programs/program-directory

WHAT YOU WILL FIND

Search programmes accredited by ACEND by country, state and programme type (didactic programmes, coordinated programmes, dietetic internships and dietetic technician programmes), with filters for degree offered, what graduates can do on completion and fully online options. ACEND-accredited coursework and supervised practice are required to sit the RD/RDN exam.

WHO IT IS FOR

Anyone aiming to become a registered dietitian nutritionist (RDN) in the US, including students in the few other countries with ACEND-accredited programmes.

Free to search; tuition is set by each programme. Note: The RD/RDN exam now also requires a graduate degree, and state licensure is a separate step.

### Dietitians Australia — Accredited university programs in dietetics (Australia)

https://dietitiansaustralia.org.au/working-dietetics/university-programs

WHAT YOU WILL FIND

The list of dietetics degrees accredited by Dietitians Australia at about 20 Australian universities, plus programmes still seeking accreditation. To become an Accredited Practising Dietitian (APD) you need a degree accredited by Dietitians Australia.

WHO IT IS FOR

Anyone in Australia who wants to become a dietitian; check a nutrition degree is on this list, because only accredited degrees lead to APD status.

Free to view; tuition is set by each university. Note: Dietitians are not registered through Ahpra, so the APD credential is the profession's own standard; overseas-trained dietitians use the separate Dietetic Skills Recognition process.

### Dietitians Board — Qualifications for registration: New Zealand graduates (New Zealand)

https://www.dietitiansboard.org.nz/Public/Public/Registration/New-Zealand-Graduates.aspx

WHAT YOU WILL FIND

The list of New Zealand qualifications that lead to registration as a dietitian: currently Massey University's Master of Science (Nutrition and Dietetics) and the University of Auckland's Master of Health Sciences in Nutrition and Dietetics, with a note for Otago Master of Dietetics graduates from before its accreditation ended in 2021.

WHO IT IS FOR

Anyone in New Zealand who wants to become a dietitian; companion pages cover Australian-trained and overseas-trained applicants.

Free to read; tuition is set by each university.

### British Dietetic Association — Where to study dietetics: HCPC-approved courses (United Kingdom)

https://www.bda.uk.com/about-dietetics/how-become-a-dietitian/where-to-study-dietetics.html

WHAT YOU WILL FIND

Every UK course that qualifies you as a dietitian (about 44 courses at about 30 universities, by nation): BSc and integrated master's degrees, pre-registration MSc and postgraduate diplomas for graduates, and degree apprenticeships. All are approved by the HCPC, which registers dietitians, and accredited by the BDA.

WHO IT IS FOR

Anyone in the UK who wants to become a dietitian, including graduates in another subject looking for a pre-registration master's.

Free to view; tuition is set by each university (apprenticeships are employer-funded).

### Dietitians of Canada — Become a dietitian: education and training routes (Canada)

https://www.dietitians.ca/Become-a-Dietitian/Education-and-Training

WHAT YOU WILL FIND

Explains the routes: an integrated degree with practical training built in (usually about five years), a master's or diploma practicum programme, or a 35–40 week postgraduate practicum run by hospitals and other health facilities. Links to the list of accredited university and practicum programmes, provincial regulators and the Canadian Dietetic Registration Examination.

WHO IT IS FOR

Students in Canada planning a dietetics career, and career-changers with a related degree looking for a practicum route.

Free to read; tuition is set by each university. Note: Dietetics is regulated by each province; the accredited-programme list is hosted by Accreditation Canada, and each practicum site sets its own number of places.

### EFAD — Education Associate Members: universities teaching dietetics (Europe)

https://www.efad.org/membership/education-associate-members/

WHAT YOU WILL FIND

Lists about 40 universities and colleges in 16 European countries that are EFAD members and teach (or are working towards) the European Dietetic Academic and Practitioner Standards. Each must be recommended by the EFAD member national dietetic associations in its country.

WHO IT IS FOR

Students comparing dietetics programmes in Europe, and educators building programmes to European standards.

Free to view; tuition is set by each institution. Note: Membership, not accreditation, and not every programme is listed: the right to practise is set by each country's regulator or competent authority.

### International Confederation of Dietetic Associations — International standards for dietitian-nutritionists (global)

https://internationaldietetics.org/standards/

WHAT YOU WILL FIND

The internationally agreed minimum for the profession: at least a bachelor's degree plus at least 500 hours of supervised professional practice, entry-level competence standards (2016), and a code of ethics. A yardstick for judging whether a 'nutrition' course anywhere trains you as a dietitian.

WHO IT IS FOR

Students in countries without a dietetics accreditor, or comparing courses abroad; pair it with ICDA's list of national dietetic associations to find your country's body.

Free to read. Note: Standards, not a list of programmes, and they do not replace national rules for registration.

### Indian Dietetic Association — Registered Dietitian eligibility and recognised internship hospitals (India)

https://idaindia.com/rd-eligibility/

WHAT YOU WILL FIND

Sets out who can sit the national Registered Dietitian exam: IDA life membership, a degree in food, nutrition and dietetics (or home science with food and nutrition), a postgraduate diploma or MSc, and either a six-month internship at one of about 100 IDA-recognised hospitals (listed on a linked page) or five years as a hospital clinical dietitian.

WHO IT IS FOR

Students in India planning a career as a clinical dietitian, before choosing a degree and internship hospital.

Free to read; university fees, IDA life membership and the exam fee apply. Note: The RD is the IDA's own professional credential, not a government licence.

### Monash University — Low FODMAP online training for dietitians and health professionals (global)

https://www.monashfodmap.com/online-training/online-dietitian-courses/

**WHAT YOU WILL FIND**

Self-paced online courses from the Monash team that developed the low FODMAP diet for IBS: the core course on using the diet in practice (30.25 CPD hours), plus shorter courses on disordered eating in gut disorders and on gut symptoms in endometriosis.

**WHO IT IS FOR**

Qualified dietitians and other health professionals who treat IBS and want specialist FODMAP training.

Core course US$490 (A$627 in Australia, incl. GST); shorter courses US$120–144. Note: Professional development for people already qualified, not a registration qualification; it does not make you a dietitian.

### Commission on Dietetic Registration — Board Certified Specialist credentials, incl. digestive health and obesity (United States)

https://www.cdrnet.org/board-certified-specialist

**WHAT YOU WILL FIND**

Specialist board certification in eight areas: Digestive Health, Gerontological, Obesity and Weight Management (an interdisciplinary certification), Oncology, Paediatric, Paediatric Critical Care, Renal and Sports Dietetics. It is awarded for documented practice experience in the specialty plus a passed exam.

**WHO IT IS FOR**

Practising US registered dietitians (and, for the interdisciplinary obesity certification, some other professionals) wanting a specialist credential, and clinicians checking what 'board certified specialist' means.

Exam and application fees apply (see each specialty page). Note: A post-qualification credential for people already in practice; it is not an entry route into dietetics or a licence.

### Association for Nutrition — Accredited nutrition degrees for the UK Voluntary Register of Nutritionists (UK & international)

https://www.associationfornutrition.org/degree-accreditation/accredited-programmes/

**WHAT YOU WILL FIND**

List of AfN-accredited undergraduate and postgraduate nutrition degrees open to new students, mostly in the UK with some in Ireland and elsewhere, filterable by level and subject (such as human or public health nutrition). Graduates can apply by direct entry to the UK Voluntary Register of Nutritionists as a Registered Associate Nutritionist (ANutr). Accreditation lasts five years.

**WHO IT IS FOR**

Anyone planning to work as a nutritionist in the UK, for example in the NHS, public health or research, rather than as a dietitian.

Free to search; tuition is set by each university. Note: Registration as a nutritionist is voluntary in the UK; dietitians follow a separate route through HCPC-approved dietetics degrees.

### Nutrition Society of New Zealand — Registered Nutritionist and Associate registration requirements (New Zealand)

https://www.nutritionsociety.ac.nz/registration

**WHAT YOU WILL FIND**

Sets out the two routes onto the NSNZ Register of Nutritionists: Registered Nutritionist (an accepted nutrition degree, such as from Otago, Massey or Auckland, plus 2–3 years' professional experience) and Associate Registered Nutritionist, for recent graduates working in nutrition or in postgraduate study, with a mentor. Natural or complementary medicine qualifications are not accepted.

**WHO IT IS FOR**

Nutrition science students and graduates in New Zealand who want recognised professional standing as nutritionists in public health, research or community nutrition roles.

Application NZ$70–90 and registration NZ$40–75, plus Society membership; NZ$185 a year ongoing for Registered Nutritionists. Note: A voluntary professional register: the Society controls the title 'Registered Nutritionist'; dietitians register separately with the Dietitians Board.

## Metabolic Health — Diabetes Education, Obesity & Lifestyle Medicine, Ketogenic Therapy & Health Coaching

### American Board of Lifestyle Medicine — Lifestyle medicine certification for physicians and health professionals (United States & Canada)

https://ablm.org/lifestyle-medicine-certification/

WHAT YOU WILL FIND

Board certification exam in lifestyle medicine. Physicians need at least two years of ABMS or AOA primary board certification (Canadian physicians must be certified and registered), 30 hours of approved online coursework, 20 hours of approved events and a case study; health professionals with a master's or doctorate in a health discipline can certify separately.

WHO IT IS FOR

Already-qualified US and Canadian doctors and health professionals who use nutrition and lifestyle treatment for chronic disease, such as type 2 diabetes.

Physicians US$299 registration plus US$1,349–1,499 exam; professionals US$199 plus US$1,169–1,299. Note: An add-on credential from an independent board, not a licence; it builds on an existing medical or health qualification.

### British Society of Lifestyle Medicine — Core Accreditation lifestyle medicine course (United Kingdom)

https://bslm.org.uk/core-accreditation/

WHAT YOU WILL FIND

A self-paced programme of about 60 hours across six pillars (sleep, eating, physical activity, social connection, harmful substances, mental wellbeing) and consultation skills such as motivational interviewing, assessed by written assignments and a case study, plus 10 hours of in-person CPD at a BSLM conference. Separate versions for doctors and for regulated health professionals.

WHO IT IS FOR

UK doctors, nurses, dietitians, pharmacists and allied health professionals adding lifestyle medicine to their practice; meets the RCGP's lifestyle medicine GP-with-extended-role learning.

Fees on BSLM's tariff; a limited number of bursaries for nurses, pharmacists and allied health professionals. Note: CPD for registered professionals, not a registration qualification; BSLM's separate course for non-clinical staff does not make anyone a clinician.

### Australasian Society of Lifestyle Medicine — ASLM Accreditation in Lifestyle Medicine (Australia & New Zealand)

https://lifestylemedicine.org.au/aalm/

WHAT YOU WILL FIND

An online course of about 80 hours in four stages (foundations, the six pillars, practical clinical tools, and First Nations health), assessed by written tasks rather than exams, plus 10 hours at an ASLM event. Requires a bachelor's degree or higher in a health discipline; GP CPD-recognised by RACGP, RNZCGP and ACRRM.

WHO IT IS FOR

GPs, specialists, nurses, dietitians, psychologists, exercise physiologists and other health professionals in Australia and New Zealand adding lifestyle medicine skills.

A$3,750 (A$3,500 for members), excluding GST, or four monthly instalments. Note: CPD and a society credential for people already qualified, not a registration qualification or a recognised medical specialty.

### International Board of Lifestyle Medicine — Lifestyle medicine certification for physicians and health professionals (worldwide)

https://iblm.org/lifestyle-medicine-certification/

WHAT YOU WILL FIND

IBLM runs the international lifestyle medicine board exam for physicians (MD, DO, MBBS or equivalent) and for health professionals with a master's or doctorate. Candidates first complete 30 hours of approved lifestyle medicine coursework and 20 hours of approved events (physicians also submit a case study), then sit a proctored exam online on their own device or at a Prometric test centre.

WHO IT IS FOR

Doctors and master's- or doctorate-qualified health professionals who want a credential in treating chronic disease through nutrition, activity, sleep, stress management and other lifestyle changes.

Paid: prerequisite courses and the exam carry fees. Note: Lifestyle medicine is not a recognised medical specialty in most countries; IBLM certification is voluntary and gives no licence to practise.

### World Obesity Federation — SCOPE certification in obesity management for health professionals (international)

https://www.worldobesity.org/training-and-events/scope/certification/

**WHAT YOU WILL FIND**

SCOPE certification recognises clinicians trained in obesity management. Candidates need six months' practical obesity-management experience, 12 SCOPE points (including the online Core Learning Path, with the rest from e-learning, SCOPE Schools or SCOPE-accredited events) and a pass in the core exam plus one supplementary exam. Certification is renewed every year with further learning.

**WHO IT IS FOR**

Doctors, nurses, dietitians, psychologists and other health professionals outside the US and Canada who want structured training and a credential in obesity care.

Paid: e-learning, exams and certification carry fees; annual renewal is £40. Note: Not open to health professionals in the US or Canada, and it is a professional-development credential rather than a specialist registration.

### Obesity Medicine Fellowship Council — Directory of obesity medicine fellowship programmes (United States & Canada)

https://omfellowship.org/directory-of-programs/

**WHAT YOU WILL FIND**

Public directory of about 30 active obesity medicine fellowships, mainly at US academic centres such as Cleveland Clinic, Johns Hopkins and Mass General Brigham, plus one in Toronto. Listed programmes meet the Council's minimum standards and satisfy the requirements to sit the American Board of Obesity Medicine (ABOM) exam; doctors can also qualify for ABOM through a 60-credit CME pathway.

**WHO IT IS FOR**

Physicians finishing or after a US or Canadian residency who want to specialise in the medical treatment of obesity and related metabolic disease.

Free to search; fellowships are generally salaried training posts; the ABOM exam fee is US$1,500–1,750. Note: ABOM certification requires an unrestricted US or Canadian medical licence and existing ABMS or osteopathic board certification.

### Certification Board for Diabetes Care and Education — CDCES eligibility and exam (United States)

https://www.cbdce.org/cdces/eligibility-requirements

**WHAT YOU WILL FIND**

Sets out how to become a Certified Diabetes Care and Education Specialist (CDCES): hold a qualifying US health credential (for example registered nurse, dietitian or pharmacist), have two years' professional practice including at least 1,000 hours of diabetes care and education in the last five years, and 15 hours of diabetes-related continuing education, then pass the CDCES exam.

**WHO IT IS FOR**

Nurses, dietitians, pharmacists and other licensed US health professionals who want to specialise in diabetes, prediabetes and metabolic care and education.

Free to read; the exam and renewal carry fees. Note: Requires a current US licence; other countries have their own diabetes educator credentials (for example ADEA credentialling in Australia).

### Australian Diabetes Educators Association — ADEA-accredited postgraduate certificates for Credentialled Diabetes Educators (Australia)

https://www.adea.com.au/postgraduate-certificates

**WHAT YOU WILL FIND**

ADEA's list of the nine accredited graduate certificates in diabetes education and management (for example Curtin, Deakin, Flinders, James Cook and Western Sydney universities), mostly online or flexible, each with a clinical placement. Completing one is a required step towards ADEA's Credentialled Diabetes Educator (CDE) credential, along with supervised practice and mentoring.

**WHO IT IS FOR**

Registered nurses, dietitians, pharmacists, podiatrists, exercise physiologists and other eligible Australian health professionals who want to specialise in diabetes education.

Free to view; university fees apply, and CDE assessment and annual re-credentialling carry fees. Note: CDE is ADEA's own credential, not Ahpra registration; it needs full ADEA membership, an ADEA-recognised health registration and a certificate completed within the last five years.

### Canadian Diabetes Educator Certification Board — Certified Diabetes Educator (CDE) exam: eligibility and dates (Canada)

https://www.cdecb.ca/professionals/exam/

**WHAT YOU WILL FIND**

Sets out who can sit the national CDE® exam: a health professional licensed with a Canadian regulatory body who has logged at least 800 hours of diabetes education practice in the three years before the 1 February application deadline (taking a diabetes course does not count). The exam is held each May; the designation lasts five years and is renewed by exam or credit portfolio.

**WHO IT IS FOR**

Nurses, dietitians, pharmacists and other regulated health professionals in Canada who already work in diabetes education and want the national credential.

Free to read; the exam fee is set out in the Examination Handbook linked from the page. Note: Only for health professionals licensed in Canada who already practise diabetes education; a voluntary specialty credential, not a licence.

### International Diabetes Federation — IDF School of Diabetes: accredited online courses for health professionals (worldwide)

https://www.idfdiabeteschool.org/

**WHAT YOU WILL FIND**

IDF's e-learning platform for health professionals in diabetes care. Free courses (management strategies for type 2 diabetes, continuous glucose monitoring, prevention of type 2 diabetes, biosimilar insulins, type 2 diabetes and chronic kidney disease) sit alongside Premium courses with free trial modules. Courses carry European CME credits; the free type 2 course for GPs (June 2026) ends with an IDF certificate.

**WHO IT IS FOR**

GPs, primary care doctors, nurses, educators and other health professionals anywhere in the world who care for people with diabetes and want structured, accredited learning.

Free courses; Premium courses charge a fee (free trial modules available). Note: Continuing education for people already working in health care, not a registrable qualification; Premium courses cost money.

### European Association for the Study of Diabetes — EASD e-Learning: free CME modules on diabetes (worldwide)

https://www.easd.org/education/e-learning/

**WHAT YOU WILL FIND**

EASD's free e-learning platform offers more than 80 CME-accredited modules, covering type 1 and type 2 diabetes management, hypoglycaemia, diabetic foot disease, GLP-1 receptor agonists, obesity and diabetes, insulin resistance, metabolic surgery, lifestyle intervention and MASLD. Modules are reviewed by independent experts and EASD's Training and Education Committee.

**WHO IT IS FOR**

Doctors, nurses, dietitians and other health professionals worldwide, and students heading for diabetes care, who want expert-reviewed diabetes education.

Free. Note: Continuing education, not a qualification; the course site says its content is for registered health professionals.

### American Board of Obesity Medicine — Obesity medicine certification for physicians: CME and fellowship pathways (United States & Canada)

https://www.abom.org/

**WHAT YOU WILL FIND**

ABOM, set up in 2011, certifies physicians in obesity medicine. Most practising doctors qualify through 60 obesity-related CME credits; from the 2028 exam 45 of these must be Core credits from ABOM's Primary Educational Partners. Others qualify through a recognised obesity medicine fellowship. The exam is held each October at Pearson VUE centres in the US and Canada.

**WHO IT IS FOR**

Physicians who have completed residency in the US or Canada and want a recognised credential in treating obesity and its metabolic complications, such as type 2 diabetes.

Exam application US$1,500 (early) or US$1,750 (2027); CME courses cost extra. Note: A voluntary physician certification: it needs a full US or Canadian medical licence (training licences are not accepted) and, except for applicants in Canada, ABMS or osteopathic board certification.

### National Board for Health & Wellness Coaching — Find an approved training programme for board certification (United States)

https://nbhwc.org/find-an-approved-training-program/

**WHAT YOU WILL FIND**

Directory, with a downloadable spreadsheet, of the more than 138 coach-training programmes that meet NBHWC's educational standards. Graduates who also log 50 coaching sessions and hold an associate degree (or 60 college credits) or 4,000 hours of work experience can sit the national board exam, registered through the National Board of Medical Examiners, to become an NBC-HWC.

**WHO IT IS FOR**

People aiming to work as health and wellness coaches in US clinics, health systems or chronic-disease programmes such as diabetes prevention, and clinicians adding coaching skills.

Free to search; programme fees vary; the exam costs US$400 plus a US$100 application fee. Note: Health coaching is not a licensed profession; approval means a programme meets NBHWC standards, not that NBHWC endorses all of its curriculum content.

### Personalised Care Institute — Accredited four-day health and wellbeing coaching courses for NHS roles (England)

https://www.personalisedcareinstitute.org.uk/4-day-health-and-wellbeing-coaching/

**WHAT YOU WILL FIND**

The PCI's menu of accredited four-day health and wellbeing coaching courses (about 15 providers). PCI standards say health and wellbeing coaches in NHS primary care networks should complete a four-day PCI-accredited health coaching course or a PCI-approved level 3 apprenticeship, as also set out in NHS England's workforce development framework for the role.

**WHO IT IS FOR**

People training for NHS health and wellbeing coach posts in England, typically in GP practices and primary care networks, supporting people with long-term conditions such as type 2 diabetes.

Free to view; fees are set by each training provider. Note: England only; listed providers are independent organisations, many of them commercial, so check each course and what your employer requires.

### Matthew's Friends KetoCollege — Ketogenic dietary therapy training for clinical keto teams (UK & international)

https://ketocollege.co.uk/

**WHAT YOU WILL FIND**

Training in medical ketogenic diet therapy, mainly for drug-resistant epilepsy and Glut1 deficiency: six e-learning courses (classical, modified and MCT ketogenic diets, medicines and emergencies, preparing families, infants to adults); free webinars; and KetoCollege Advance, a three-day UK meeting for keto teams led by Professor Helen Cross OBE of the UCL Great Ormond Street Institute of Child Health.

**WHO IT IS FOR**

Dietitians, dietetic assistants, neurologists, paediatricians, specialist nurses and pharmacists starting or running a ketogenic diet service, in the UK or abroad.

E-learning £89 per course or £347 for all six (25% off for low and lower-middle income countries); Advance charges a delegate fee, with bursaries; webinars free. Note: Specialist-supervised medical ketogenic diets (chiefly epilepsy), not general low-carb weight loss; CPD, not a qualification. The site is run by KetoCollege Ltd, and Nutricia, a maker of ketogenic feeds, sponsors the e-learning.

### Obesity Canada — Education for healthcare professionals, incl. the Certified Bariatric Educator designation (Canada)

https://obesitycanada.ca/healthcare-professionals/education/

**WHAT YOU WILL FIND**

Obesity Canada's self-paced courses, aligned with the Canadian adult and paediatric obesity clinical practice guidelines: free introductory and intermediate courses (weight bias, assessment, nutrition and physical activity, mental health, bariatric surgery), the accredited Calibre programme of over 22 hours for primary care, and the Certified Bariatric Educator (CBE®) exam.

**WHO IT IS FOR**

Canadian doctors, nurse practitioners, nurses, dietitians and other clinicians building skills in obesity care; the CBE suits those with prior obesity training and 700 hours of obesity-related practice in the past five years.

Introductory and intermediate courses free; Calibre C$599 (2026); the CBE exam is charged separately. Note: Continuing education and a voluntary designation, not a licence; content is built around Canadian guidelines.

### Aotearoa College of Diabetes Nurses (NZNO) — Diabetes nursing education and postgraduate papers (New Zealand)

https://www.acdn.org.nz/education/

**WHAT YOU WILL FIND**

Brings together the routes into diabetes nursing in New Zealand: graduate and postgraduate diabetes papers at the University of Auckland, Wintec and Ara; a free advanced diabetes management course from the University of Waikato (Midland region); the National Diabetes Nursing Knowledge and Skills Framework (all nurses, proficient and specialist levels), which guides ACDN accreditation; and free NZSSD online learning.

**WHO IT IS FOR**

Registered nurses and nurse practitioners in New Zealand who want to specialise in diabetes care.

Free to view; tertiary papers charge fees; NZSSD online learning is free. Note: For nurses in New Zealand; the framework and ACDN accreditation are professional standards, not a separate registration.

### Federation of the Royal Colleges of Physicians — Specialty training in endocrinology and diabetes mellitus (United Kingdom)

https://www.thefederation.uk/training/specialties/endocrinology-and-diabetes-mellitus

**WHAT YOU WILL FIND**

Official page for UK higher specialty training in endocrinology and diabetes, entered after the foundation programme and Internal Medical Training (or ACCS internal medicine). The GMC-approved 2022 curriculum trains doctors jointly in endocrinology and diabetes and internal medicine towards a certificate of completion of training, with a Specialty Certificate Examination run by MRCP(UK).

**WHO IT IS FOR**

UK doctors in core medical training who want to become consultants in diabetes and endocrinology, the specialists for diabetes and other endocrine and metabolic disease.

Free to read; examinations carry fees. Note: For doctors only, after foundation and core internal medicine training.

### Royal Australasian College of Physicians — Advanced Training in Endocrinology, adult and paediatric (Australia & New Zealand)

https://www.racp.edu.au/trainees/advanced-training/endocrinology

**WHAT YOU WILL FIND**

Three years (36 months full-time equivalent) of supervised specialist training in endocrinology, which includes diabetes, taken after RACP Basic Training and its exams in an approved Advanced Training post. Adult medicine and paediatrics streams have their own core requirements; new curricula apply to trainees starting from 2026, and completion leads to an invitation to apply for Fellowship (FRACP).

**WHO IT IS FOR**

Doctors in Australia and Aotearoa New Zealand who have finished RACP Basic Training and want to become consultant endocrinologists caring for people with diabetes and other metabolic disease.

Free to read; RACP membership and training fees apply. Note: For registered doctors in Australia or New Zealand only, after physician Basic Training.

### Diabetes UK — Free CPD modules for healthcare professionals, incl. type 2 diabetes remission (United Kingdom)

https://cpd.diabetes.org.uk/

**WHAT YOU WILL FIND**

Diabetes UK's free online learning platform for health professionals: stand-alone modules on type 2 diabetes remission (about 90 minutes, covering routes to remission and the DiRECT evidence), understanding diabetes and type 2 prevention, plus short collections on complications, treatment skills and insulin. Several modules are accredited by the Royal College of Nursing.

**WHO IT IS FOR**

UK nurses, pharmacists, dietitians, GPs and other health professionals who support people with, or at risk of, type 2 diabetes.

Free; registration is free and open to healthcare professionals. Note: Short CPD modules, not a qualification; the platform is funded by pharmaceutical and medtech companies, which Diabetes UK says had no input into content.

### CDC — Staffing and training for National Diabetes Prevention Program lifestyle coaches (United States)

https://www.cdc.gov/diabetes-prevention/php/program-provider/staffing-and-training.html

**WHAT YOU WILL FIND**

Explains the staff roles in CDC-recognised type 2 diabetes prevention programmes (lifestyle coach, programme coordinator, data preparer) and the rule that lifestyle coaches must be trained in a CDC-approved curriculum, through one of 11 training entities that have a memorandum of understanding with CDC; some also train Master Trainers.

**WHO IT IS FOR**

Health and community staff employed, or about to be employed, by organisations that deliver the National DPP lifestyle change programme for people with prediabetes.

Free to read; coach training fees are set by each training entity. Note: Training is usually arranged through a delivering organisation; the list of training entities is in CDC's Customer Service Center, not on this page.

### Public Health Foundation of India — Certificate Course in Evidence Based Diabetes Management (CCEBDM) for primary care doctors (India)

https://ccebdm.org/

**WHAT YOU WILL FIND**

A 12-month on-the-job course of 11 monthly weekend sessions online, with case studies, assignments and an exit exam, run by PHFI with Dr Mohan's Diabetes Education Academy since 2010. PHFI reports 18,847 primary care physicians trained, and several state governments, including Kerala and Madhya Pradesh, have adopted it for their doctors.

**WHO IT IS FOR**

MBBS doctors registered with the National Medical Commission or a state medical council who manage diabetes in primary care.

₹20,000 plus GST (₹23,600) for the 2026 cycle. Note: A certificate course, not a recognised medical qualification: PHFI tells graduates not to call themselves diabetologists or endocrinologists.

## Exercise Physiology, Physiotherapy & Occupational Therapy — Accredited Programmes

### Exercise & Sports Science Australia (ESSA) — Courses with full or provisional accreditation (Australia)

https://www.essa.org.au/Web/Accreditation/Becoming-accredited/Courses-with-full-or-provisional-accreditation.aspx

WHAT YOU WILL FIND

ESSA's sortable table of about 135 university courses holding full or provisional ESSA accreditation, showing university, course, campus, the level accredited — exercise science (AES), exercise physiology (AEP) or sports science (ASpS) — status and accreditation period. A second table lists courses still under consideration.

WHO IT IS FOR

Anyone in Australia planning to become an Accredited Exercise Scientist, Exercise Physiologist or Sports Scientist; ESSA describes choosing an accredited course as 'a proven pathway' to its accreditation.

Free to view; course fees are set by each university. Note: Exercise physiology is not an Ahpra-registered profession, so ESSA accreditation is the credential to check.

### American College of Sports Medicine — Exercise Physiologist & Clinical Exercise Physiologist certification (United States)

https://acsm.org/certification/get-certified/

WHAT YOU WILL FIND

ACSM's page setting out its certifications and who is eligible: Exercise Physiologist (a bachelor's in exercise science) and Clinical Exercise Physiologist (a bachelor's plus 1,200 hours of practice, or a clinical exercise physiology master's plus 600 hours), alongside its fitness-industry credentials (Personal Trainer, Group Exercise Instructor). These are exam-based certifications, not degrees.

WHO IT IS FOR

Exercise science students and graduates aiming for clinical exercise work, mainly in the US. From 15 August 2027, EP and CEP candidates need a degree from a CAAHEP-accredited programme (or one that has started the process).

Eligibility information is free to read; the exams are paid, with a non-refundable application fee and a discount for ACSM members. Note: A certification, not a degree or a licence; outside the US, check what your national exercise science body recognises.

### CAPTE — Directory of accredited physical therapist & PT assistant programmes (United States)

https://www.capteonline.org/programs

WHAT YOU WILL FIND

The Commission on Accreditation in Physical Therapy Education's directory hub: lists of accredited physical therapist (PT) and physical therapist assistant (PTA) programmes, PTA-to-PT bridge programmes, developing programmes and education outside the US, plus master lists of current and past accredited programmes, updated about 60 days after each CAPTE meeting.

WHO IT IS FOR

Anyone aiming to become a physical therapist or physical therapist assistant in the US who wants to check that a programme is accredited by CAPTE.

Free to search; tuition is set by each programme.

### Australian Physiotherapy Council — Accredited physiotherapy programmes (Australia)

https://physiocouncil.com.au/accreditation-for-education-providers/accredited-programs

WHAT YOU WILL FIND

The Council's list of physiotherapy programmes at about 30 Australian universities — bachelor's, honours, master's and doctoral routes — that it has accredited and that are approved by the Physiotherapy Board of Australia. Board-approved programmes are the usual route to registering as a physiotherapist through Ahpra.

WHO IT IS FOR

Anyone in Australia choosing a physiotherapy degree, or checking that a programme leads to registration as a physiotherapist.

Free to view; course fees are set by each university.

### Physiotherapy Education Accreditation Canada (PEAC) — Accredited Canadian physiotherapy programmes (Canada)

https://peac-aepc.ca/about-accreditation/affiliated-pt-programs/

WHAT YOU WILL FIND

PEAC's table of the 16 entry-to-practice physiotherapy programmes in Canada, grouped by province, with distributed sites, accreditation level and expiry date (15 fully accredited and one in pre-accreditation when checked). Canadian-educated graduates also need to pass the Physiotherapy Competency Exam and register with their provincial regulator; Québec has its own route.

WHO IT IS FOR

Anyone planning to become a physiotherapist in Canada; six of the programmes are in Québec.

Free to view; tuition is set by each university.

### World Physiotherapy — Accredited entry-level physiotherapy programmes (international)

https://world.physio/what-we-do/education/accreditation/programmes

WHAT YOU WILL FIND

World Physiotherapy's list of entry-level physiotherapist programmes that passed its independent accreditation review against its guidelines for entry-level education. When checked it named 25 programmes in 14 countries, among them China, Colombia, Egypt, Finland, Japan, Jordan, Lebanon, Pakistan, Qatar, Spain, Thailand, Turkey and the UAE. Accreditation must be renewed with annual reports and re-review.

WHO IT IS FOR

Students in countries without a strong national accreditation system for physiotherapy, or anyone wanting a programme reviewed against international guidelines; also check your national physiotherapy association.

Free to view; tuition is set by each university. Note: A short list of programmes that applied for this international review: most sound programmes are accredited nationally instead, so absence here is not a warning sign.

### World Federation of Occupational Therapists — WFOT Approved Education Programmes (international)

https://wfot.org/education/education-programmes

WHAT YOU WILL FIND

WFOT's list of entry-level occupational therapy programmes worldwide that meet its education standards, searchable by location, institution name or award title. Only programmes leading to entry to practice as an occupational therapist (diploma to doctorate) are approved; post-professional courses are not.

WHO IT IS FOR

Prospective occupational therapy students in any country who want to check that an entry-level programme meets WFOT's international education standards.

Free to search; tuition is set by each institution. Note: Coverage varies by country, and some countries have few or no programmes listed; national registration rules still apply.

### ACOTE — Accredited occupational therapy & OT assistant schools directory (United States)

https://acoteonline.org/all-schools/

WHAT YOU WILL FIND

The Accreditation Council for Occupational Therapy Education's directory, filtered by level: OT doctorate, OT master's, OTA bachelor's and OTA associate. Entries show accreditation status, term and the next on-site review. When checked, 525 programmes were accredited and more were in candidacy; a separate directory covers programmes outside the US.

WHO IT IS FOR

Anyone in the US aiming to become an occupational therapist or OT assistant; graduating from an ACOTE-accredited programme is needed to sit the NBCOT certification exam and apply for a state licence.

Free to search; tuition is set by each programme.

### Occupational Therapy Council of Australia — Accredited programmes (Australia)

https://otcouncil.com.au/program-accreditation/accredited-programs/

**WHAT YOU WILL FIND**

The Occupational Therapy Council's table of occupational therapy programmes it has formally accredited — 57 programmes from 28 education providers when checked — with campus, accreditation status and next review date. Graduates of accredited, Board-approved programmes can apply for registration as an occupational therapist through Ahpra.

**WHO IT IS FOR**

Anyone in Australia choosing an occupational therapy degree. The page notes that the University of Adelaide and UniSA merged into Adelaide University in January 2026.

Free to view; course fees are set by each university.

### Canadian Association of Occupational Therapists — University programmes in occupational therapy (Canada)

https://caot.ca/site/becomeotota/uniprograms

**WHAT YOU WILL FIND**

CAOT's list of the 15 Canadian university occupational therapy programmes, from UBC to Dalhousie and including five in Québec, with links to each school. The page states that the listed programmes are accredited by CAOT and links to a page explaining accreditation status.

**WHO IT IS FOR**

Anyone planning to become an occupational therapist in Canada; provincial regulators license OTs and set their own exam and registration requirements.

Free to view; tuition is set by each university. Note: The page does not show each programme's current accreditation status; follow its accreditation-status link or ask the university.

### Clinical Exercise Physiology UK — AHCS-accredited MSc Clinical Exercise Physiology programmes (UK)

https://www.clinicalexercisephysiology.org.uk/accredited-msc

**WHAT YOU WILL FIND**

Shows the seven UK universities whose MSc Clinical Exercise Physiology is accredited by the Academy for Healthcare Science (AHCS), including Birmingham, Salford, Portsmouth, Liverpool John Moores, Edinburgh Napier, Manchester Metropolitan and Bedfordshire. The portfolio route closes on 31 December 2026, so from 2027 an accredited MSc is the only way onto the AHCS register.

**WHO IT IS FOR**

Sport and exercise science graduates who want to work as clinical exercise physiologists in the NHS or community services, prescribing exercise for people with chronic and complex conditions, from prevention to rehabilitation.

Free to view; MSc tuition is set by each university. Note: A young profession: the AHCS register is voluntary and accredited by the Professional Standards Authority rather than statutory, and the list of accredited MSc programmes is still growing.

### Canadian Society for Exercise Physiology — CSEP Clinical Exercise Physiologist (CSEP-CEP) certification (Canada)

https://csep.ca/csep-certification/csep-cep/

**WHAT YOU WILL FIND**

Requirements for CSEP's national clinical exercise physiology credential: a relevant undergraduate degree (120+ credits) covering CSEP's eight core competencies, at least 100 hours of practical experience (a further 150 recommended, including musculoskeletal, neuromuscular, cardiometabolic and pulmonary conditions), then theory and practical exams.

**WHO IT IS FOR**

Kinesiology and exercise science graduates in Canada who want to run exercise programmes for people with chronic disease and injury. ESSA- and ACSM-certified clinical exercise physiologists may be eligible for an equivalency route.

Application C$25, or C$260 including one theory exam attempt; other fees may apply. Note: A voluntary professional certification, not a licence; CSEP does not accredit degrees, so candidates match their own coursework to the core competencies.

### Clinical Exercise Physiology New Zealand — Study: qualifications and pathways to CEPNZ membership and registration (New Zealand)

https://www.cepnz.org.nz/study

**WHAT YOU WILL FIND**

Explains the education needed to practise as a clinical exercise physiologist in New Zealand: at least four years' full-time tertiary study with a clinical exercise physiology major, usually an exercise science degree plus a postgraduate qualification. Lists NZ postgraduate (Auckland, Canterbury, Wintec) and undergraduate programmes, and a faster pathway for recent ESSA- or CAAHEP-accredited graduates.

**WHO IT IS FOR**

Students in New Zealand planning a career prescribing exercise for people with chronic conditions, and graduates of accredited programmes in Australia or the US who want to practise in NZ.

Free to view; tuition and CEPNZ membership fees apply. Note: CEPNZ does not accredit the programmes it lists; registration is granted by the Clinical Physiologists Registration Board after CEPNZ professional membership.

### Chartered Society of Physiotherapy — Find a physiotherapy programme: CSP-accredited degrees and apprenticeships (UK)

https://www.csp.org.uk/careers-jobs/career-physiotherapy/physiotherapy-degrees

**WHAT YOU WILL FIND**

Directory of more than 60 UK higher education institutions offering pre-registration physiotherapy programmes — BSc, MSc (pre-registration) and degree apprenticeships — browsable by region across England, Scotland, Wales and Northern Ireland, with a link to each course. The CSP states that all listed programmes hold CSP accreditation.

**WHO IT IS FOR**

Anyone in the UK aiming to qualify as a physiotherapist, including graduates of other subjects looking for a pre-registration MSc and people seeking an apprenticeship route.

Free to view; tuition is set by each university. Note: CSP accreditation is the professional body's quality mark; to practise, UK physiotherapists must also register with the HCPC, which approves programmes separately.

### Royal College of Occupational Therapists — Routes into occupational therapy, with UK education providers by nation (UK)

https://www.rcot.co.uk/learn-about-occupational-therapy/become-an-ot/routes

**WHAT YOU WILL FIND**

Explains the UK routes into occupational therapy — a three-year degree (four in Scotland), part-time study, a two-year postgraduate route for people with another degree, integrated master's and degree apprenticeships in England — and lists more than 50 education providers across England, Northern Ireland, Scotland and Wales with links, marking any still pending RCOT accreditation.

**WHO IT IS FOR**

School leavers, graduates and career changers in the UK who want to qualify as occupational therapists, including support workers who could train through an employer's apprenticeship.

Free to view; tuition is set by each provider; apprentices are employed and paid while they study. Note: Some providers are marked as pending RCOT accreditation; to practise, UK occupational therapists must also register with the HCPC.

### Physiotherapy Board of New Zealand — Accreditation of physiotherapy programmes and the four accredited schools (New Zealand)

https://physioboard.org.nz/accreditation

**WHAT YOU WILL FIND**

The regulator's page on accreditation of pre-registration physiotherapy programmes, assessed against the Accreditation Standard for Physiotherapy Practitioner Programmes (V2.0, from 1 January 2025), with links to each school's accreditation page. As of 2026 four are accredited: Auckland University of Technology, the University of Auckland, Wintec (Hamilton) and the University of Otago.

**WHO IT IS FOR**

Anyone planning to train as a physiotherapist in New Zealand, and students checking that a programme leads to registration with the Board.

Free to view; tuition is set by each institution.

### Occupational Therapy Board of New Zealand — Accredited occupational therapy programmes and sites (New Zealand)

https://otboard.org.nz/site/rp/accredited

**WHAT YOU WILL FIND**

The regulator's list of accredited occupational therapy programmes and teaching sites, with accreditation dates: AUT's Bachelor of Health Science (Occupational Therapy) and Otago Polytechnic's Bachelor of Occupational Therapy, taught in Dunedin and Hamilton plus work-augmented sites in Northland and Central Otago. Graduating from an accredited NZ programme is the route to registration.

**WHO IT IS FOR**

Anyone planning to train as an occupational therapist in New Zealand; graduates must be registered and hold a practising certificate before they can work.

Free to view; tuition is set by each provider; the Board charges a registration application fee.

### training.gov.au — HLT43021 Certificate IV in Allied Health Assistance: national qualification and approved RTOs (Australia)

https://training.gov.au/training/details/HLT43021

**WHAT YOU WILL FIND**

The national record for Australia's entry-level allied health qualification: 18 units (10 core, 8 elective) and at least 120 hours of clinical placement, with optional specialisations in movement and mobility, nutrition and dietetic support, communication and swallowing, rehabilitation and reablement, medical imaging, psychosocial and podiatry support. The page also shows which RTOs are approved to deliver it.

**WHO IT IS FOR**

People who want paid work supporting physiotherapists, dietitians, occupational therapists, speech pathologists and podiatrists in health, aged care and disability services.

Free to view; course fees vary by RTO and state, and some states and territories subsidise places. Note: A vocational qualification, not a registration: allied health assistants work under the delegation and supervision of registered allied health professionals.

## Pharmacy — Accredited Degrees & Medication-Review Training

### Australian Pharmacy Council — Accredited pharmacy degree programs (Australia)

https://www.pharmacycouncil.org.au/education-provider/accreditation/pharmacy-degree-programs-australia/accredited-pharmacy-degree-programs/

**WHAT YOU WILL FIND**

Current list of accredited pharmacy degrees at 20 Australian universities — Bachelor of Pharmacy (Honours), Master of Pharmacy, Doctor of Pharmacy and combined degrees — with each programme's status and accreditation end date (terms run up to six years). Graduates of programmes rated 'Accredited' or 'Accredited with conditions' hold a qualification for registration as a pharmacist via Ahpra.

**WHO IT IS FOR**

Anyone planning to study pharmacy in Australia. Registered pharmacists can later add accredited training such as medication management review.

Free to view; tuition is set by each university.

### Australian Pharmacy Council — Accredited pharmacist education programs, incl. medication management review (MMR) training (Australia)

https://www.pharmacycouncil.org.au/education-provider/accreditation/pharmacist-education-programs/accredited-pharmacist-education-programs/

**WHAT YOU WILL FIND**

Lists APC-accredited programmes for registered pharmacists: Medication Management Review (MMR) and Aged Care On-site Pharmacist (ACOP) training from Monash, Sydney, UWA, the Pharmaceutical Society of Australia and others, plus pharmacist prescribing courses. Since 1 January 2026, pharmacists claiming funded HMR and RMMR services must meet the APC's MMR standards.

**WHO IT IS FOR**

Registered pharmacists in Australia who want to carry out comprehensive medication reviews at home or in aged care, which can identify medicines that could be reduced or stopped.

Free to view; each provider sets its course fees. Note: Only for pharmacists already registered in Australia; the APC accredits the training, not individual pharmacists, and several programmes are 'accredited with conditions'.

### General Pharmaceutical Council — Courses and qualifications for pharmacists: accredited MPharm degrees and OSPAP (Great Britain)

https://www.pharmacyregulation.org/students-and-trainees/pharmacist-education-and-training/courses-and-qualifications-pharmacists

**WHAT YOU WILL FIND**

Searchable list of about 39 university providers of GPhC-accredited MPharm degrees, each with its status (currently approved, provisionally accredited or working towards accreditation), plus the Overseas Pharmacist Assessment Programme (OSPAP) and foundation training year providers. The GPhC calls the MPharm the first part of the route to registration as a pharmacist.

**WHO IT IS FOR**

Anyone in Great Britain planning to become a pharmacist, and pharmacists qualified outside the EEA looking for the OSPAP postgraduate diploma route.

Free to view; tuition is set by each university. Note: Some newer MPharm courses are only provisionally accredited or still working towards accreditation, so check each entry's status before applying.

### Accreditation Council for Pharmacy Education — PharmD programme accreditation and accredited programme lookup (United States)

https://www.acpe-accredit.org/program/pharmd-program-accreditation/

**WHAT YOU WILL FIND**

Explains ACPE accreditation of Doctor of Pharmacy (PharmD) programmes, the professional degree for US pharmacists, under ACPE Standards 2025 (in effect from 1 July 2025), and links to ACPE's public programme lookup filtered to accredited PharmD programmes, including distance-education programmes.

**WHO IT IS FOR**

Anyone planning to become a pharmacist in the US. Pharmacists educated outside the US need NABP's FPGEC certification before they can sit US licensing exams.

Free to view; tuition is set by each college or school of pharmacy. Note: The ACPE lookup also lists continuing-education providers; use the PharmD filter linked from this page to see degree programmes only.

### Canadian Council for Accreditation of Pharmacy Programs — Find an accredited program: pharmacy degrees and technician programmes (Canada)

https://ccapp.ca/find-an-accredited-program/

**WHAT YOU WILL FIND**

Lists 65 CCAPP-accredited programmes: Canada's university pharmacy degree programmes, 49 pharmacy technician programmes at colleges across most provinces, and six international programmes in Lebanon, Saudi Arabia and Qatar. Each listing links to a page with the programme's accreditation status and term.

**WHO IT IS FOR**

Anyone planning to become a pharmacist or pharmacy technician in Canada.

Free to view; tuition is set by each school. Note: A programme with only 'qualifying' status does not yet carry the rights of accreditation, so check each listing's status.

### Pharmacy Council of New Zealand — Accredited education programmes: pharmacy degrees, intern training and prescriber programmes (New Zealand)

https://pharmacycouncil.org.nz/pharmacy_registries/accreditation/

**WHAT YOU WILL FIND**

The regulator's list of accredited pharmacy programmes in Aotearoa: the Bachelor of Pharmacy at the Universities of Otago and Auckland, the Master of Pharmacy Practice at the University of Waikato, the Pharmaceutical Society's Intern Training Programme, and postgraduate pharmacist prescribing and clinical pharmacy certificates. Registration also requires the intern programme and the Council's OSCE exam.

**WHO IT IS FOR**

Anyone planning to become a pharmacist in New Zealand, and registered pharmacists aiming for the pharmacist prescriber scope.

Free to view; tuition is set by each provider.

## Psychology — Accredited Degrees on the Path to Becoming a Psychologist

### American Psychological Association — Accredited Programs search (United States)

https://accreditation.apa.org/accredited-programs

**WHAT YOU WILL FIND**

Search APA-accredited doctoral programmes in clinical, counselling and school psychology (and combined programmes), accredited internships and postdoctoral residencies, and master's programmes, which APA has begun to accredit. The search tool (on apps.apa.org) is linked from this page.

**WHO IT IS FOR**

Anyone in the US aiming to become a licensed psychologist; many state licensing boards look for a doctorate from an APA-accredited (or equivalent) programme and an accredited internship.

Free to search; tuition is set by each university. Note: On 24 September 2026 the Education Department's advisory committee (NACIQI) recommended suspending APA-CoA's federal recognition for 12 months; as at October 2026 a decision was pending and its CHEA recognition continues.

### Canadian Psychological Association — CPA accredited programmes (Canada)

https://cpa.ca/accreditation/cpaaccreditedprograms/

**WHAT YOU WILL FIND**

The official list of doctoral programmes (clinical, clinical neuropsychology, counselling and school psychology) and residency (internship) programmes accredited by the CPA, with each one's status, first accreditation year and next site visit. It is updated twice a year, usually May and November; a programme not listed is not currently accredited.

**WHO IT IS FOR**

Students in Canada planning a doctorate in professional psychology. The CPA accredits programmes, not people: psychologists are licensed by each province's or territory's regulator.

Free to search; fees are set by each university or training provider. Note: The CPA accredits doctoral and residency programmes only, not master's degrees; licensing rules, including any master's-level route, differ by province, so also check your provincial regulator.

### British Psychological Society — Find an accredited programme (UK)

https://www.bps.org.uk/find-course

**WHAT YOU WILL FIND**

Search the BPS list of accredited courses. Graduates of an accredited undergraduate psychology degree or postgraduate conversion course are eligible for the Graduate Basis for Chartered Membership (GBC); the society also accredits postgraduate and professional training.

**WHO IT IS FOR**

Anyone in the UK starting out in psychology or choosing further training; the BPS says taking an accredited course is necessary to pursue a career in psychology.

Free to search; fees are set by each university or training provider. Note: BPS accreditation is professional-body recognition; practitioner psychologists must also register with the HCPC, which approves programmes separately (see the HCPC approved programmes search).

### Australian Psychology Accreditation Council — Search for an accredited psychology program (Australia)

https://apac.au/accredited-programs/search-a-program/

**WHAT YOU WILL FIND**

Search every APAC-accredited psychology programme in Australia, from undergraduate study to professional postgraduate programmes. Filter by state, provider, study level (APAC levels 1 to 4), practice area (such as clinical, counselling, forensic or health) and on-campus or online delivery; discontinued programmes and those in teach-out can be hidden.

**WHO IT IS FOR**

Anyone planning to become a registered psychologist in Australia, where registration depends on completing an accredited, Board-approved sequence of study and supervised practice.

Free to search; fees are set by each university or training provider. Note: An accredited programme does not register you: graduates still apply to the Psychology Board of Australia and must complete the whole accredited sequence, not single units.

### Psychology Board of Australia — Accreditation and approved programs of study (Australia)

https://www.psychologyboard.gov.au/Accreditation

**WHAT YOU WILL FIND**

Explains how psychology programmes are accredited by APAC and then approved by the Board, and links to Ahpra's search of approved programs of study — the legal list of qualifications that make a graduate eligible to apply for registration. New accreditation standards took effect on 1 December 2025.

**WHO IT IS FOR**

Students, and anyone checking an Australian qualification, who want to confirm a course is Board-approved before enrolling or applying for provisional or general registration.

Free to search; fees are set by each university or training provider.

### New Zealand Psychologists Board — Accredited courses (New Zealand)

https://psychologistsboard.org.nz/want-to-register/accredited-courses/

**WHAT YOU WILL FIND**

Table of the postgraduate programmes the Board accredits and monitors — about two dozen at seven universities, covering clinical, educational, counselling, health, organisational, community and neuropsychology training and psychological assistance — showing whether each is accredited or provisionally accredited.

**WHO IT IS FOR**

Anyone aiming to register as a psychologist in Aotearoa New Zealand; the same 'Want to register' section of the Board's site explains scopes of practice and the route for people trained overseas.

Free to search; fees are set by each university or training provider.

### European Federation of Psychologists' Associations — EuroPsy and national EuroPsy committees (Europe)

https://www.efpa.eu/apply-to-europsy-certificate/

**WHAT YOU WILL FIND**

Explains how to apply for the EuroPsy certificate, EFPA's common European standard for the academic training and supervised practice of psychologists, and lists the national EuroPsy committees for 27 countries. These committees assess applications and enter successful applicants in the European Register of Psychologists.

**WHO IT IS FOR**

Psychology students in Europe who want training recognised across borders, or who want to compare national degrees against a shared European benchmark.

Free to read; certificate application fees are set by each national committee. Note: EuroPsy is not a licence to practise and does not replace national registration; the page lists national committees, not individual programmes.

### Psychological Society of Ireland — Accredited courses (Ireland)

https://psychologicalsociety.ie/accredited-courses

**WHAT YOU WILL FIND**

Gateway to the PSI lists of accredited undergraduate degrees and conversion courses (which give eligibility for graduate membership) and accredited postgraduate professional training — doctorates in clinical, counselling and educational psychology and master's programmes such as health and work and organisational psychology — each with its accreditation period.

**WHO IT IS FOR**

Anyone in Ireland planning to become a psychologist; postgraduate professional training normally asks for a PSI-accredited primary degree or conversion course.

Free to search; fees are set by each university or training provider. Note: CORU, Ireland's health and social care regulator, has set up a Psychologists Registration Board to bring in statutory registration; PSI accreditation is professional-body recognition.

### Rehabilitation Council of India — Regular-mode training programmes, incl. clinical psychology (India)

https://rehabcouncil.nic.in/regular-mode/

WHAT YOU WILL FIND

RCI's list of the on-campus courses it regulates, with curricula, including the clinical psychology route: Bachelor and Master in Clinical Psychology (curricula from 2024-25), M.Phil (Clinical Psychology), Psy.D in Clinical Psychology and the Professional Diploma in Clinical Psychology. The site's 'Approved Institutions' menu leads to the institutions approved to run each course.

WHO IT IS FOR

Anyone in India aiming to work as a clinical psychologist who wants an RCI-recognised course leading to RCI's Central Rehabilitation Register.

Free to search; fees are set by each university or training provider. Note: RCI covers clinical and rehabilitation psychology, not all psychology degrees; check an institute's current approval in RCI's Approved Institutions lists before enrolling.

### Singapore Psychological Society — Singapore Register of Psychologists entry requirements (Singapore)

https://psychology.org.sg/srp_membership/srp/

WHAT YOU WILL FIND

Sets out what a qualification must contain for the Singapore Register of Psychologists: an applied master's or doctoral degree of at least two years full-time, with coursework, supervised practicum and a research thesis. The register does not pre-approve programmes, so students check a course against these criteria.

WHO IT IS FOR

Students choosing a postgraduate psychology programme in or for Singapore who want to be eligible for the national register of psychologists.

Free to read; fees are set by each university. Note: Psychology is not regulated by the government in Singapore and the register is voluntary; the society publishes criteria, not a list of approved programmes.

### Ministry of Health, Labour and Welfare — Certified Public Psychologist: universities offering the required subjects (Japan)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000116049.html

WHAT YOU WILL FIND

Japanese government page on the Certified Public Psychologist (kōnin shinrishi, 公認心理師), the qualification created by the Certified Public Psychologists Act. It sets out the seven routes to exam eligibility and links to the official list (an Excel file, as at 1 April 2026) of universities and graduate schools that MEXT and MHLW have confirmed offer the required subjects.

WHO IT IS FOR

Anyone planning to work as a psychologist in Japan who wants to check that a university or graduate school offers the subjects needed to sit the Certified Public Psychologist exam.

Free to read; fees are set by each university. Note: In Japanese (machine translation is offered); the list is a dated Excel file that is updated from time to time, and exam details come from the designated exam body, the Japan Center for Certified Public Psychologists.

### Hong Kong Institute of Clinical Psychologists — Education and training, with accredited clinical psychology programmes (Hong Kong)

https://www.icphk.org.hk/en/registration/education-and-training

WHAT YOU WILL FIND

HKICP's page on the training needed to register as a clinical psychologist in Hong Kong. It links to the 'Education Standards of Clinical Psychology in Hong Kong', guidelines on supervised clinical practice and remedial training, and the list of accredited clinical psychology programmes (currently master's programmes at the Chinese University of Hong Kong and the University of Hong Kong).

WHO IT IS FOR

Anyone aiming to work as a clinical psychologist in Hong Kong and join the register of clinical psychologists that HKICP keeps.

Free to read; fees are set by each university. Note: Covers clinical psychology only; other branches have their own bodies, such as the Hong Kong Psychological Society, whose register of psychologists is voluntary.

### CNEIP — Programas acreditados: accredited psychology degree programmes (Mexico)

https://www.cneip.org/cacneip/pages/programasacreditados.php

WHAT YOU WILL FIND

Official list, in Spanish, of psychology programmes accredited by CNEIP's accreditation committee: about 80, almost all licenciatura (bachelor's) degrees in Mexico plus three outside Mexico, each with institution, campus, region and five-year accreditation period.

WHO IT IS FOR

Students in Mexico comparing licenciatura programmes in psychology who want one that has passed an external quality review.

Free to search; fees are set by each university or training provider. Note: Spanish only; accreditation is a quality review by a non-profit council, separate from a degree's official recognition by the education authorities.

## Counselling, Psychotherapy & Family Therapy — Accredited Training

### CACREP — Find a Program: accredited counselling programmes directory (United States)

https://www.cacrep.org/directory

WHAT YOU WILL FIND

Searchable directory of master's and doctoral counselling programmes accredited by CACREP (more than 960 programmes at about 480 US colleges and universities), covering counselling and its specialties. Search by state, keyword, programme type and accreditation status.

WHO IT IS FOR

Anyone in the US training to become a licensed professional counsellor who wants to check a programme's CACREP status; licensing requirements differ by state, so check your state board too.

Free to search; fees are set by each university or training provider.

### COAMFTE — Directory of accredited marriage and family therapy programmes (United States)

https://www.coamfte.org/COAMFTE/Directory_of_Accredited_Programs/MFT_Training_Programs.aspx

WHAT YOU WILL FIND

Directory of master's, doctoral and post-degree clinical training programmes in marriage and family therapy accredited by COAMFTE, with a link to programme demographic data.

WHO IT IS FOR

Anyone planning to become a licensed marriage and family therapist (LMFT) in the US; COAMFTE says an accredited programme prepares students for state licensure and the national or state MFT exam.

Free to search; fees are set by each university or training provider.

### Canadian Counselling and Psychotherapy Association — CACEP accreditation and accredited programmes (Canada)

https://www.ccpa-accp.ca/accreditation/

WHAT YOU WILL FIND

Explains CCPA's voluntary accreditation of master's-level counsellor education programmes through its Council on Accreditation of Counsellor Education Programs (CACEP) and lists the programmes currently accredited, at the University of British Columbia, Acadia University, Trinity Western University and the University of Victoria.

WHO IT IS FOR

Students in Canada choosing a counselling master's; CACEP graduates can be considered for fast-tracked Canadian Certified Counsellor (CCC) status.

Free to search; fees are set by each university or training provider. Note: Accreditation is voluntary and few programmes hold it; provinces regulate counselling and psychotherapy differently, so also check your provincial regulator.

### British Association for Counselling and Psychotherapy — Accredited course directory (UK)

https://www.bacp.co.uk/search/Courses

WHAT YOU WILL FIND

Search about 100 counselling and psychotherapy courses accredited by BACP — diplomas, foundation degrees, bachelor's and master's degrees, part-time or full-time — by location and qualification level. Graduates of a BACP-accredited course can join the BACP Register without sitting the Certificate of Proficiency.

WHO IT IS FOR

Anyone in the UK choosing core practitioner training to become a counsellor or psychotherapist.

Free to search; fees are set by each university or training provider. Note: Registration is voluntary in the UK (counsellors do not have to join any register); BACP is one of several professional bodies whose registers are accredited by the Professional Standards Authority.

### UK Council for Psychotherapy — Psychotherapy training and member training organisations (UK)

https://www.psychotherapy.org.uk/psychotherapy-training

WHAT YOU WILL FIND

UKCP's guide to training as a psychotherapist or psychotherapeutic counsellor, with a 'Find a course' route to the more than 70 organisations whose training it accredits. The approaches (modalities) they teach are grouped in UKCP's 10 membership colleges.

WHO IT IS FOR

People in the UK considering psychotherapy training; UKCP says most courses start at postgraduate level (level 7) and typically take three to six years part-time, leading to the UKCP register.

Free to search; fees are set by each university or training provider. Note: Registration is voluntary (therapists do not have to join UKCP or any register); check that the specific course is UKCP-accredited, not just run by a member organisation.

### National Counselling & Psychotherapy Society — Become a counsellor and find an accredited course (UK)

https://ncps.com/become-a-counsellor

WHAT YOU WILL FIND

NCPS's guide to training as a counsellor, linking to its directory of recognised training providers. Only NCPS 'Accredited' and 'Accredited Plus' courses, which have been assessed and inspected, give a direct route to the NCPS Accredited Register; the page also explains its other recognition levels.

WHO IT IS FOR

UK students comparing counselling courses, including college diplomas, who want a route onto an accredited register.

Free to search; fees are set by each university or training provider. Note: The course search sits on a separate NCPS site (search-ncps.com); NCPS does not recommend individual providers, and joining a counselling register is voluntary in the UK.

### Association for Family and Systemic Psychotherapy — Accredited courses (UK)

https://www.theafsp.org/accredited-courses/

WHAT YOU WILL FIND

Directory of family and systemic psychotherapy courses accredited by AFSP (formerly AFT), at foundation, intermediate, qualifying and supervision levels, each with provider and location.

WHO IT IS FOR

Anyone in the UK who wants to qualify as a family and systemic psychotherapist, and practitioners in other professions adding systemic skills through foundation or intermediate courses.

Free to search; fees are set by each university or training provider. Note: Only qualifying-level courses lead to practice as a family and systemic psychotherapist; foundation and intermediate courses are steps on the way.

### Australian Counselling Association — Accredited courses (Australia)

https://theaca.net.au/education/accredited-courses

**WHAT YOU WILL FIND**

Lists counselling courses with ACA accredited status — diplomas, bachelor's degrees, graduate diplomas and master's — from providers that meet national regulator requirements (ASQA and/or TEQSA), with a search by level, mode, location, provider and subject.

**WHO IT IS FOR**

Anyone in Australia planning to work as a counsellor who wants a course that leads to registration with ACA.

Free to search; fees are set by each university or training provider. Note: ACA is a self-regulatory professional body, not a government regulator; the other national body, PACFA, sets its own training standards (see the PACFA entry), so check which body you plan to join.

### Psychotherapy and Counselling Federation of Australia — PACFA Training Standards (Australia)

https://pacfa.org.au/Portal/Training-and-Careers/TS.aspx

**WHAT YOU WILL FIND**

Sets out the training PACFA requires for membership: a counselling or psychotherapy qualification approved by TEQSA or ASQA at bachelor level (AQF 7) or above, of at least two years, with at least 400 hours of live instruction (140 face to face) and a placement with at least 40 hours of client contact and 10 hours of supervision.

**WHO IT IS FOR**

Students in Australia choosing a counselling or psychotherapy course who want to join PACFA after graduating; ask the provider whether the course meets these standards.

Free to read; fees are set by each university or training provider. Note: This page sets standards, not a list of courses, and PACFA student membership does not guarantee full membership on graduation; ACA sets separate standards (see the ACA entry).

### New Zealand Association of Counsellors — Accredited counsellor education providers (New Zealand)

https://www.nzac.org.nz/site/jobs&careers/accreditedproviders

**WHAT YOU WILL FIND**

The 14 bachelor's and master's counselling degrees whose graduates can join NZAC, from providers including Te Pū Wānanga o Anamata, AUT, Laidlaw College, Massey University and the universities of Auckland, Canterbury and Waikato. NZAC notes that diplomas and graduate diplomas do not meet its education requirements.

**WHO IT IS FOR**

Anyone in Aotearoa New Zealand who wants to train as a counsellor and join NZAC.

Free to search; fees are set by each university or training provider. Note: These are the qualifications NZAC accepts for membership, which is voluntary professional recognition rather than a legal licence.

### European Association for Psychotherapy — EAP Accredited Training Institutes (Europe)

https://www.europsyche.org/EAPTI-Training/Search-EAPTIs

**WHAT YOU WILL FIND**

List of about 90 psychotherapy training institutes across Europe accredited by the EAP, with address and website, covering approaches such as Gestalt, systemic, psychodrama, person-centred and transactional analysis. Graduates can apply straight away for the European Certificate of Psychotherapy (ECP) through the 'Direct Award' route.

**WHO IT IS FOR**

People in Europe looking for psychotherapy training that meets a shared European standard, especially where national rules on psychotherapy differ.

Free to search; fees are set by each university or training provider. Note: The ECP is a European professional standard awarded by the EAP, not a national licence; whether you may practise as a psychotherapist depends on each country's own rules.

### Irish Association for Counselling and Psychotherapy — Accredited courses (Ireland)

https://iacp.ie/register-of-accredited-courses

**WHAT YOU WILL FIND**

IACP's list of accredited professional training courses in counselling and psychotherapy — all at least NFQ Level 8 and four years long — by provider and location, plus accredited supervision courses and a record of previously accredited courses.

**WHO IT IS FOR**

Anyone in Ireland training to become a counsellor or psychotherapist; IACP-accredited training is the simplest route to IACP accredited membership.

Free to search; fees are set by each university or training provider. Note: CORU, Ireland's health and social care regulator, has a Counsellors and Psychotherapists Registration Board for statutory registration; check its requirements as well as IACP's.

### Singapore Association for Counselling — SAC recognised counselling programmes (Singapore)

https://sacsingapore.org/recognised-programmes/

**WHAT YOU WILL FIND**

Postgraduate counselling programmes delivered in Singapore that SAC has recognised after review by its Counsellors' Education Board: 15 master's, graduate and postgraduate diplomas in the list dated 2 August 2026, each with its recognition period. Recognised programmes include at least 100 practicum hours and 10 hours of clinical supervision.

**WHO IT IS FOR**

Anyone planning to work as a counsellor in Singapore and later apply for SAC Registered Counsellor status, which also needs 600 postgraduate clinical hours and 60 hours of supervision.

Free to search; fees are set by each university or training provider. Note: Recognition applies to a named programme and period; SAC has temporarily put new course-recognition applications on hold, so a newer programme may not appear yet.

### Oxford Mindfulness Foundation — MBCT teacher training for clinicians (UK, online)

https://oxfordmindfulness.org/courses/train-to-teach

**WHAT YOU WILL FIND**

Online teacher training from the Oxford Mindfulness Foundation: a 12-month programme (29.5 training days) with clinical and non-clinical tracks leading to a Trained Teacher Certificate in curricula such as MBCT for Depression, Mindfulness for Life (MBCT-L) and Finding Peace in a Frantic World, plus a shorter 'Introducing Mindfulness' route. Training is shaped by the MBCT Training Pathway.

**WHO IT IS FOR**

Clinicians who want to deliver mindfulness-based cognitive therapy (MBCT) to help prevent depressive relapse, through the programme's clinical track.

Paid; fees are not shown on this overview, so check each route's booking page. Note: Mindfulness teaching is not a regulated profession; the certificate shows completion of a recognised training pathway, not a licence to provide therapy.

## Social Work — Accredited Degrees

### Council on Social Work Education — Program Directory of accredited social work degrees (United States)

https://www.cswe.org/accreditation/program-directory

**WHAT YOU WILL FIND**

Searchable directory of more than 1,200 bachelor's (BSW), master's (MSW) and practice-doctorate social work programmes, showing each one's status: accredited, in candidacy, pre-candidacy or formerly accredited. Filter by level, state, learning format (including online) and status, so you can check a degree before enrolling.

**WHO IT IS FOR**

Anyone in the US planning to become a social worker — CSWE notes that most state and territory licensing rules require a degree from a CSWE-accredited programme.

Free to search; tuition is set by each college or university. Note: Licensing rules are set by each state; a programme in candidacy is not yet accredited, and an accredited degree does not guarantee a licence.

### Canadian Association for Social Work Education (CASWE-ACFTS) — Accredited BSW and MSW programmes (Canada)

https://caswe-acfts.ca/our-activities/accreditation/

WHAT YOU WILL FIND

Lists the Canadian university social work schools (49 at the time of checking) offering CASWE-ACFTS accredited Bachelor and/or Master of Social Work programmes, with links to each school and a downloadable full accreditation directory. An FAQ explains what accreditation does and does not cover.

WHO IT IS FOR

Anyone in Canada aiming to become a social worker — CASWE-ACFTS advises checking with the regulator in the province where you plan to practise, as registration rules vary.

Free to view; tuition is set by each university. Note: CASWE-ACFTS does not register social workers; registration is controlled by each province or territory.

### Social Work England — Search approved courses (England)

https://www.socialworkengland.org.uk/education-training/search-approved-courses/

WHAT YOU WILL FIND

The regulator's official list of qualifying social work education and training courses in England that have passed its approval process. Search by course provider and filter by level, region and study mode.

WHO IT IS FOR

Anyone who wants to practise as a social worker in England — all social workers working in England must be registered with Social Work England, and an approved course is the usual route onto the register.

Free to search; tuition is set by each provider.

### Scottish Social Services Council — Social work careers and university courses (Scotland)

https://www.sssc.uk.com/careers-and-education/social-work/

WHAT YOU WILL FIND

The Scottish regulator's guide to becoming a social worker, with a table of the eight universities offering social work qualifying programmes (BA Hons, PgDip, MSc/MSW), including distance-learning routes, plus funding, practice learning and the newly qualified year.

WHO IT IS FOR

Anyone who wants to become a social worker in Scotland — the SSSC registers social work students as well as qualified social workers, and student registration is needed for postgraduate bursaries.

Free to view; tuition is set by each university. Note: The course table links to university home pages, so confirm the specific programme's SSSC approval with the university.

### Social Care Wales — Approved social work degree programmes (Wales)

https://socialcare.wales/qualifications-funding/social-work-qualifications

WHAT YOU WILL FIND

Lists every undergraduate and postgraduate social work programme approved by Social Care Wales — at Cardiff Metropolitan, Swansea, Wrexham, South Wales, Bangor and Cardiff universities, the Open University (distance learning) and Bridgend College — and explains the Consolidation Programme that social workers qualifying after 1 April 2016 need to renew registration.

WHO IT IS FOR

Anyone who wants to work as a social worker in Wales — you must complete an approved course and register with Social Care Wales before you can practise.

Free to view; tuition is set by each university.

### Northern Ireland Social Care Council — Degree in Social Work: where and how to study (Northern Ireland)

https://niscc.info/degree-in-social-work/

WHAT YOU WILL FIND

The regulator's guide to the Degree in Social Work in Northern Ireland, taught at Queen's University, Ulster University, Belfast Metropolitan College and South West College through a 3-year undergraduate route or a 2-year relevant graduate route, plus an Open University route for employer-sponsored students. Links to the standards for social work students.

WHO IT IS FOR

Anyone who wants to become a social worker in Northern Ireland — NISCC registers social work students and social workers, and registration is compulsory.

Free to view; tuition is set by each institution. Note: The Open University route is open only to students sponsored by their employer; you cannot apply to it directly.

### Australian Association of Social Workers — Accredited social work programs (Australia)

https://www.aasw.asn.au/education-employment/higher-education-providers/

WHAT YOU WILL FIND

Table of AASW-accredited qualifying social work programmes (bachelor's and master's), grouped by state and university, showing the year each began, which can be studied by distance and which are provisionally accredited or closing. Graduates of accredited programmes are eligible for full AASW membership.

WHO IT IS FOR

Anyone in Australia aiming to work as a social worker — the AASW accredits the Bachelor and Master of Social Work degrees that lead to full professional membership.

Free to view; tuition is set by each university. Note: The AASW describes social work in Australia as a self-regulating profession; accreditation is the profession's own standard, so also check any state registration rules where you plan to work.

### Social Workers Registration Board — Recognised social work qualifications (New Zealand)

https://swrb.govt.nz/registration/nz-recognised-sw-qualifications/

WHAT YOU WILL FIND

The Board's current list of New Zealand social work qualifications recognised for registration (a downloadable 'Recognised New Zealand Social Work Qualifications 2026' document), plus a separate list of historical qualifications still accepted. It advises checking with each institution that a programme is still offered.

WHO IT IS FOR

Anyone planning to practise social work in Aotearoa New Zealand — registration has been mandatory since 27 February 2021, and a recognised qualification is the usual route to it.

Free to view; tuition is set by each provider. Note: The list of qualifications and providers is in a downloadable document rather than on the page itself.

### CORU Social Workers Registration Board — Approved social work qualifications (Ireland)

https://www.coru.ie/health-and-social-care-professionals/education/approved-qualifications/social-workers/

WHAT YOU WILL FIND

Lists the Irish social work programmes (16 at the time of checking, at universities including UCC, UCD, Trinity College Dublin, Galway and Maynooth) that the Social Workers Registration Board has approved as meeting the standard of proficiency for registration.

WHO IT IS FOR

Anyone who wants to work as a social worker in Ireland — these are the programmes approved for registration with CORU, which keeps the statutory register of social workers.

Free to view; tuition is set by each university.

### Singapore Association of Social Workers — Recognised social work qualifications for accreditation (Singapore)

https://accreditation.sasw.org.sg/recognition

WHAT YOU WILL FIND

Lists the Singapore social work degrees and diplomas recognised by the Social Work Accreditation and Advisory Board (SWAAB), at the National University of Singapore and the Singapore University of Social Sciences, that can be used to apply as a Registered Social Worker, and explains how overseas qualifications are assessed.

WHO IT IS FOR

Anyone planning a social work career in Singapore, including people with an overseas social work degree who want to work there.

Free to view; tuition is set by each university. Note: Only two Singapore universities are listed; an overseas degree must be accredited in the country where it was awarded, or be assessed by SWAAB.

### South African Council for Social Service Professions — Recognised social work degrees (South Africa)

https://www.sacssp.co.za/education-training-development

WHAT YOU WILL FIND

Lists the 18 universities and colleges whose Bachelor of Social Work is recognised by the Professional Board for Social Work, and links the minimum norms and standards every BSW must meet. A qualification that is not a prescribed qualification cannot lead to registration.

WHO IT IS FOR

Anyone in South Africa who wants to become a social worker — you must register with the SACSSP to practise, and only prescribed qualifications are accepted.

Free to view; tuition is set by each institution.

## Peer Support & Lived-Experience Work — Recognised Training

### training.gov.au — CHC43515 Certificate IV in Mental Health Peer Work: national qualification and approved RTOs (Australia)

https://training.gov.au/training/details/CHC43515

WHAT YOU WILL FIND

The National Register of VET entry for Australia's nationally recognised peer work qualification: its units, packaging rules and the registered training organisations (RTOs) approved to deliver it. The qualification is for workers with lived experience of mental illness, as a consumer or carer, and includes at least 80 hours of work.

WHO IT IS FOR

Anyone with lived experience who wants to work as a mental health peer worker in Australia — check that a provider is approved to deliver CHC43515 before enrolling, then compare TAFEs and other RTOs.

Free to view; course fees and any state subsidy vary by provider and state. Note: Designed for people with lived experience as a consumer or carer; Release 2 (2015) is current, but check the page in case a new code supersedes it.

### Intentional Peer Support — Training programme from the originator of the IPS model (international)

https://intentionalpeersupport.org/training-program-guide

WHAT YOU WILL FIND

The training pathway from the organisation that created Intentional Peer Support: a short Overview, the 40-hour Core training (5 days in person or 10 days virtual), Advanced training, courses for managers and supervisors, and a Train the Trainer course. IPS describes itself as a way of thinking about and inviting transformative relationships, rooted in social change.

WHO IT IS FOR

People starting or already working in peer support roles, and anyone interested in mutual support — Core training is open to all and is used in mental health settings.

Paid; dates and prices are published on the organisation's Eventbrite page. Note: Run by a private company (Intentional Peer Support, LLC); a method training, not an accredited qualification, and it does not replace a required credential such as a state peer certification.

### Wellness Recovery Action Plan (WRAP) — Seminars and facilitator training (international)

https://www.wellnessrecoveryactionplan.com/wrap-in-action/training-seminars/

**WHAT YOU WILL FIND**

The official WRAP training path: Seminar I (build your own WRAP; virtual or in person, no prerequisites), Seminar II (become a Certified WRAP Facilitator; in person) and Seminar III (become an Advanced Level Facilitator). Only Advanced Level Facilitators credentialed through WRAP/AHP or an approved partner can train and certify facilitators.

**WHO IT IS FOR**

Peer workers and others who want to lead WRAP wellness and recovery groups, and organisations building a WRAP programme.

Paid; at the time of checking Seminar I was US$399 plus US$30–40 for materials, Seminar II US$1,099 and Seminar III US$1,299. Note: Prices are in US dollars, and certification is WRAP's own rather than an accredited qualification; outside the US, look for a certified facilitator in the WRAP facilitator directory.

### IC&RC — Peer Recovery (PR) credential standards (United States and international member boards)

https://internationalcredentialing.org/icrc-credentials/pr/

**WHAT YOU WILL FIND**

The minimum standard for IC&RC's Peer Recovery credential: 46 hours of peer-specific education (advocacy, mentoring, recovery support and ethics), 500 hours of supervised paid or volunteer work, 25 hours of supervision and the IC&RC Peer Recovery exam, renewed with 20 hours of continuing education (6 in ethics) every two years. You apply through the member board where you live or work.

**WHO IT IS FOR**

People in, or preparing for, peer recovery roles who want an exam-based peer recovery credential in the US or another IC&RC jurisdiction.

Free to read; application and exam fees are charged by each member board. Note: Member boards may add requirements, and some US states run their own peer certification instead; check locally first.

### ImROC — Peer support and recovery college training (United Kingdom)

https://www.imroc.org/training

**WHAT YOU WILL FIND**

Online courses from ImROC (Implementing Recovery through Organisational Change): a Level 2 Award in Foundations of Peer Support, a Level 3 Certificate in Peer Support Work (Mental Health), autism and learning-disability peer support courses, peer-informed supervision, team preparation and training for recovery college trainers.

**WHO IT IS FOR**

People starting out as peer support workers, peer workers wanting further training, and organisations setting up peer roles or recovery colleges.

Paid; prices are on each course page, and organisations can book places for staff. Note: Prices are on each course page rather than the overview; check whether your employer asks for a particular peer qualification.

### Scottish Recovery Network — Peer recovery hub and Peer2Peer learning toolbox (Scotland)

https://scottishrecovery.net/peer-support/

**WHAT YOU WILL FIND**

Scotland's hub for mental health peer support: the Peer2Peer online toolbox for building peer worker skills and practice (based on SRN's group training course for peer workers), peer learning events and resources, examples of peer support in action and an explanation of what makes peer support distinct.

**WHO IT IS FOR**

Peer workers, people considering a peer role and organisations in Scotland developing peer support; the materials are useful elsewhere too.

Free to access online. Note: Peer2Peer is a learning resource, not an accredited qualification.

### Peer Support Canada (CMHA) — National certification for peer supporters and family peer supporters (Canada)

https://peersupportcanada.ca/

WHAT YOU WILL FIND

Canada's national certification for peer supporters and family peer supporters: an application, self-assessment, references, a written knowledge assessment and a verbal competency assessment against a national Standard of Practice, taking 3–4 months. Full certification needs 200 hours of formal peer support experience; provisional certification is available with fewer.

WHO IT IS FOR

Peer supporters and family peer supporters in Canada who want a national credential that is valid in every province and territory.

Paid: C$200 application fee plus C$1,000 assessment fee at the time of checking. Note: Certification is an assessment, not a training programme; check the Certification Handbook for requirements, and note the fees are non-refundable.

### Te Pou — Consumer, peer support and lived experience workforce: competencies and training (New Zealand)

https://www.tepou.co.nz/our-work/lived-experience

WHAT YOU WILL FIND

New Zealand's national workforce centre page for the consumer, peer support and lived experience (CPSLE) workforce: the 2026 CPSLE competencies, a training directory of foundation and further training, free Tupuranga reflective-practice e-learning, and the CPSLE workforce strategy and action plan 2026–2031.

WHO IT IS FOR

Anyone in Aotearoa New Zealand starting or developing a peer support or lived experience role, and services building that workforce.

Free to use; external training in the directory has its own costs. Note: The training directory says it 'is not intended as an exhaustive list of options' and is not a list of accredited qualifications.

## Addiction & Alcohol and Other Drugs Work — Credentials & Training

### NAADAC / NCC AP — National addiction counselling and peer recovery certifications (United States)

https://www.naadac.org/certification

WHAT YOU WILL FIND

NAADAC's certification hub, run by its National Certification Commission for Addiction Professionals (NCC AP): National Certified Addiction Counselor I and II, Master Addiction Counselor, National Certified Peer Recovery Support Specialist and other credentials, testing information, the states and boards that use NCC AP exams, and a directory of approved education providers.

WHO IT IS FOR

Addiction counsellors, peer recovery specialists and students in the US looking for a national credential, an exam their state board accepts, or approved continuing education.

Paid; application and exam fees vary by credential. Note: A national certification does not replace state licensure; check which credential and exam your state board requires.

### IC&RC — Member boards directory for addiction, prevention and peer credentials (international)

https://internationalcredentialing.org/member-boards/

WHAT YOU WILL FIND

Directory of the roughly 70 IC&RC member boards — most US states, the District of Columbia, Puerto Rico and the US military, plus boards for Bermuda, Canada, Hong Kong/China, India, Israel, Korea, Nigeria and Singapore — that award IC&RC credentials such as Alcohol and Drug Counselor, Advanced Alcohol and Drug Counselor, Prevention Specialist and Peer Recovery.

WHO IT IS FOR

Anyone who wants an addiction counselling, prevention or peer credential that transfers between jurisdictions; start with the member board where you live or work.

Free to search; credential fees are set by each member board. Note: Each board sets its own requirements above IC&RC minimums, and many countries have no member board.

### ICUDDR Center for Credentialing & Accreditation — International Certified Addiction Professional (ICAP) (international)

https://icuddr.org/credentialing-and-certification/

WHAT YOU WILL FIND

Global, exam-based credential for addiction professionals in prevention, treatment and recovery support. Treatment levels run from ICAP-Treatment I (one year of supervised experience and 120 training hours) to Treatment IV (a master's degree plus five years); credentials last three years. More than 2,400 professionals in 82 countries hold one.

WHO IT IS FOR

Addiction workers who want an international credential, particularly in countries without a national credential for addiction work.

Paid; application fees are on the Process and Apply pages, and renewal cost US$25–50 at the time of checking. Note: An international credential does not replace national licensing where it exists; check that employers or regulators in your country recognise ICAP.

### ISSUP — Universal Treatment Curriculum for substance use disorders (international)

https://www.issup.net/training/universal-treatment-curriculum

WHAT YOU WILL FIND

The International Society of Substance Use Professionals' home for the Universal Treatment Curriculum: 8 basic courses (science of addiction, continuum of care, counselling skills, ethics and more) and 14 advanced courses (pharmacology, medication-assisted treatment, motivational interviewing, CBT, families, clinical supervision, trauma-informed care), plus series on children, adolescents, women and nursing.

WHO IT IS FOR

Addiction workers, trainers and students worldwide who want structured training based on an internationally used curriculum.

Free to read; the self-led online courses are for ISSUP members, and membership is free; trainer-led delivery varies by country. Note: Self-led courses need an ISSUP login; the curriculum is training, not a licence to practise.

### Canadian Addiction Counsellors Certification Federation — Certifications for addiction professionals (Canada)

https://caccf.ca/for-professionals/

WHAT YOU WILL FIND

Requirements and fees for CACCF credentials, including the Canadian Certified Addiction Counsellor (CCAC: 4,000 supervised work hours, 270 education hours, 300 supervised clinical training hours and an online-proctored exam), the IC&RC-reciprocal International Certified Alcohol & Drug Counsellor (ICADC), and peer support specialist and recovery coach certifications.

WHO IT IS FOR

Addiction counsellors, peer support workers and recovery coaches in Canada who want a national credential, or one that transfers to other IC&RC jurisdictions.

Paid; application, exam and renewal fees vary by credential. Note: Addiction counselling is regulated differently in each province; check what your province or employer requires.

### dapaanz — Registration criteria and recognised addiction qualifications (New Zealand)

https://dapaanz.org.nz/membership/registration-criteria-qualifications/

WHAT YOU WILL FIND

Lists the addiction qualifications dapaanz recognises for practitioner registration — 12 applied programmes such as the Bachelor of Counselling and Addiction Practice (WelTec), Te Taketake Diploma in Addiction Counselling (Moana House) and programmes at Otago, Auckland, AUT, Massey and Wintec — plus options for graduates of related degrees.

WHO IT IS FOR

Anyone in Aotearoa New Zealand planning to become an addiction practitioner — check a programme is on this list before enrolling.

Free to view; tuition is set by each provider, and registration has a fee. Note: dapaanz is a professional association rather than a government regulator; check what your employer requires.

### training.gov.au — CHC43215 Certificate IV in Alcohol and Other Drugs: national qualification and approved RTOs (Australia)

https://training.gov.au/training/details/CHC43215

WHAT YOU WILL FIND

The National Register of VET entry for Australia's nationally recognised alcohol and other drugs (AOD) worker qualification: its units, packaging rules and the registered training organisations approved to deliver it. Release 4 (December 2025) is current; it replaced CHC40412.

WHO IT IS FOR

Anyone in Australia who wants to start working in alcohol and other drug (AOD) services — check that a provider is approved to deliver CHC43215 before enrolling.

Free to view; course fees and any state subsidy vary by provider and state. Note: An entry-level qualification; employers' requirements vary by role and state, so check job advertisements before you enrol.

## Speech Pathology & Audiology — Accredited Programmes

### ASHA EdFind — Speech-language pathology & audiology programme finder (United States)

https://find.asha.org/ed/

WHAT YOU WILL FIND

The American Speech-Language-Hearing Association's directory of over 300 institutions offering degree programmes in audiology, speech-language pathology and speech, language and hearing science, searchable by institution or area of study. ASHA's Council on Academic Accreditation (CAA) accredits the SLP master's and audiology clinical doctorates that prepare students to enter the professions.

WHO IT IS FOR

Anyone in the US planning to become a speech-language pathologist or audiologist, the professionals who assess and support communication differences in autistic, dyslexic and other neurodivergent children and adults.

Free to search; tuition is set by each university. Note: EdFind is a programme directory, not an accreditation list; confirm a programme's accreditation on the CAA's own site (caa.asha.org).

### Royal College of Speech and Language Therapists — University degrees in speech and language therapy (United Kingdom)

https://www.rcslt.org/speech-and-language-therapy/become-a-speech-and-language-therapist/university-degrees/

WHAT YOU WILL FIND

RCSLT's guide to where you can study: 24 UK universities offer BSc (Hons), PGDip or MSc courses that are approved by the HCPC and accredited by the RCSLT, shown on an interactive map, a list and a downloadable PDF, with funding advice for each UK nation and a link to apprenticeship routes.

WHO IT IS FOR

Anyone in the UK planning to become a speech and language therapist; graduates can then apply to the HCPC to register to practise.

Free to view; course fees are set by each university.

### Speech-Language & Audiology Canada — Academic programmes in speech-language pathology & audiology (Canada)

https://www.sac-oac.ca/joining-the-profession/academic-programs/

WHAT YOU WILL FIND

SAC's list of Canadian university programmes — 13 in speech-language pathology and 6 in audiology, several at French-language universities — plus college programmes for communication health assistants, with a link to information on the programmes' accreditation. In Canada the entry-to-practice degree for both professions is a master's.

WHO IT IS FOR

Anyone in Canada planning to work as a speech-language pathologist, audiologist or communication health assistant.

Free to view; tuition is set by each university or college. Note: SAC says programme information is subject to change, and the accreditation council CACUP-ASLP's own page listed 12 S-LP universities; check new programmes with the university.

### New Zealand Speech-language Therapists' Association — Accredited university programmes (New Zealand)

https://speechtherapy.org.nz/careers/university-programmes

WHAT YOU WILL FIND

NZSTA's list of the four speech-language therapy programmes it accredits: a master's at the University of Auckland, a bachelor's (honours) and a master's at the University of Canterbury, and a bachelor's at Massey University, each with its re-accreditation year. Undergraduate and postgraduate programmes are assessed against the same criteria.

WHO IT IS FOR

Anyone planning to become a speech-language therapist in Aotearoa New Zealand.

Free to view; course fees are set by each university. Note: Speech-language therapy is self-regulated in New Zealand: NZSTA, not a government board, oversees practitioners' registration.

### Rehabilitation Council of India — Approved institutions for audiology & speech-language pathology courses (India)

https://rehabcouncil.nic.in/regular-mode-inst/

WHAT YOU WILL FIND

RCI's page for checking which institutions it has recognised to run its on-campus rehabilitation courses, including audiology and speech-language pathology. It explains how institutions gain RCI recognition, advises candidates to enrol only at recognised institutes, and links to the yearly PDF list of approved institutes with their status and intake per batch.

WHO IT IS FOR

Anyone in India training as an audiologist or speech-language pathologist (RCI courses include BASLP and M.Sc. SLP) who wants to check an institute is recognised.

Free to view; fees are set by each institution. Note: The approved list is a PDF reissued each year (usually March/April); check the latest version and RCI's blacklisted-institutions page before enrolling.

### Speech Pathology Australia — University programs and accreditation (Australia)

https://www.speechpathologyaustralia.org.au/Public/Public/Certification-and-universities/University-accreditation/University-accreditation.aspx

WHAT YOU WILL FIND

Explains what accreditation means and links to Speech Pathology Australia's up-to-date list of universities offering accredited speech pathology degrees across Australia, with each program's accreditation status and review date. Accredited programs meet the national standards needed to work as a speech pathologist.

WHO IT IS FOR

Anyone in Australia who wants to become a speech pathologist — including to support autistic, dyslexic or other neurodivergent children and adults; graduates of an accredited degree can apply to become a Certified Practising Speech Pathologist (CPSP).

Free to view; tuition is set by each university. Note: Speech pathology is not registered through Ahpra; SPA's own certification (CPSP) is the profession's credential in Australia.

## Sleep Medicine, Sleep Technology & Gut–Brain Care — Specialist Training

### American Academy of Sleep Medicine — Choose Sleep: paths into sleep medicine careers (United States)

https://aasm.org/professional-development/choose-sleep/paths-to-sleep-medicine/

WHAT YOU WILL FIND

AASM's guide to the routes into sleep medicine. Physicians complete a specialty residency, then a one-year sleep medicine fellowship (found through the ACGME programme search under 'Sleep Medicine') and board certification from one of six specialty boards. It also covers careers for sleep technologists, nurses, respiratory therapists, physician assistants, dentists and sleep scientists.

WHO IT IS FOR

Medical students, residents and allied health workers in the US who are considering a career in sleep medicine.

Free to read; fellowship posts are salaried; technologist training and exams carry fees. Note: Describes the US system; other countries have their own sleep medicine training and certification routes.

### Society of Behavioral Sleep Medicine — Accredited behavioural sleep medicine and CBT-I training programmes (US-based, international)

https://www.behavioralsleep.org/index.php/sbsm-educational-opportunities/accredited-fellowship-programs

WHAT YOU WILL FIND

SBSM's lists (PDFs updated in 2026) of behavioural sleep medicine training programmes it accredits, which must offer at least 1,000 hours of supervised clinical training, and of accredited CBT-I training programmes, plus a registry of non-accredited programmes. Accredited programmes meet the training requirements to sit the behavioural sleep medicine (DBSM) exam; others use an alternate track.

WHO IT IS FOR

Psychologists and other clinicians in training who want to specialise in non-drug treatment of insomnia and other sleep disorders.

Free to view; costs or stipends vary by host institution. Note: Accreditation is voluntary, and the lists are PDF files that are replaced when updated, so open them from this page.

### European Sleep Research Society — Sleep Medicine Examination: Somnologist certification (Europe & international)

https://esrs.eu/sleep-medicine-examination/

WHAT YOU WILL FIND

The ESRS exam certifies Somnologists (physicians, psychologists, sleep scientists and physician assistants) and Somnologist-Technologists (sleep technologists and nurses). Somnologist candidates need at least 12 months in a sleep medicine centre with hands-on polysomnography, and the exam follows the ESRS catalogue of knowledge and skills. The 2026 exam is online.

WHO IT IS FOR

Clinicians and technologists in Europe and beyond who want a cross-national sleep medicine credential, especially where their own country has no sleep medicine specialty.

Exam fee applies, and candidates must be ESRS members. Note: Requires ESRS membership, and the certificate does not replace national specialist registration or a licence to practise.

### University of Oxford — Online Programme in Sleep Medicine: MSc, PGDip, modules and CBT-I masterclass (UK, online)

https://www.scni.ox.ac.uk/study-with-us

WHAT YOU WILL FIND

Oxford's Sleep and Circadian Neuroscience Institute runs a part-time, mostly online MSc and Postgraduate Diploma in Sleep Medicine over two years (the MSc has a one-week residential), standalone modules, a two-day online CBT for Insomnia masterclass for licensed clinicians and a sleep measurement masterclass. More than 600 students from over 50 countries have studied on the programme.

WHO IT IS FOR

Doctors, psychologists, nurses, sleep technologists and researchers anywhere who want a university qualification in sleep medicine or practical CBT-I skills.

Paid; University of Oxford tuition fees apply. Note: An academic qualification, not a licence or specialist registration; the CBT-I masterclass is open only to clinicians already licensed to practise.

### Rome Foundation GastroPsych — Psychogastroenterology training for mental-health and GI clinicians (international)

https://theromefoundation.org/rome-gastropsych/

WHAT YOU WILL FIND

The Rome Foundation's GastroPsych group trains clinicians in brain–gut psychotherapy for disorders of gut–brain interaction such as IBS: continuing-education workshops for mental-health providers at basic, intermediate and advanced levels, over 50 hours of on-demand CE videos, an 8-hour course for GI advanced practice providers, peer consultation groups and an early-career network.

WHO IT IS FOR

Psychologists, therapists and GI clinicians, including nurse practitioners and physician assistants, who want to treat IBS and related gut–brain conditions with evidence-based psychological care.

Paid courses; some peer groups and the provider listserv are for members. Note: These are continuing-education courses for already-qualified clinicians, not an accredited qualification or a registration.

### Board of Registered Polysomnographic Technologists — RPSGT exam pathways and STAR-approved programmes (US, Canada & international)

https://brpt.org/rpsgt/eligibility/

WHAT YOU WILL FIND

Sets out the five routes to sit the Registered Polysomnographic Technologist (RPSGT) exam: graduating from a CAAHEP- or CoARC-accredited polysomnography programme; 960 hours of sleep-lab experience plus a BRPT-approved (STAR) self-study or focused programme, with a link to the STAR programme list; 960 hours plus an accepted allied health credential; or an international route.

WHO IT IS FOR

People who want to work as sleep technologists running and scoring sleep studies, and allied health staff such as respiratory therapists moving into sleep. Some US states require sleep technologists to be licensed.

Exam fee US$550, which includes a non-refundable US$50 processing fee; training costs are set by each programme. Note: A professional credential, not a licence; rules differ by US state and by country, and every route except an accredited programme needs 960 hours of clinical sleep-lab experience.

### Australia and New Zealand Sleep Science Association — ANZSSA Certification Exam and Certification in Sleep Science (Australia & New Zealand)

https://www.anzsleepscience.org/anzssa-certification-exam/

WHAT YOU WILL FIND

The regional credential for sleep scientists and technologists. The online ANZSSA Certification Exam (ACE: 100 multiple-choice questions, usually run twice a year) covers polysomnography, scoring and helping patients with sleep therapy; a pass earns the Certification in Sleep Science (CSS), renewable every five years. A public register lists current holders.

WHO IT IS FOR

People working in a sleep service (at least 12 months full-time or equivalent in the past five years, with current Basic Life Support) who want a recognised regional credential. ANZSSA is also a pre-approved provider of credits for keeping the US RPSGT.

Exam A$200; re-certification A$100 every five years; ANZSSA membership required. Note: New (first held in 2024) and voluntary: open only to ANZSSA members with at least a year's sleep-service experience; a professional credential, not a government registration.

### National School of Healthcare Science — Accredited Practitioner Training Programme degrees, incl. respiratory and sleep physiology (UK)

https://nshcs.hee.nhs.uk/services/accreditation/list-of-accredited-higher-education-institutions/ptp-academic-programmes/

WHAT YOU WILL FIND

Lists the 21 universities offering accredited courses for the NHS Practitioner Training Programme, a three-year BSc (Hons) in healthcare science with academic and work-based learning. Six offer respiratory and sleep physiology: City St George's, Sheffield Hallam (apprenticeship), Swansea, Ulster, UWE Bristol and Wolverhampton; others cover cardiac physiology, audiology and more.

WHO IT IS FOR

School leavers and career changers in the UK aiming to work as healthcare science practitioners in NHS respiratory and sleep physiology services, or in another healthcare science specialty.

Free to view; UK undergraduate tuition fees are set by each university. Note: Healthcare science practitioners are not regulated by law; accredited PTP graduates can apply to the Academy for Healthcare Science's voluntary register, a PSA Accredited Register.

## Important Disclaimer

This directory is provided for **educational and informational purposes only** and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional before making changes to your medication regimen or starting any new therapy.

**This document does not guarantee the legitimacy, quality, or suitability of any business, organization, or practitioner listed within.** The inclusion of any listing does not constitute an endorsement, recommendation, or verification of credentials. All organizations listed are independent entities over which the creators of this directory have no control or oversight.

This directory is intended to be used as a **starting point and reference** for the reader to conduct their own research, exercise their own judgment, and apply their own discretion before engaging with any listed organization or professional. Readers are strongly encouraged to independently verify credentials, read reviews, check licensing, and confirm current pricing and availability directly with each organization before committing to any services.

Costs, availability, contact details, and services may change at any time without notice. Information was accurate to the best of our knowledge at the time of publication.

**About Notbroken.io:** this directory and the accompanying Breathe, Calm, Sleep, Move, Eat, Track and Build tools were created by Nathan Leary, who runs and updates them. How each tool works, its safety notes, the privacy policy and terms of use are at notbroken.io/about (https://notbroken.io/about/), notbroken.io/privacy (https://notbroken.io/privacy/) and notbroken.io/terms (https://notbroken.io/terms/). The tools are general wellness aids, not medical devices, and Track is a personal journal that never gives medication advice.

**If you are in crisis:** Please contact your local emergency services immediately, or reach out to one of the following helplines:

**International:** Chapter 02 of this directory lists free helplines by situation and country; elsewhere use Find A Helpline — findahelpline.com
**United States:** 988 Suicide & Crisis Lifeline (call or text 988) • Crisis Text Line (text HOME to 741741)
**United Kingdom:** Samaritans — 116 123 (free, 24/7)
**Canada:** Talk Suicide Canada — 988 (call or text, 24/7)
**Australia:** Lifeline — 13 11 14 (24/7) • Beyond Blue — 1300 22 4636
**New Zealand:** Need to Talk? — 1737 (free, 24/7)
**Europe:** European Emergency Number — 112
**India:** iCall — 9152987821 • Vandrevala Foundation — 1860 2662 345
**Singapore:** Samaritans of Singapore — 1-767 (24/7)
**Japan:** TELL Lifeline — 03-5774-0992