St John’s Institute of Dermatology

Skin organisations and self-help resources
This leaflet provides web addresses for organisations that offer information and self-help for people living with a variety of skin conditions. If you have any further questions, please speak to a doctor or nurse caring for you.

General support

Skin Support
A website developed by the British Association of Dermatologists. It has a wealth of information on various skin conditions, self-help materials and information on support services.
http://skinsupport.org.uk/

Changing Faces
This is the leading charity for people in the UK with a visible difference: a mark, scar or condition that makes them look different. They provide advice, support and psychosocial services to children, young people and adults. They offer face-to-face and telephone counselling sessions, email advice and self-help guides. They also run small group workshops and advise on skin camouflage.
https://www.changingfaces.org.uk/adviceandsupport

Acne

American Acne Foundation (AAF)
Provides information on acne and its treatments as well as support to people, including teenagers, with acne. The AAF updates its information frequently from respected sources, including the National Institutes of Health (NIH). Information from clinical trials and research is included.
http://acnefoundation.org/

Talk Acne (from Talk Health Partnership)
A community sharing experiences and knowledge to make life with acne easier. Includes blogs, forums, the latest news and research. People can ask experts for guidance and register their interest for an online patient support programme.
http://www.talkhealthpartnership.com/talkacne/
Acne Support
A British Association of Dermatologists (BAD) site on acne, including information on emotional support.
http://www.acnesupport.org.uk/

Alopecia
Alopecia UK
Information and tips about living with the condition, support groups, family support, online discussion forums and peer support, sharing stories, awareness and fundraising events.
https://www.alopecia.org.uk/

Chronic spontaneous urticaria
SymTrac Hives app
Supports people to track symptoms (using the urticaria activity score (UAS) and its weekly sum (UAS7 score), uploaded photos, and notes) and their impact on quality of life (using the DLQI). It encourages communication of this information to healthcare professionals.
https://www.novartis.co.uk/symtractm-hives

Eczema
National Eczema Society
Includes a free helpline providing information, support and reassurance to people struggling to cope with eczema. They also run support groups in various locations, including London.
http://www.eczema.org/

The National Eczema Society also provides a range of introductory guides aimed at different age groups, along with specialist booklets on contact dermatitis, itching and scratching, and paste bandages and wet wraps.
http://www.eczema.org/booklets

Atopic Skin Disease
An online community that promotes use of the ‘combined approach’ – topical treatments and use of habit reversal to reduce scratching. Randomised controlled trials suggest that habit reversal plus topical treatments are superior to topicals alone in atopic eczema.
https://www.atopicskindisease.com

‘The Eczema Solution’ by Sue Armstrong-Brown
A short book to guide people through the ‘combined approach’, using topical treatments and habit reversal to reduce scratching. This book can be bought online.

Hidradenitis suppurativa (HS)
The Hidradenitis Suppurativa Trust (formally The British Association for Hidradenitis Suppurativa)
Patient information, latest news and research, research archive, events, fundraising for the purpose of research, campaigns to raise public awareness and educate the medical profession.
http://www.hstrust.org/
‘Living with Hidradenitis Suppurativa’ leaflet
This leaflet is a guide to coping with the emotional and practical effects of HS.
https://www.guysandstthomas.nhs.uk/resources/patient-information/dermatology/Living-with-HS.pdf

Guided Mindful Meditation for Hidradenitis Suppurativa
Mindfulness specifically for people with HS.

Hyperhidrosis

Hyperhidrosis UK
Information and support to help you live with hyperhidrosis.
https://www.hyperhidrosisuk.org

International Hyperhidrosis Society
Reliable, up-to-date information about hyperhidrosis treatments and research, and support.
https://www.sweatelp.org

Ichthyosis

Ichthyosis Support Group
Provides information on living with ichthyosis, with advice from their medical advisory board and links to a support team. Provides access to an annual event and summer camps for children.
http://www.ichthyosis.org.uk/

Psoriasis

The Psoriasis Association
Online information about the condition and treatments, helpline for further advice, e-newsletter and patient-focused journal. They hold online discussion forums, raise awareness, fundraise, promote research, and represent members at local and national levels.
https://www.psoriasis-association.org.uk/

PAPAA (Psoriasis and Psoriatic Arthritis Alliance)
Comprehensive online information and advice, self-help downloads, patient stories, online journal articles. They fundraise and raise awareness, provide material and information for healthcare providers, fund and support research.
http://www.papaa.org/

eTIPS – online interactive programme of cognitive behavioural therapy (CBT)
Online, evidence-based programme with exercises to help you become more aware of unhelpful thinking patterns and how these can be challenged. The programme aims to improve self-esteem, mood/anxiety, the self-management of psoriasis and quality of life.
http://www.papaa.org/etips-programme

Versus Arthritis (a merger of Arthritis Care and Arthritis Research UK)
Information, a helpline, local support groups and more.
https://www.versusarthritis.org/about-arthritis/conditions/psoriatic-arthritis/
See Psoriasis: Look Deeper campaign booklets
Downloadable, short support booklets designed by NHS psychologists with advice on how to overcome psychosocial barriers related to psoriasis.
http://www.seepsoriasislookdeeper.co.uk/home/support

Mindfulness Meditation for People with Psoriasis
A CD of mindfulness meditation practices and guided imagery, which has been shown to speed up clearance of psoriasis when used in combination with light treatment, compared to light treatment alone. There are many studies showing that mindfulness works as a stress reduction technique.

‘Living with Psoriasis: How Are You Coping?’ leaflet
A leaflet about acceptance and commitment therapy (ACT) applied to psoriasis. ACT combines mindfulness and behaviour change strategies, and is proven to be effective in helping people with other chronic conditions live well.

Psoriatic Arthritis Online
Provides information to help you manage your condition.
https://www.psoriatic-arthritis.co.uk/default.aspx

Vitiligo

The Vitiligo Society
Regular updates and newsletter, open days to meet others with the condition, social media contact (Facebook and Twitter), campaigning and raising awareness.
https://www.vitiligosociety.org.uk/

Vitiligo Support UK
Newsfeed and updates about events, information about the condition and treatment, advice about accessing services for anxiety/depression, advice about how to get the most from medical appointments, lifestyle advice, meet up groups, social media contact (Facebook, Twitter).
http://www.vitiligosupport.org.uk/

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, w: www.guysandstthomas.nhs.uk/leaflets, or e: patientinformationteam@gstt.nhs.uk