Information about illness and Disability

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If you need to know about the disability of your relative and how it affects them you can contact the Young Carers project on: **0161 368 7722** or look on Tameside MBC’s website pages for young carers.

[www.tameside.gov.uk/carers/young/project](http://www.tameside.gov.uk/carers/young/project)

**Alcohol**

If you are concerned about a relative drinking, the following organizations can offer help.

**AL ANON Tel: 0207 593 2070** [www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

For children and young people of relatives with a drink problem.

**ADS Tel: 0161 831 2400** [www.adsolutions.org.uk](http://www.adsolutions.org.uk)

Will talk to people concerned about a family members drinking

**Alzheimer’s disease**

Alzheimer’s disease Society Tel: **0207 423 3500**

Can provide advice and information about Alzheimer’s disease and dementia. They have several leaflets and books for children and young people.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Arthritis**

The Arthritis Care Association Tel : **0333 150 3456**

Gives information, advice and practical support for people with arthritis and the people who care for them.

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

**Autism**

The national Autistic Society tel**: 0808 800 4104** [www.nas.org.uk](http://www.nas.org.uk)

If your brother or sister has autism and you want to know how this affects them you can contact this society for advice. They have published some books for brothers and sisters that you might like to read.



**Bereavement**

If someone close to you has died and you need to talk to somebody about your feelings then you can contact:

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**Tameside, Oldham & Glossop MIND: 0161 330 9223**

Provides a counselling service

[www.togmind.org/](http://www.togmind.org/)

**Off the Record tel: 0161 355 3553**

Provides free confidential counseling for young people aged 13 and over.

**Your GP**

Your GP will talk to you and may be able to refer you to talk to someone and help you with your feelings.

**Cancer**

[www.riprap.org.uk](http://www.riprap.org.uk) **–** advice for children and young people 12-18 whose parents have cancer

**Cancer aid and listening line (C.A.L.L.) tel: 0845 123 2329**

Can provide telephone information, advice or someone to listen to for children and young people whose relatives are affected by cancer.

**Diabetes**

Diabetes UK Tel: **0207 424 1000**

Gives information and advice about treatment and diet.

**Drugs**

Branching out tel: **0161 342 7605** Support and advice for children under 19 living with substance misuse.

**Epilepsy**

The British Epilepsy helpline

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

tel**: 0808 800 5050**

Gives information on all aspects of epilepsy

**HIV and AIDS**

If someone in your family is affected by HIV and AIDS you can obtain confidential advice from the following places.

**George House trust tel: 0161 274 4499** [www.ght.org.uk](http://www.ght.org.uk)

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A voluntary organization for the North West for people living with HIV and supporting children who have HIV positive parents. You can contact them on the above number or you can write to them at**: 75 Ardwick Green, North Manchester M12 6FX.**

**Learning disabilities and children with special needs**

Contact a family tel: **0808 808 3555** [www.cafamily.org.uk](http://www.cafamily.org.uk)

Provides information on children with special needs.

**Mencap**

**Helpline: 0808 808 1111/ 0207 7454 0454**

The national society for adults and children with learning disabilities, provides information and advice on all aspects of learning disability



**Motor Neuron Disease**

Motor Neuron Disease society tel: **0845 762 6262** (9am-10.30pm)

Help you contact your regional care advisor and provide a booklet for young people about the disease.

**Multiple Sclerosis**

Multiple sclerosis society tel: **0207 736 6267**

For information and financial support. Provide an information booklet for children whose parents have the disease.

Helpline 0808 800 8000

www.mssociety.org.uk

**Mental health problems**

This term is used to describe the problems people have who, at certain times during their lives become mentally ill. When you are mentally ill something goes wrong with your mind and you feel confused, upset, agitated or withdrawn and depressed. People when they are mentally ill find it very difficult to cope with everyday life. They may have to go to hospital for a period of time. Living with someone who has mental health problems can make you scared, unsure, angry, sad or lonely. You might be embarrassed to talk to anyone about it. If you need information or advice about a family members mental health problems then there are number of places you can contact:

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**Making Space tel: 01925 571 680**

[www.makingspace.co.uk](http://www.makingspace.co.uk)

If your relative has schizophrenia Greater Manchester support services can offer family advice, information and support.

**Manic depression fellowship advice line: 020 7931 6480**

Advice and information on manic depression or its other name bi polar disorder. They can send you a leaflet about living with a parent with manic depression title ‘why did my world have to change’

[www.mdf.org.uk](http://www.mdf.org.uk)

**Saneline tel: 0845 767 8000 (12 noon-midnight)**

A confidential helpline for anyone affected by mental illness. Provides someone to talk to and gives advice and contacts for help in your local area.

**Young minds tel: 0808 802 5544**  [www.youngminds.org.uk](http://www.youngminds.org.uk)

Provides information on mental health for children and young people in a leaflet titled ‘’does someone in your family have a serious mental health problem’’

**Stroke**

Stroke information service tel: **0303 303 3100**

Provides information on the condition.

[www.stroke.org.uk](http://www.stroke.org.uk)