

Self Help Resources – Useful sites & Information

Physical Health (including pregnancy advice)

Unplanned pregnancy and abortion – Information on where you can go for help and advice if you are pregnant and are not sure you want a baby.

www.fpa.org.uk/help-and-advice/unplanned-pregnancy-abortion

Miscarriage Association provides information and a helpline for people who have been affected by miscarriage, molar pregnancy or ectopic pregnancy.

www.miscarriageassociation.org.uk/

The IBS Network provides information, advice and support for people with IBS and those who care for them.

www.theibsnetwork.org/

ME Association provides information, support and practical advice for people, families and carers affected by ME (Myalgic Encephalopathy), Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS).

www.meassociation.org.uk/

People Living with Pain provides links and information for people living with pain.

www.britishpainsociety.org/people-with-pain/

Coping with cancer – Information on the emotional, physical and practical effects of cancer and how to manage them.

www.cancerresearchuk.org/about-cancer/coping

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