

We Are Group Signposting Booklet

June 2025

The intention of providing the following collection of beneficial resources and organisations is to serve as a helpful informational guide. Given the extensive range of statutory and voluntary sector organisations present in England, it is not feasible to include each and every one of them in this Booklet. The inclusion or omission of any specific resource does not indicate an endorsement or non-endorsement by We Are Group regarding the activities of that organisation. We Are Group is not accountable for the information or services offered by external organisations.

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Crisis and Emotional Support Helplines for Everyone

Samaritans

Phone: 116 123 (Freephone, 24 hours a day, 7 days a week)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides emotional support for people 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgmental support.

SaneLine

Phone: 0300 304 7000 (Local call rates, 6pm-100pm 7 days a week)

Email: info@sane.org.uk

Website: www.sane.org.uk

Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

Mental Health Information Helplines for Everyone

Mind Infoline

Phone: 0300 123 3393 (Local call rates, 9am 6pm, Mon-Fri)

Text: 86463

Provides information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

Abuse (Domestic Violence, Child, Sexual Abuse)

NAPAC

Phone: 0808 801 0331 (freephone, see website for opening hours)

Email: support@napac.org.uk

Website: www.napac.org.uk

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.

Rape Crisis

Phone: 0808 500 2222 Freephone helpline, see website for opening hours)

Email: rcwinfo@rapecrisis.org.uk

Website: www.rapecrisis.org.uk

Rape Crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. It runs local Rape Crisis helplines and centres across England and Wales, details of which can be found on their website.

Refuge

Phone: 0808 20000 247 (Freephone, 24 hours a day, 7 days a week)

Website: www.refuge.org.uk

Refuge provide help and information about domestic violence. It runs a 24/7 domestic violence helpline in partnership with Women's Aid. Refuge runs a number of safe houses for women and children escaping domestic violence as well as other services.

Survivors UK

Phone: 0203 598 3898

Email: help@survivoruk.org

Website: www.survivorsuk.org

Survivors UK providers help support for men who have experienced sexual violence or abuse. This includes counselling and online and SMS chat support services run by professionals who specialise in the fields of male sexual violence.

Women's Aid

Phone: 0808 2000 247 (Freephone, 24 hours a day, 7 days a week)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Women's Aid are a grassroots federation working together to provide lifesaving services and build a future where domestic violence is not tolerated.

Addiction and Substance Misuse (Alcohol, Drugs, Gambling)

Adfam – Families, Drugs and Alcohol

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Adfam provides information and support for families affected by drugs and alcohol. Their website includes listing of helplines and local support groups available across England, as well as training and information for drug and alcohol professionals.

Al anon Family Groups UK and Eire

Phone: 0800 0086 811 (Helpline, 10am – 10pm, 7days a week)

Website: www.al-anonuk.org.uk

Al Anon Family Groups provide support to anyone whose life is, or has been affected by someone else's drinking, regardless of whether that person is still drinking or not. Run a wide range of self-help groups for relatives and friends of alcoholics.

Alcoholics Anonymous

Phone: 0800 9177 650 (Freephone, national helpline)

Email: help@aamail.org

Website: www.alcoholics-anonymous.org.uk

Alcoholics Anonymous runs self helps groups across Great Britain for anyone affected by alcohol use issues who wants to change their drinking behaviours, based on 12 step model of recovery.

Alcohol Health Network

Phone: 0203 151 2420

Email: hello@alcoholhealthnetwork.org.uk

Website: www.alcoholhealthnetwork.org.uk

A UK based social enterprise which aims to improve alcohol related health problems in the workplace and in communities. Provides a range of alcohol harm reduction services, including policy advice, employee and manager training, online health checks and counselling.

Cocaine Anonymous

Phone: 0800 612 0225

Email: helpine@cauk.org.uk

Website: www.cocaineanonymous.org.uk

Organisation running self-help groups for those with substance use issues relating to cocaine based on 12 step model of recovery.

DrinkAware

Phone: 0300 123 1110 (Freephone 9am-8pm Mon-Fri; 11am-4pm Sat-Sun)

Email: contact@drinkaware.co.uk

Website: www.drinkaware.co.uk

Drinkline is a free, confidential national helpline for people who are concerned about their own or someone else's drinking.

Narcotics Anonymous UK

Phone: 0300 99 1212 (Helpline: 10am – 12am, 7 days per week)

Email: helpine@ukna.org

Website: www.ukna.org

Narcotics Anonymous runs self-help groups across the UK for anyone affected by drug use who wants to change, based on 12 step model of recovery.

Dual Recovery Anonymous UK & Ireland

Phone: 07860739379

Email: info@ddauk.org

Website: www.ddauk.org

Organisation running self-help groups for those with dual diagnosis (a substance issue alongside diagnosed mental health issue), based on 12 step model of recovery.

Gamblers Anonymous UK

Phone: 0330 094 0322

Email: info@gamblersanonymous.org.uk

Website: www.gamblersanonymous.org.uk

Gamblers anonymous runs self-help groups across the UK for anyone affected by addictive gambling behaviour who wants to change, based on 12 step model of recovery.

Marijuana Anonymous UK

Phone: 0300 124 0373

Email: helpline@marijuana-anonymous.org.uk

Website: www.ma-uk.org

An organisation running self-help groups across the UK for those with substance use issues relating to marijuana, based on 12 step model of recovery.

UK SMART Recovery

Phone: 0330 053 6022

Website: www.smartrecovery.org.uk

Provides training to help people manage their recovery from any type of addictive behaviour, including alcohol and substance use as well gambling, sex, eating, shopping etc, through a range of self-help meetings.

Anxiety

Anxiety UK

Phone: 03444 775 774

Website: www.anxietyuk.org.uk

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self-help groups.

Triumph Over Phobia

Phone: 01225 571 740

Email: info@topuk.org

Website: www.topuk.org

Triumph over Phobia is a UK charity with aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety to overcome their fears.

Armed Forces

Combat Stress

Phone: 0800 138 1619 (Freephone, 24 hour helpline, 7 days a week)

Text: 07537 404 719

Email: combatstress@rethink.org

Website: www.combatstress.org.uk

The UK's leading Veteran's mental health charity, providing treatment and support services for all ex service personnel, through a helpline, community and outreach support and several dedicated treatment centres.

Help for Heroes

Phone: 0300 303 9888

Email: getsupport@helpforheroes.org.uk

Website: www.helpforheroes.org.uk

Help for Heroes provides direct support for wounded, injured and sick veterans and serving members for the Armed Forces and their families, including mental health support.

PTSD Resolution

Phone: 0300 302 0551 (9am -5pm Mon-Fri)

Email: contact@ptsdresolution.org

Website: www.ptsdresolution.org

PTSD Resolution helps veterans, TA and reservists who are struggling to reintegrate into a normal work and family life because of military trauma suffered during service in the Armed Forces. Coordinate a network of 200 accredited therapists with a focus in military PTSD.

Bereavement

Child Bereavement UK

Phone: 0800 028 8840 (Freephone helpline, 9am – 5pm, Mon-Fri)

Email: helpline@childbereavementuk.org

Website: www.childbereavementuk.org

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Runs a dedicated helpline as well as individual, couple's and family support sessions and groups across the country.

Bereavement Advice Centre

Phone: 0800 634 9494 (Freephone helpline, 9am -5pm, Mon – Fri)

Website: www.bereavementadvice.org

The Bereavement Advice Centre supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

Survivors of Bereavement by Suicide

Phone: 0300 111 5056 (Helpline 9am -9pm, 7 days a week)

Email: sobs.support@hotmail.com

Website: www.uk-sobs.org.uk

Survivors of Bereavement by Suicide is the national charity to meet the needs and break the isolation experienced by those bereaved by suicide. A self-help organisation which provides support via a range of means, including through a national helpline, via email and through running self-help groups.

Bipolar Disorder

Bipolar UK

Phone: 0333 323 3880

Email: info@bipolaruk.org

Website: www.bipolaruk.org

A national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers. Provide information through their website and via phone and also runs national self-help support groups, online support and employment support.

Carers

Carers Trust

Phone: 0300 772 9600

Email: info@carers.org

Website: www.carers.org

The Carers Trust is a major new charity for, with and about carers. They work to support carers through a wide range of information, providing respite care services and online peer support, including dedicated community for young carers under 18.

Carers UK

Phone: 08008 808 7777 (Freephone Adviceline, 10am – 4pm, Mon-Fri)

Email: advice@carersuk.org

Website: www.carersuk.org

Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matter relating to caring, and running an online peer support community of carers across the UK.

Crime Victims

Victim and Witness Information Service

Phone: 0808 168 89111 (Freephone)

Website: www.victimandwitnessinformation.org.uk

The Victim's Information Service is a free nationwide service which helps people find local support after a crime takes place. It brings together information on what will happen after reporting a crime, people that may be involved, help that should be provided and how to complain if something goes wrong.

Victim Support

Phone: 0808 1689 111 (Freephone, 8pm – 8am, Mon-Fri, weekends 24 hours)

Website: www.victimsupport.org.uk

Victim Support is an independent charity working towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. They run confidential free helpline for anyone affected by crime as well as emotional and practical

support, including advice on reporting a crime and processes involved in going to court and what happens during a trial.

Debt

National Debt Line

Phone: 0808 808 4000 (Freephone, 9am – 8pm, Mon – Fri, 9.30am – 1pm Sat)

Website: www.nationaldebtline.org

The National Debt Line is an independent charity which provides free, confidential specialist advice on managing financial debt via a helpline, online information and free web chats.

Step Change

Phone: 0800 138 1111

Email: client.service@stepchange.org

Website: www.stepchange.org

Charity Stepchange provides free advice on problem debt and debt management.

Depression

Association for Postnatal Illness

Phone: 0207 386 0868

Email: info@apni.org

Website: www.apni.org

APNI provides support for all women who experience postnatal depression. Provide peer support services via phone and email.

Depression UK

Email: info@depressionuk.org

Website: www.depressionuk.org

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

Eating Disorders

Beat

Phone: 0808 801 0677 (Helpline for anyone over 18)

Email: help@beateatingdisorders.org.uk

Website: www.beateatingdisorders.org.uk

Beat is the UK's leading charity supporting anyone affected by eating disorders. Runs helplines for adults and young people, online support as well as peer support groups across the country.

MGEDT (Men Get Eating Disorders Too!)

Email: sam@mengetedtoo.co.uk

National charity awareness of eating disorders in men. Also provided peer support services for men affected by eating disorders.

Employment and Mental Health

ACAS (Advisory, Conciliation and Arbitration Service)

Phone: 0300 123 1100 (Open Monday to Friday, 8am to 6pm)

Website: www.acas.org.uk

ACAS provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law. Supports good relationships between employers and employees, but also provides conciliation services to resolve workplace problems.

Mind's Guide to Workplace Mental Health

Phone: 0300 123 3393. (Lines open Monday to Friday, 9am to 5pm)

Email: info@mind.org.uk

Website: www.mind.org.uk

Mental health charity Mind's dedicated website section on workplace mental health provides guidance to help employers take care of themselves and their staff. Mind has also published the Employer's Guide to Mentally Healthy Workplaces, which discusses what poor workplace wellbeing is, what a mentally healthy workplace looks like, and how to create mentally healthy workplaces.

Shaw Trust

Phone: 0300 303 3111

Website: www.shaw-trust.org.uk

The Shaw Trust is the UK's largest third sector provider of employment services and disadvantaged people.

Family, Parenting and Relationships

Family Lives

Phone: 0808 800 2222 (Freephone see website for opening hours)

Email: askus@familylives.org.uk

Website: www.familylives.org.uk

Family Lives is a national family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline and provide a range of information on issues relating to parenting.

Relate

Phone: 0300 100 1234

Email: counselling@relatecambridge.org.uk

Website: www.relate.org.uk

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationships.

Gov.uk

Website: www.gov.uk

Gov.uk is the first point of contact for information on all government services, including money, tax, benefits, disability, employment and carers' rights.

Health Talk

Website: www.healthtalk.org

Health Talk provides free, reliable information about health issues, by sharing people's real life experiences.

Men's Health Forum

Phone: 0330 097 0654

Email: marmot@menshealthforum.org.uk

Website: www.menshealthforum.org.uk

Men's Health Forum provides free, independent health information focusing on male health issues, including particular projects around men's mental health.

Learning Disabilities

Mencap

Phone: 0808 808 1111 (9am-5pm, Mon- Fri)

Email: helpline@mencap.org.uk

Website: www.mencap.org.uk

Mencap works in partnership with people with learning disabilities, their families and carers to provide a range of support services.

Generate

Phone: 0208 879 6333

Email: enquiries@generate-uk.org

Website: www.generate-uk.org

Generate is a charity which aims to support the lives of people with a learning difficulty.

Lesbian, Gay, Bisexual and Transgender (LGBT)

Lesbian, Gay, Bisexual and transgender Switchboard

Phone: 0300 330 0630 (Local call rates, 10am-11pm, 7 days a week)

Email: chris@switchboard.lgbt

Website: www.switchboard.lgbt

Confidential support, information and referral services for the LGBT community, including online chat services.

Older People

Age UK

Phone: 0800 169 2081 (Freephone advice line)

Website: www.ageuk.org.uk

Age UK provides a range of information and support services for older people and those caring for them. Includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.

Alzheimer's Society

Phone: 0300 222 1122 (helpline, see website for opening hours)

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

The Alzheimer's Society provides a range of information and support services for anyone affected by dementia.

Dementia UK

Phone: 0800 888 6678 (Freephone helpline)

Email: direct@dementiauk.org

Website: www.dementiauk.org

Dementia UK offers specialist one to one support and expert advice for people living with dementia, including nursing support through their team of Admiral Nurses.

Personality Disorder

Emergence

Email: admin@emergenceplus.org.uk

Website: www.emergenceplus.org.uk

Emergence is a service user led organisation with the overarching aim of supporting all people affected by personality disorder, including service users, carers, family and friends and professionals.

Psychosis

Action on Postpartum Psychosis

Phone: 0203 3229 900

Email: app@app-network.org

Website: www.app-network.org

Action on Postpartum Psychosis is a network of women with lived experience of post- natal psychosis, professionals and academics in the field. It offers peer support to families affected by postnatal psychosis, raises awareness and supports research into its causes.

Hearing Voices Network

Phone: 0114 271 8210

Email: nhvn@hotmail.co.uk

Website: www.hearing-voices.org

The Hearing Voices Network is committed to helping people who hear voices, see visions and experience tactical sensations and those that support them. They run a range of self help groups and deliver training for professionals and the general public.

Refugees

Refugee Council

Phone: 020 7346 6700

Email: refugeeadvice@refugeecouncil.org.uk

Website: www.refugeecouncil.org.uk

The UK's largest organisation working with refugees and asylum seekers. Includes the provision of specialist therapeutic services targeted to the needs of these populations.

Self – Harm

Harmless

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Harmless is a user led organisation that provides a range of service about self harm, including support, information, training and consultancy to people who self harm, their friends and families and professional. Includes resources on alternative coping strategies.

Self Injury Support

Phone: 0808 800 8088 (Freephone helpline, 7pm-10pm, Mon-Fri)

Email: tessmail@selfinjurysupport.org.uk

Website: www.selfinjurysupport.org.uk

Self injury support is a national organisation that supports girls and women affected by self injury or self harm. They run a dedicated self injury helpline, as well as text and email support for girls and young women under 24 years of age and supports self injury help groups.

Self-Help Apps and Online Resources

Big White Wall

Website: www.bigwhitewall.com

A safe online community of people who are anxious, down, or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Also available as an app.

CBT Online

Website: www.moodgym.anu.edu.au

An interactive site that teaches people cognitive behavioral therapy skills to prevent and cope with depression.

Scottish Recovery Network

Website: www.scottishrecovery.net

The Scottish recovery Network explores mental health using narrative or storytelling philosophical approaches to mental health.

Stay Alive App

Website: www.prevent-suicide.org.uk

The Stay Alive App is a suicide prevention pocket app for the UK, developed by Grassroots Suicide prevention. It allows users to create a list of resources and strategies to stay safe from suicide and links into crisis support available.

Stigma

Time to Change

Email: info@time-to-change.org.uk

Website: www.time-to-change.org.uk

Time to Change is the main national anti stigma campaign, run by leading mental health charities Mind and Rethink Mental Illness.

Suicide Prevention

CALM (Campaign Against Living Miserably)

Phone: 0800 58 58 58 (Helpline, 5pm – midnight, 7 days a week)

Website: www.thecalmzone.net

The Campaign Against Living Miserably is a charity which exists to prevent male suicide in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis. It also seeks to challenge a culture that prevents men from seeking help when they need it.

Papyrus

Phone: 0800 068 4141 (Freephone helpline, Mon-Fri 10am – 10pm, weekends 2pm – 10pm)

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

Papyrus is the national charity for the prevention of young suicide. It runs HOPELineUK, a dedicated suicide prevention hot line for anyone up to the age of 35 who may be feeling suicidal, or anyone who is concerned about a young person.

Female Genital Mutation (FGM)

Forward

Phone: 020 8960 4000

Email: support@forwarduk.org.uk

Website: www.forwarduk.org.uk

FGM organisation offering advice and support

FGM Aware

Website: www.fgmaware.org

FGM organisation offering advice and support

General Learning Disabilities

Mencap

Website: mencap.org.uk

Contact: 0808 808 1111

Email: helpline@mencap.org.uk

National charity supporting people with a wide range of learning disabilities with advice, education, employment, and care services.

Learning Disability England

Website: learningdisabilityengland.org.uk

Contact: 0300 111 0444

Email: info@LDEngland.org.uk

Brings together people with learning disabilities, families, and professionals to promote inclusion and rights.

Scope

Website: scope.org.uk

Contact: 0808 800 3333

Email: helpline@scope.org.uk

Disability charity offering support across a range of needs including learning disabilities, education, and employment.

Foundation for People with Learning Disabilities

Website: mentalhealth.org.uk/our-work/learning-disabilities

Contact: 020 7803 1100

Email: info@mentalhealth.org.uk

Focuses on improving mental and emotional wellbeing for people with learning disabilities through research and practical projects.

Enable Scotland (Scotland Only)

Website: enable.org.uk

Contact: 0300 0200 101

Email: enabledirect@enable.org.uk

Supports people with learning disabilities in Scotland through social care, policy influence, and employment help.

Dyslexia and Other Conditions

British Dyslexia Association (BDA)

Website: bdadyslexia.org.uk

Contact: 0333 405 4567

Email: helpline@bdadyslexia.org.uk

Specialist organisation for individuals with dyslexia and associated differences like dyspraxia and dyscalculia. Offers assessments, advice, and resources

Dyslexia Action

Website: dyslexiaaction.org.uk

Contact: 01784 222 304

Offers accredited training and online courses for practitioners supporting dyslexia and SpLD

Dyspraxia Foundation

Website: dyspraxiafoundation.org.uk

Contact: 01462 454 986

Email : info@dyspraxiafoundation.org.uk

UK-wide charity offering information, support groups, training, and resources for people with dyspraxia

Dyscalculia Network

Website: dyscalculianetwork.com

Contact: info@dyscalculianetwork.com

A community-led organisation raising awareness of dyscalculia, providing specialist directories, training, and support

Autism Spectrum Conditions

National Autistic Society

Website: autism.org.uk

Contact: 0808 800 4104

Email : support@nas.org.uk

Leading charity for autistic people, offering support with education, social inclusion, employment, and family services

Down Syndrome

Down Syndrome Association (DSA)

Website: downs-syndrome.org.uk

Contact: 0333 1212 300

Email: info@downs-syndrome.org.uk

National charity providing information, support, and training for individuals with Down's syndrome and their families.

ADHD

ADHD Foundation

Website: adhdfoundation.org.uk

A leading UK charity offering lifespan support for ADHD and related neurodiverse conditions, including training, community programmes, advocacy, events

ADDISS (National Deficit Disorder Information and Supportive Service)

Website: addiss.co.uk

Provides comprehensive information, resources, and support services for individuals, families, and professionals dealing with ADHD

Speech and Communication

Stamma (British Stammering Association)

Website: www.stamma.org

Contact: – (helpline via website)

Supports adults and children who stammer through helpline, webchat, information leaflets, and advocating to reduce stigma

Afasic | The Communication Trust

Website: afasic.org.uk / communicationtrust.org.uk

Provides support and advocacy for children with speech, language, and communication needs (SLCN/DLD)

Other Conditions

Tourette's Action

Website: tourettes-action.org.uk

Charity providing helpline, online support groups, “school passports,” training, and advocacy for people with Tourette’s Syndrome

Sense (National Deafblind and Rubella Association)

Website: sense.org.uk

Supports individuals who are deafblind or with combined sensory impairments and other disabilities

Support for Parents and Carers of Children with Learning Disabilities

Contact (For families with disabled children)

Website: contact.org.uk

Contact: 0808 808 3555

Email: info@contact.org.uk

Provides expert guidance and emotional support for families with disabled children, including those with learning difficulties.

Assistive Technology and Digital Accessibility

Ability Net

Website: abilitynet.org.uk

Contact: 0300 180 0028

Email: enquiries@abilitynet.org.uk

Offers tech support and advice for making devices accessible to people with learning and physical disabilities.

Translation Tools with Learning Disability Friendly Features

Widgit Online

Website: www.widgitonline.com

A symbol-supported communication and translation tool. Widgit helps people with learning disabilities understand text through visual symbols and simplified language. Ideal for documents, labels, and signage.

Microsoft Immersive Reader

Website: education.microsoft.com

Part of Microsoft tools like Word, Edge, and OneNote. Immersive Reader reads text aloud, simplifies fonts, breaks words into syllables, and translates content with picture support—ideal for learners with dyslexia or processing difficulties.

TextHelp Read&Write

Website: www.texthelp.com

Supports reading, writing, and translating text with features like text-to-speech, translation, picture dictionaries, and audio playback. Designed for users with dyslexia, learning disabilities, or EAL (English as an Additional Language).

ClaroRead

Website: www.clarosoftware.com

A literacy and translation tool that includes text-to-speech, word prediction, and visual aids. Supports people with learning disabilities, dyslexia, and cognitive impairments. Can translate into many languages while retaining readability.

Voiceitt (Speech Recognition Tool)

Website: www.voiceitt.com

This app allows individuals with speech and language impairments to communicate and translate their unique speech patterns into text or standard speech—helpful for users with verbal learning disabilities or neurological conditions.

SayHi Translate (App)

Website: www.sayhitranslate.com

A simple and clear voice-based translation app. It supports users with low literacy or processing speeds by focusing on spoken input/output and an intuitive interface.

Everyday Tools

Google Translate (App and Website)

Website: translate.google.com

Platforms: Android, iOS, browser

Use: Type or speak to translate between languages; speak aloud; scan printed text

Why it's good: Simple interface, reads translations aloud, supports picture input

Microsoft Word, Dictate Feature

Built into: Microsoft Word (365 and later versions)

Use: Allows users to speak instead of type

Why it's good: Easy dictation for writing tasks, letters, and learning work

Simple Wikipedia

Website: simple.wikipedia.org

Use: Articles written in simple English

Why it's good: Useful for research and learning with accessible vocabulary

Listen Wise

Website: www.listenwise.com

Use: Podcasts and news stories with transcripts and comprehension questions

Ideal for: Auditory learners or those who struggle with reading

Memrise

Website: www.memrise.com

Use: Visual and audio-based language learning

Ideal for: EAL learners or those who benefit from repetition and multimedia

Avaz AAC (Web & App)

Website: www.avazapp.com

Use: Augmentative and Alternative Communication for non-verbal learners

Ideal for: People with speech and language impairments

Notion

Website: www.notion.so

Use: All-in-one note-taking and organising platform

Ideal for: Customisable layouts, visual supports, reminders for neurodivergent learners