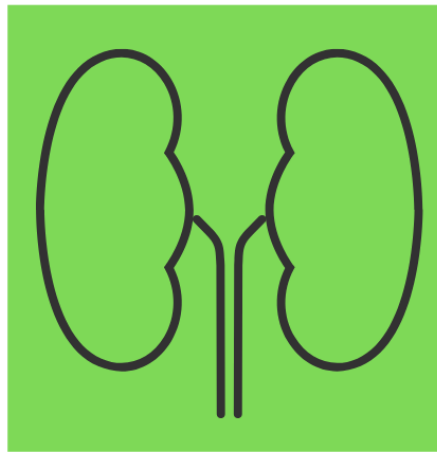
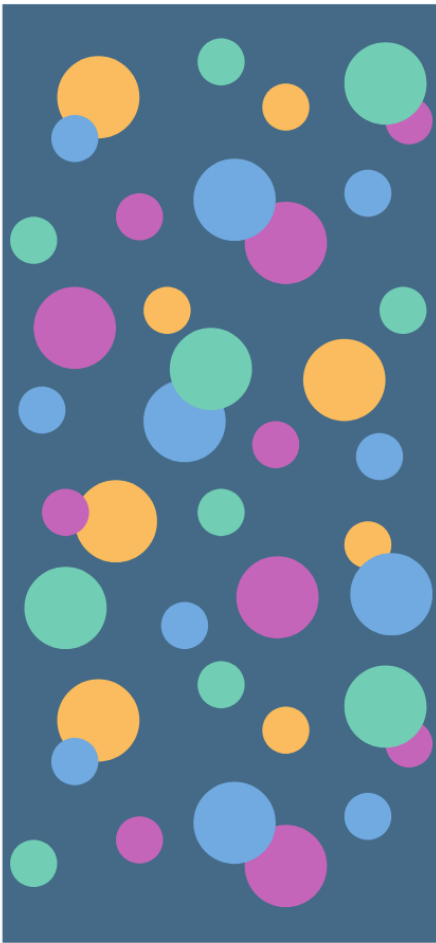




WHERE TO GET SUPPORT



**SUPPORT
FOR
KIDNEY
PATIENTS**

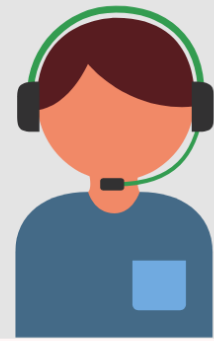
EMPOWERING YOU!

This document is to help you navigate where you can get support and put you back in control!



We are so lucky to have some amazing kidney charities in Wales and across the UK.....

AMAZING KIDNEY CHARITIES!



THE KIDNEY WALES FOUNDATION

<https://www.kidneywales.cymru/>



PAUL POPHAM FUND

Renal Support Wales

<http://paulpophamfund.co.uk/>



KIDNEY CARE UK

<https://www.kidneycareuk.org/get-support/>



NATIONAL KIDNEY FEDERATION

<https://www.kidney.org.uk/>



KIDNEY RESEARCH UK

<https://www.kidneyresearchuk.org/>



KIDNEY CANCER UK

<https://www.kcuk.org.uk/>



SAFE INFORMATION SITES



InfoKID

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



Davita

<https://www.davita.com/>



NHS Information

<https://www.nhs.uk/conditions/kidney-disease/>



National Institute of Diabetes and Digestive and kidney disease

<https://www.niddk.nih.gov/health-information/kidney-disease/>



World Kidney Day UK

<http://www.worldkidneyday.co.uk/>



Swansea Bay Renal Services

<https://sbuhb.nhs.wales/hospitals/a-z-hospital-services/renal-services/>



Many of the charity websites on the previous page also have high quality and safe information sections! Check them out too!

MENTAL HEALTH SUPPORT & CRISIS SUPPORT



Young Minds (CAMHS)

<https://youngminds.org.uk/>

YOUNGMINDS

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK. Text YM to 85258.

Shout

<https://www.crisistextline.uk/>

shout

for support in a crisis

Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.

Samaritans

www.samaritans.org



Call 116 123 for free 24/7

Childline

www.childline.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 for free for anyone under 19 in the UK 24/7

Papyrus



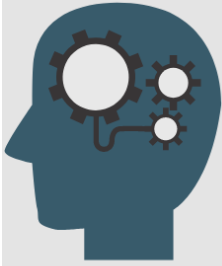
HOPELINEUK for confidential support and practical advice including making a Safety Plan. For people under 35 and those supporting them
Call 0800 068 4141
Text: 07860039967
Email: pat@papyrus-uk.org
Open 9am - midnight every day (incl Weekends and Bank Holidays)

Meic Cymru

<https://www.meiccymru.org/>



call 080880 23456 8am to midnight or text anytime to 84001.



MENTAL HEALTH SUPPORT

Platform

<https://platform.org/project/young-people/>

PLATF **FORM**

Peer Support Service

Paul Popham Fund Renal Support Wales



<http://paulpophamfund.co.uk/befriending-service-changes-its-name-to-peer-support-service/>

Options for Counselling

Renal Psychology & Counselling

Ask your Renal Team if you can be referred to speak to our Renal Psychologist or Renal Councillors.

Counselling Service

Paul Popham Fund Renal Support Wales



0333 200 1285

Relate Cymru

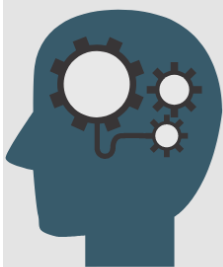
<https://www.relate.org.uk/cymru/children-and-young-peoples-counselling>



Eye to Eye

<https://www.eyetoeye.wales/>





SOCIAL MEDIA & PEER SUPPORT



Supporting young adults living with any renal condition

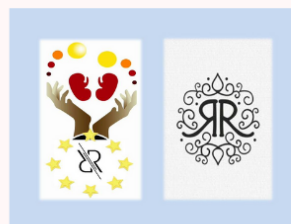


Young Adult Kidney Group

<https://www.facebook.com/groups/youngadulthoodkidneygroup>

R & R Facebook Group

<https://www.facebook.com/groups/1615812342076415>



Other Social Media Groups

Kidney Care UK Group:

<https://www.facebook.com/groups/TheBKPA>



Please be aware, not everything you hear or read on these groups will be relevant to you. But, it is a good place to meet and speak to other patients.

Kidney Wales Community Page:

<https://www.facebook.com/groups/KidneyWalescommunity>



