

What resources would help me?

Crohns & Colitis UK:-

<https://crohnsandcolitis.org.uk>

GUTS UK

<https://gutscharity.org.uk>

NHS website

<https://www.nhs.uk>



Helpline Tel. 01727 830038

Beware of misinformation on websites/chat rooms

Not all treatments work for everyone- everyone is different