

Support from The Centre for Appearance Research

Starting somewhere new and meeting lots of people can be stressful for anyone. For people with NF, it can be even harder—especially if café au lait patches or neurofibromas are visible and draw attention.

If you're feeling self-conscious or worried about how others might react to your appearance, you're not alone—and support is available. The Centre for Appearance Research offers free, evidence-based resources for anyone with a visible difference, including those with NF.

You can find these resources on their website, including a free mobile app called ACT It Out, designed to help you build confidence and cope with challenges

CAR Support Link

www.VisibleDifferenceSupportHub.com



Support from Nerve Tumours UK

Nerve Tumours UK is the UK's national charity supporting everyone affected by Neurofibromatosis (NF) — including Neurofibromatosis Type 1, NF2-related Schwannomatosis (NF2), and Schwannomatosis (SWN).

NTUK is a safe and empowering space, offering practical information, emotional support, and community connection for individuals, families, and caregivers navigating these conditions.

How NTUK can support you at university?

NTUK offers a wide range of support to help you feel confident, informed, and empowered to thrive in your studies and beyond.

What NTUK provides

- **Educational materials** - Downloadable factsheets, diagnosis guides, and best practice letters — ideal for sharing with tutors, GPs, or Disability Services.
- **Social Media support groups** - Welcoming community of students and young adults living with NF — a great place to ask questions and share experiences.
- **Specialist advice** - NTUK has a dedicated network of Specialist NF Nurses and a helpline team ready to support you with personalised advice about education, daily life, and healthcare.
- **Support your mental health** - Access to university counselling, peer support, and well-being resources can help you manage stress and feel more in control.

"Talking about your condition can be scary, but reaching out for support can change everything. You deserve to feel understood and respected at university."

NTUK Specialist Nurses & Helpline

In some areas of the UK, you can access a community-based NF Specialist Nurse for one-on-one advice. If that's not available in your region, the NTUK National Helpline is here for you. No question is too small — if you're unsure, anxious, or need clarification, they're ready to help.

Helpline Availability: Monday, Wednesday & Friday – 9 am to 5 pm

Contact Details:

- **Phone:** 07939 046030
- **Freephone:** 0300 102 17 22 (check with your provider for any call charges)
- **Email:** helpline@nervetumours.org.uk
- **Website:** www.nervetumours.org.uk

Emails can be sent anytime and will be answered on the next working day.