



Your name:

Your diagnosis:

Your Doctor/Nurse/Pharmacist's name:

DIAGNOSIS

You have just been diagnosed with arthritis

This Info Prescription tells you about places you can go to get more information and support.


TEAR ALONG HERE

It is normal to have lots of questions and to feel worried **when you are first diagnosed.**

This handout gives you a list of organisations and people who are **here to help**

you. Keep hold of it as you might want the information in the future.



 If you are unsure about anything your doctor has told you, the words used or want to know more about **your type of arthritis**, turn over the page and **contact the Arthritis Care Helpline.**

You can learn to take control of your arthritis by getting the best information and support from people you can trust. You can **help yourself** and you can continue to lead a full and active life.



For answers to your frequently asked questions visit www.infoprescription.org.uk

Patient Name _____

Patient ID No. _____

Date _____



MORE INFORMATION AND HELP:

Get friendly support:

Arthritis Care Helpline

Phone free for a confidential chat (in up to 150 different languages)



0808 800 4050 (weekdays 10am–4pm)



helplines@arthritiscare.org.uk

Arthritis Care, 18 Stephenson Way, London NW1 2HD

Get more information and local support:



www.infoprescription.org.uk

Chat to people online and learn about arthritis:



www.arthritiscare.org.uk

If you need support in your own language contact CITAS Advocacy:



0208 600 3830

Get information about prescription pre-payment certificates:



0845 850 0030



www.ppa.nhs.uk

**If you don't have access to the internet at home,
visit your local library for free access and help.**

