

We provide a number of support services for people affected by a neurological problem or condition, as well as for family, friends and carers.

“ The Brain & Spine Foundation played a huge part in helping us understand subarachnoid haemorrhage and what was happening. Their website and information is clear and informative but also supportive and comforting. It was reassuring to know that during my sister’s recovery, she could access their helpline, website and personal stories on the charity’s website. ”

- Abi



SUPPORT FOR YOU



Brain & Spine
Foundation

The Brain & Spine Foundation is a registered charity number 1098528. Registered as a company limited by guarantee number 4432677.



Specialist support

Our Helpline team provide confidential, tailored information and support to anyone affected by a neurological problem.

The team are here to answer your questions, help you make sense of your situation or signpost you to other organisations that may be able to help further.

If you're worried about someone close to you, our Helpline team are here for you too.

Talk to our Helpline team



0808 808 1000



helpline@brainandspine.org.uk

Our free Helpline is open

Mon to Thurs 9am – 4pm

Fri 9am – 1pm



Online support groups

Our online support groups are a great place to share personal stories, information and experiences, knowing that someone understands what you're going through.

We have two private **facebook** groups, one for people affected by Chiari malformation, and the other for people affected by Subarachnoid haemorrhage.

“ This page and this group has been the single biggest support for me and obviously countless others. ”

- Katherine

You can also find us on HealthUnlocked, a social networking service for health. Here, our community supports people with any neurological condition or problem.

Over 1500 people are now members of our online support groups.



Our health information

Our online information and resources cover a wide range of conditions and topics.

Available to read or download on our website, our information is accurate, easy to read and up to date.

Our booklets

We also produce a series of booklets, designed as guides for people affected by a neurological condition, including family, friends and carers.

Each booklet includes information on commonly asked questions, tests, treatments and recovery.

You can order or download our booklets free of charge.

To see our full range of publications and to place an order, please visit our website;



brainandspine.org.uk/our-publications