

Useful Contacts

Organisation	Website	Telephone number
Action on salt	http://www.actiononsalt.org.uk/	020 7882 5941
Alcoholics Anonymous	http://www.alcoholics-anonymous.org.uk	8457697555
BHF	http://www.bhf.org.uk/get-involved/fundraising/red-for-heart	020 7554 0000
Blood Pressure Association	http://www.bpassoc.org.uk	0845 241 0989
British Association of Dermatologists	http://www.bad.org.uk/site/715/default.aspx	020 7383 0266
British Dietetic Association	http://www.bda.uk.com/	0121 200 8080
British Heart Foundation	http://www.bhf.org.uk/healthatwork/	0300 330 3311.
British Lung Foundation	http://www.lunguk.org	08458 50 50 20
British Nutrition Foundation	http://www.nutrition.org.uk/	020 7404 6504
Cancer Research	http://www.cancerresearchuk.org/	8088084000
Change for life	http://www.nhs.uk/change4life/Pages/change-for-life.aspx	0300 123 4567
Citizens advice bureau	http://www.citizensadvice.org.uk/	020 7833 2181
Diabetes UK	http://www.diabetes.org.uk/	020 7424 1000
Everyman campaign	http://everyman-campaign.org/	020 7153 5375
Frank	http://www.talktofrank.com/	0800 776600
Gamblers Anonymous	http://www.gamblersanonymous.org.uk/	0121 233 1335
Heart UK	http://www.heartuk.org.uk/	01628 777046
Living Streets	http://www.livingstreets.org.uk/	020 7377 4900
Men's health forum	http://www.menshealthforum.org.uk	020 7922 7908
Mind	http://www.mind.org.uk/	0300 123 3393
Mindful Employer	http://www.mindfulemployer.net/	01392 677064
National Debt Line	http://www.nationaldebtline.co.uk/	8088084000
National Osteoporosis service	http://www.nos.org.uk/page.aspx?pid=183	01761 471771
Natural England	http://www.wfh.naturalengland.org.uk/	0300 060 2287
NHS Livewell	http://www.nhs.uk/Livewell/Pages/Livewellhub.aspx	8454023089
NHS Smoke Free	http://smokefree.nhs.uk/	0800 022 4 332
Quit	http://www.quit.org.uk/	0800 00 22 00
Samaritans	http://www.feelgoodfriday.org/	020 8394 8399
Stroke UK	http://www.stroke.org.uk/	0303 3033 100
The no smoking day charity	http://www.nosmokingday.org.uk	020 7739 5110
Time to Change	http://www.time-to-change.org.uk	0300 5000 927
World Cancer Research Fund	http://www.wcrf-uk.org/	020 7343 4205
World Health Organisation	http://www.who.int/world-health-day/en/	41 22 791 21 11

Midlands Workplace Wellbeing Ltd,
T: 01562 634926 M: 07954 414222
W: [W: Www.mwwellbeing.co.uk](http://www.mwwellbeing.co.uk) E: Renee@mwwellbeing.co.uk