



Brain and spine problems?

**CONTACT OUR  
HELPLINE TEAM**

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We provide expert support and information to people affected by brain and spine conditions.

**Helpline 0808 808 1000**

**[helpline@brainandspine.org.uk](mailto:helpline@brainandspine.org.uk)**

(Monday – Thursday 9am – 4pm & Friday 9am – 1pm)

We are the only UK wide charity providing support on the full range of neurological conditions to patients, carers and health professionals.

# Publications

We produce a range of booklets and fact sheets on neurological conditions and problems to support people to stay informed on symptoms, tests and investigations, rehabilitation and possible treatments.



[www.brainandspine.org.uk/our-publications](http://www.brainandspine.org.uk/our-publications)

## Want to know more?

Check out our website and follow us on social media for more information about our charity, events for patients, carers and health professionals and online support groups.

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



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