



NAPA's helpline aims to provide free, independent, and impartial advice, support and information about activity and engagement to people who are supporting individuals who require care.

**Whatever you need to talk about, whether you:**

- ❖ are struggling
- ❖ just need a chat
- ❖ have run out of Activity Ideas
- ❖ need advice
- ❖ are new to the Activity role and don't know where to start

**NAPA Helpline is here for you!**

This service delivers appropriate and clear information in a prompt and empathic manner enabling callers to make informed choices.

All callers will be treated fairly and empathically, whether receiving general information or emotional support.

NAPA's helpline does not give clinical or medical advice, callers will be signposted to the appropriate organisation for that type of help and advice.

