|  |  |  |
| --- | --- | --- |
| **For post diagnosis support, advice and groups :** |  | **Portsmouth City Council services:** |
| **Remind Dementia Service** – See attached leaflet Phone number 033 0332 4030 Email: Remind@solentmind.org.uk------------------------------------------------------**Alzheimer`s Society** – See attached leaflet Phone 02392 892035 Email hip@alzheimers.org.uk | **Adult Social Care**Helpdesk number 023 9268 0810If you live under Hampshire County Council Helpdesk number 03005551386  |
|  |  |
| **For advice around welfare benefits and help around the home:** |  | **Practical and emotional support for carers:** |
| **Age UK Portsmouth –** See attached leaflet Phone: 023 9286 2121 | **The Carers Centre** – See attached leaflet Phone Number: 023 92851864 |
|  |
| **Solent NHS Mental Health Specialist**  |  |
| **Older People Mental Health Team**Access: via referrals from health care professionals only. Please speak to your GPPhone: 03001233923  |