



# Pulmonary fibrosis

## Getting support

### Our helpline

Get in touch with our friendly helpline team for more information about pulmonary fibrosis and practical support. We can also put you in touch with your local support group.

### IPF support service

We offer an IPF support service for people living with IPF, their family and carers. This gives you an opportunity to speak regularly to a dedicated IPF advisor. Our helpline can talk to you about this or visit [blf.org.uk/ipf-support-service](http://blf.org.uk/ipf-support-service)

### Pulmonary fibrosis support groups

Being diagnosed and living with a lung condition can be challenging. Our support groups can help you to make new friends who know what you're going through. Have a look at [blf.org.uk/breathe-easy](http://blf.org.uk/breathe-easy) or call our helpline.

### Other help for pulmonary fibrosis

#### Pulmonary Fibrosis Trust

[www.pulmonaryfibrosistrust.org](http://www.pulmonaryfibrosistrust.org)

#### Action for Pulmonary Fibrosis

[www.actionpulmonaryfibrosis.org](http://www.actionpulmonaryfibrosis.org)

#### Arthritis Research UK

has information about connective tissue disease and immunosuppressant drugs.

[www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

Get in touch with us to find support near you.

Helpline: 03000 030 555

Monday to Friday, 9am-5pm

Ringling our helpline never costs more than a local call and is usually free, even from a mobile.

[helpline@blf.org.uk](mailto:helpline@blf.org.uk)

[blf.org.uk](http://blf.org.uk)

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We value feedback on our information. To let us know your views, and for the most up to date version of this information and references, call the helpline or visit [blf.org.uk](http://blf.org.uk)

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