

Sex, relationships and intimacy

Your health and wellbeing



Information written with you in mind.

Our guides are produced with
the help of older people, carers
and expert peer reviewers.

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Their feedback helps us ensure that
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What this guide is about

There's a common misconception that people stop having sex when they get older. But for many older people, sex and intimacy are important parts of life.

Of course, things change over time. Physical changes, health conditions and other life stresses can affect how you and your partner feel. Some relationships come to an end – and you might have mixed feelings about starting a new one.

But the conversation around sexual health and wellbeing is more open and positive than it used to be. It's much easier to access support if you need it – and this guide is here to help.

This guide provides information and advice on sex and intimacy in later life. It covers how to take care of your health, ways to make sex more comfortable and enjoyable, and what to consider if your relationship changes or you're starting a new one.



As far as possible, the information in this guide applies across England, Wales and Northern Ireland.
If you're in Scotland, contact Age Scotland for advice.

Not everything in this guide will feel relevant. Every relationship is different, and we all have individual needs when it comes to intimacy – for some people, those needs don't involve sex at all.

What matters is that you're doing what's right for you and keeping yourself happy, healthy and safe.

“Sex is still an important part of our relationship. Not everything works quite as well as it did when we first got together – but we just laugh.”

Jimmy, 78



Good to know

Throughout this guide, we mention organisations that can provide further information and advice if you need it. For a full list with contact details, see pages 28-30.

Why talking matters

Lots of people feel uncomfortable discussing anything to do with sexual health and wellbeing – but it can help us understand our own needs and access the right healthcare.

Research shows that sex can be an important part of overall wellbeing at any age. As well as pleasure, it can provide physical health benefits and help support strong emotional connection with a partner.

But stigma around sex in later life sometimes means that older people's needs get overlooked, even in healthcare settings.

Many older people grew up with limited – if any – formal sex education, and for some, sex and intimacy just wasn't talked about at all. And the misconception that people stop being sexually active when they get older can mean that healthcare professionals don't offer relevant information, advice and testing.

This can all make it harder for older people to access the right support. Not everyone wants or needs it – but we hope that this guide makes things easier for those who do.



Changes to sexual function

Most people find that their experience of sex and intimacy changes over time. And while everyone is different, there are some common experiences that can have a big impact on how you feel.

If you have a partner, try to communicate openly and honestly with them if you experience changes that affect your shared sex life. Even in secure, loving relationships, it's quite common for partners to feel confused or rejected if sexual interest or function drops away. They might worry that they've done something wrong, or that they're not as attractive to you anymore.

Similarly, if your partner is experiencing changes, try to be supportive and understanding.

The most important thing you can do is to keep talking to each other – even when it feels difficult.

“Intimacy for us can be a kiss, a hug, holding hands – or just sitting and talking together.”

May, 83



Good to know

Relate (page 30) provides free information about navigating all sorts of relationship issues. You can also pay for telephone counselling sessions.

Menopause

Menopause is when someone's periods stop permanently. It usually happens between the ages of 45 and 55. As oestrogen levels fall, it's common to notice changes in sexual function.

Many people find that their interest in sex decreases after menopause, although this isn't the case for everyone. Some people find that their interest actually increases – while others find that they start wanting different things.

There are lots of symptoms of menopause, some of which can affect how sex feels. They include:

- vaginal dryness
- discomfort during sex
- difficulty with feeling arousal and reaching orgasm
- fatigue
- hot flushes and night sweats
- brain fog
- mood changes.

While menopause is a natural part of ageing, lots of people struggle with its symptoms. Your doctor can suggest things to help – from vaginal moisturisers to hormone replacement therapy (HRT).



Good to know

Perimenopause is when you have menopause symptoms but your periods haven't stopped yet. It can last for several years.

Erectile dysfunction

Erectile dysfunction (ED) is difficulty with getting or maintaining an erection. It can affect people at any age, but it's more common later in life. It might happen regularly or only from time to time.

Health conditions like diabetes, high blood pressure and heart disease can all affect blood flow and nerve function, making erections more difficult. Low testosterone levels, mental health problems like stress and depression, and some medications can also cause ED.

If you're concerned that your health condition or your medication is making erections more difficult, speak to your doctor. It's important that you don't stop taking medication without getting advice first.

There are treatments available for ED, including medication (such as Viagra) and devices to help you get an erection (such as vacuum pumps). Your doctor can help you find the right option.

Lifestyle changes

There are other things you can do to support sexual function. Lifestyle changes such as stopping smoking, drinking less alcohol and exercising regularly can all make a big difference. Lots of people find that stress is a factor for them – so if you can, finding ways to manage stress might help too.

NHS Better Health (page 30) provides tools and support to help you lose weight, quit smoking, get active or drink less alcohol.



Next steps

For more information about making lifestyle changes, see our guide **Healthy living**.

Making things easier

As we get older, we sometimes need to adapt how we do things – including sex. The good news is there are lots of things you can try to make intimacy more comfortable and enjoyable.

Sex aids and toys

If you and your partner find that limited mobility or dexterity gets in the way of your sex life, using aids or toys could help. They could be fun to explore regardless – either with a partner or by yourself.

For some people, the thought of using aids or toys might bring up feelings of embarrassment or inadequacy. But it doesn't mean that there's a problem – it means that you and your partner are finding ways to meet your changing needs. You might even find that you enjoy talking about and choosing something to try together.

Before using any kind of sex aid or toy with your partner, talk it through to make sure you're both comfortable. For more information about having these kinds of conversations, see page 26.

Sex aids

Sex aids are specially designed to help people with mobility issues enjoy intimacy. From angled cushions to specially-designed chairs and swings, they can help you get into positions you might otherwise struggle with – or just make them more comfortable.

Living Made Easy (page 29) offers a directory of aids and equipment to help with day-to-day life, including sex. Some disability organisations also provide information and advice about sex aids to help with various mobility challenges.

Sex toys

Sex toys can be a great way to explore what you enjoy – either with a partner or by yourself. They can introduce new sensations, increase pleasure, and help you reach orgasm.

Toys can be especially helpful if you or your partner have arthritis or other issues with dexterity. Some are designed to be accessible, with easy-grip handles or a remote control.

There might be a suitable shop in your local area, or you can browse a wide range of retailers online. Some people feel more comfortable ordering online rather than shopping in person.



Good to know

If you don't yet use the internet, or if you'd like to build your confidence online, your local Age UK might be able to help you find a computer class in your area.

In Wales, contact your local Age Cymru.

Trying different activities

What we enjoy often changes over time, and you might find different kinds of intimacy are just as fulfilling as having sex.

Kissing, cuddling and massage are some gentler ways to experience closeness with a partner. You might also like to focus on foreplay rather than intercourse. Using aids and toys (see pages 10-11) or experimenting at different times or in different places can add more variety too.

Even just talking can deepen intimacy. You could talk about what you enjoy or what you might like to try together.

If there comes a time when you lose interest in sex or physical intimacy, that's OK too. Lots of people find that companionship and shared interests become more important parts of intimacy in later life. Stopping having sex doesn't mean that your relationship is lacking.

Masturbation

Pleasure doesn't necessarily involve someone else – for many people, masturbation is a normal, healthy part of life. It can support your overall health and wellbeing in many of the ways sex does, and give you the opportunity to focus on exploring what you enjoy. If you're in a relationship, it can also help to maintain balance if you and your partner have different levels of desire.

“I’ve stopped worrying about what’s ‘normal’ in a relationship. What my partner and I do – or don’t do – is our business.”

Ife, 60



Looking after your health

Research shows that sexual activity can have a positive impact on physical health – from lowering blood pressure and stress levels to helping with sleep. But there are other health considerations to bear in mind, depending on your circumstances.

Safer sex

It's possible to catch a sexually transmitted infection (STI) at any age, so it's important to make sure you're taking the right measures to keep yourself and others safe.

If you and your partner are in a committed, exclusive relationship, then you might choose not to take these measures – especially if you haven't had other sexual partners or you've both been tested for STIs. But if you have a new partner, more than one partner, or any concerns about your sexual health, it's best to stay on the safe side.

STI symptoms

Not all STIs have symptoms – and symptoms can vary from person to person. However, some common ones are:

- unusual discharge or bleeding
- itching
- pain when you pee or have sex
- changes to the skin around your genitals – such as a rash, lumps or sores.

If you have symptoms or notice anything else unusual, you should get tested for STIs (see page 15). You should also get tested if your partner has symptoms – even if you don't. Many people with an STI don't experience symptoms.

Condoms and dental dams

You can reduce your risk of catching or passing on an STI by using a 'barrier' method of contraception – a condom or **dental dam** – every time you have oral or penetrative sex.



Dental dams are small, thin sheets that can be used during oral sex. Like condoms, they're normally made from latex.

You can get free condoms from sexual health clinics (see page 15) and some doctor's surgeries and pharmacies. You can also buy them in supermarkets and online.

Some people stop using condoms as they get older because they're no longer worried about the possibility of pregnancy – but STIs are a risk at any age.

When you're using a condom:

- check it's within the use-by date on the packet
- check that the packet has a European CE mark or UKCA mark
- follow the instructions in the packet to put it on correctly
- if it's made from latex, use water-based or silicone-based lubricant
 - don't use anything oil-based as it can damage the condom and cause it to break.



Good to know

The NHS website (page 30) provides information on STIs and how they're treated. It also gives step-by-step instructions on using condoms correctly.

“I’d only really thought about contraception in terms of preventing pregnancy before. I hadn’t realised STIs were such a risk in my age group.”

Sue, 65



STI testing

If you develop any symptoms of a sexually transmitted infection (STI), or if your partner tells you they have one, you should get tested to check whether you need any treatment. Try not to panic – most STIs can be cured.

Sexual health clinics (also called GUM clinics) offer testing and treatment. They’re free to visit and they’re open to everybody, no matter your age, gender or sexual orientation. Some clinics offer drop-in sessions and some offer appointments – it’s usually best to call to check first.

There’s no need to feel embarrassed about contacting or visiting a sexual health clinic. Staff are used to discussing every kind of sexual health issue, and they won’t judge you.

Any visit you make to a sexual health clinic is kept confidential. Staff won’t tell anyone what you discussed without your permission.

The nurse or doctor should make you feel as comfortable as possible and answer any questions you have. If you don’t understand something, just ask – they’re there to help.

When you visit a clinic, your consultation might involve:

- questions about your medical and sexual history
- testing for STIs via urine samples, blood samples or swabs
- a physical examination.

If you test positive for an STI, the nurse or doctor will explain any treatment you need.

Many sexual health services offer at-home testing, where they send you a kit to complete yourself and return by post. They use plain packaging so you don't need to worry about anyone else knowing what's inside.



Good to know

If you're an LGBT+ person, you might have particular sexual health needs – for example, access to PrEP (a medicine that stops HIV transmission). Sexual health clinics provide care for everyone, but if you want to chat anything through first with a dedicated LGBT+ support service, you can call Switchboard (page 30).

Health conditions and medication

Lots of us develop health conditions or start taking new medication as we get older – and this can sometimes affect our sex lives.

Conditions such as arthritis, chronic pain and diabetes can affect how much you want – or enjoy – sex. You might experience reduced sensation or difficulties with sexual function, or movement might be painful. If you or your partner have heart problems, you might worry that having sex could put you at further risk.

Certain medications can also affect how you feel – both physically and mentally.

Speak to your doctor about any concerns and follow any advice they give you. They might be able to adjust your treatment. Try to be honest with your partner about how you're feeling too.

Surgery

If you or your partner have had surgery, you might find that you feel anxious about having sex again. You might be worried about hurting yourself or hurting them – or you might be worried about your partner seeing your body if surgery has changed the way it looks.

It can help to talk openly with your partner about your concerns and listen to any of theirs. You might also find it helpful to talk to a counsellor – sometimes it's easier to be honest about more difficult thoughts and feelings with a professional.

Continence

Plenty of people experience continence issues, which can be a worry during intimacy. Going to the toilet before having sex can help avoid accidents – but there are other things you can do to treat or manage it.

See our guide **Bladder and bowel issues** for more information. Bladder and Bowel UK (page 28) can also help you find specialised support.

Mental health

Mental health is just as important as physical health – and it's a key part of sexual wellbeing. It can affect your interest in sex, your confidence, and how you communicate with your partner.

If you're worried, low or out of sorts, you might not want sex – or you might enjoy it less. You might experience physical symptoms that have an impact too, such as tiredness or aches and pains.

If you've been feeling that way for a long time, or if you often feel that way, then it could be time to speak to someone about it – whether that's a friend, family member or professional. Our **Your mind matters** guide has advice on how to find the right support.

Some medications used to treat anxiety and depression can affect your sex drive and sexual function, which can be frustrating. It's worth speaking to your doctor if you think that this is happening to you – they may be able to adjust your dose or recommend a different medication. It's important you don't stop taking medication without talking to your doctor first, as this can be dangerous.

If you have a partner, open and honest communication can help you both manage any effects on your sex life. It can be tricky to have these conversations, especially if you're feeling withdrawn – but talking about it can be the first step to improving things.

“It took me a long time to adjust after having surgery, but talking to my wife about it helped.”

Jakob, 72



Is sex affecting your mental health?

Sometimes, sex itself can have a negative impact on how you feel. If so, it's worth acknowledging it, even if you're not ready to talk about it.

- If sex is painful or you're upset or embarrassed by something, it can knock your confidence and make you feel anxious.
- Struggling to balance your emotional and sexual needs with your partner's can be a source of stress and anxiety, whether you're in a new or casual relationship or you've been married for years.
- You might find that sex triggers feelings of shame or low self-esteem, especially if you've had difficult or abusive sexual experiences in the past. You might even be in a situation now that feels insecure or frightening – if so, you might find the information on page 27 helpful.

If you're feeling lonely

A lack of intimacy can also affect your mental health. If you're single and you don't want to be, it's understandable to experience feelings of loneliness, frustration and hopelessness. Your feelings might be especially complex – and even contradictory – if you've been bereaved or experienced a relationship breakdown.

You can feel lonely even if you're not alone too – lots of people struggle with feelings of isolation even in their closest relationships.

It might be reassuring to know that lots of people experience feelings like this. Our guide **Feeling lonely?** brings together advice from older people and carers about what's helped them feel less lonely.



Next steps

For more information and advice, see our guides **Feeling lonely?** and **Your mind matters.**

Relationships

Relationships in later life are as diverse as the people in them. But whether you've been married for years or you're exploring dating for the first time, there are things you might want to consider.

Changing relationships

There are lots of reasons why the dynamics of your relationships might shift later in life.

Caring responsibilities

When someone develops a disability or long-term health condition, their partner often takes on some caring responsibility for them. Whether this happens suddenly or gradually, it can be difficult to maintain a romantic or sexual connection.

It can help to talk to people in a similar situation. Carers UK (page 28) runs an online forum covering all sorts of different issues – you can also use their local directory to find a support group in your local area.

For more general information about looking after yourself as a carer, see our guide **Advice for carers**.

Health conditions

Sometimes, health conditions can have a major impact on how you feel and how you relate to a partner (see page 17). Sex might feel less important than it used to – or physical changes, pain or tiredness might mean that you feel embarrassed or uncomfortable being intimate.

It can be helpful to seek information and advice from an organisation that specialises in your condition. Alternatively, you could try to find an online forum or a support group in your local area.

Divorce and separation

Many relationships end in divorce or separation. And while coming to the end of a relationship might be a relief for some people, for others it can be a very sad and difficult experience.

If you're struggling with your feelings, it's important to get some support. If you can, talk to family or friends – or if you'd prefer to speak to someone anonymously, you can call organisations like the Samaritans (page 30).

If you do feel ready to start a new relationship, you can find more information on page 22.

Bereavement

The death of someone close to you can be one of the hardest things you ever go through. It can take a long time to come to terms with what's happened – as well as your feelings about it.

Our guide **Bereavement** explores some of the things that can help you manage your grief. Cruse (page 29) offers specialist support.

If your partner has died, you might have very complicated feelings about whether you'd like to have another relationship, now or in the future. It's important to remember that your feelings of grief aren't any less valid if you do decide to have a relationship with someone else – and it doesn't change the love you shared with your partner.



Good to know

Age UK's Silver Line Helpline is a free, confidential phone line for older people. It's available 24 hours a day, 365 days a year to provide conversation and support whenever you need it. Call **0800 4 70 80 90** to speak to a friendly team member.

New relationships

Starting a new relationship can be very exciting – but it can also bring certain challenges.

Getting to know each other

Whether or not you've had a significant relationship before, adjusting to someone else's habits and behaviours can take time. You might be happy with your life as it is and feel less willing to compromise than you might have done in the past. Talking about your expectations and boundaries at an early stage can help you know where you stand.

Past relationships

You might find yourself comparing your new partner to a previous one – or making assumptions about how the relationship will work based on past experiences. Try to remind yourself that they're a different person, and you've likely changed since your last relationship too.

If your previous partner died, you might feel sad or guilty about 'moving on' – but starting a new relationship doesn't mean you've forgotten them, and it doesn't take away from your love for them.

Your family

If you have family, you might find that they have unexpected reactions to your new relationship. Children might find the news especially difficult if you're separated from their other parent or if their other parent has died. If so, give them time to adjust – and reassure them that their place in your life is just as important as before.

If a loved one raises any concerns about a new relationship, try to listen and talk them through. It's easy to feel defensive, but they probably just want to make sure you're safe and happy.

Online dating

Online dating is very popular. If you haven't tried it before, it can feel quite daunting – but most websites and apps offer help and support with getting started.

If you'd like to try online dating, the first thing to do is decide which website or app you'd like to use. Some are tailored to particular groups, such as people over a certain age or LGBT+ people.

Chatting to friends and family can help you think through what you're looking for – and they might be able to offer advice and support based on their own experiences of online dating.

First, you'll need to create a profile – the website or app you choose will take you through this step by step. You'll normally be asked to add some pictures of yourself and provide basic information, such as your age and where you're based. You might like to include a little about your interests and what kind of relationship you're looking for.

You might be asked to set some criteria for who you'd like to meet – for example, an age range or the distance you're willing to travel.

Once you've set up your profile, you'll be able to browse other people's profiles and 'like' or 'dislike' them. If you and another person both like each other, you'll 'match' – then you'll be able to start chatting.

"There's more acceptance of different relationships and choices these days."

Jonathan, 68



Staying safe when you're dating online

Online dating can be exciting, but it's important to be careful.

Scammers sometimes use dating websites or apps to gain someone's trust then exploit them financially. Watch out for people who:

- avoid video calls or meeting in person
- want to move your conversation onto a different platform too quickly
- 'love bomb' you (message you intensively, overwhelm you with affection, and even declare love very early on)
- ask you for money (they might pretend it's for a medical emergency or to cover the cost of travelling to meet you).

Never send money or financial information about yourself to someone you don't know well or haven't met. Be cautious of sharing personal information too – for example, your address.

If you decide to meet someone in person, choose a public place and always tell someone you trust where you're going. And listen to your instincts – if something doesn't feel right, it's OK to leave.



Next steps

For more information about protecting yourself when you're online or out and about, see our guides **Avoiding scams** and **Staying safe**.

LGBT+

Things have changed a lot for the LGBT+ (lesbian, gay, bisexual, transgender) community in recent decades. There's generally much more acceptance of diverse relationships – but LGBT+ people still face discrimination.

If you're new to exploring your LGBT+ identity, there are lots of ways to connect with the community. If you use the internet, you might like to find an online forum – or you could see if there's a LGBT+ social group in your local area. Your local Age UK or Age Cymru might run one, or be able to help you find one.

If you're interested in online dating (see page 23), there are some websites and apps specifically for LGBT+ people.

If you're bisexual or transgender, you might still be in – or open to – relationships with people of the opposite gender. After coming out, you might find that you're treated differently in those relationships or by potential partners. Remember that no one should mistreat you because of your sexual orientation or gender identity – including people you have relationships with. For more information, see page 27.

Switchboard (page 30) can help you with any questions relating to your sexuality or gender identity.



Next steps

For more information about your rights as an LGBT+ person, see our **LGBT+** guide.

Consent

Communication is a key part of a romantic or sexual relationship. An important part of that is giving and receiving consent.

What is consent?

Consent is clear agreement to engage in a specific activity. This might include saying 'yes' verbally, nodding, or initiating the activity that's being suggested. However it's communicated, you need to be sure that your partner is completely happy and comfortable with what's happening – and they don't feel pressured into agreeing.

It's important not to assume that you have consent. Even if someone agreed to an activity before, it doesn't necessarily mean they want to do it again – so always check. Stop straight away if:

- they're silent or unresponsive
- they hesitate
- they agree unenthusiastically – for example, saying 'if you want to'
- they seem uncomfortable in any way
- they're under the influence of alcohol or medication and can't make a clear decision.

Even if you're in a long-term relationship and you know each other inside out, consent matters. You might not communicate it in the same way as someone in a new relationship, but it's important to be sure about how you both feel – rather than assuming nothing's changed.

Consent and dementia

If your partner has dementia, or another health condition that affects their decision-making, you might feel unsure about being intimate with them – especially if you can't communicate as usual. Alzheimer's Society (page 28) has a factsheet called **Sex, intimacy and dementia** that you might find helpful.

Abuse

Abuse is often perpetrated by those closest to us – and that can include romantic and sexual partners. It can be difficult to realise that it's happening, especially if it's someone you love or trust.

Everyone's experience of abuse is different, but it can include:

- physical harm
- shouting, threats or intimidation
- misusing your money
- controlling or coercive behaviour
- pressure to see or take part in sexual acts
- sexual assault or rape.

If you've been abused or you're worried about someone

If there's immediate danger, call the police on **999**. If not, you can report the abuse by calling the police on **101**.

Hourglass (page 29) supports older people experiencing any form of abuse, as well as anyone who's concerned about an older person. Their helpline is open 24 hours a day, 7 days a week – call **0808 808 8141**.

Whatever your relationship, abuse isn't OK – and it isn't your fault.



Next steps

GOV.UK (page 29) runs a Sexual Abuse Support campaign that can help you find the right support. In Wales, there's the Live Fear Free Helpline (page 29).

Useful organisations

Age UK

We provide information and advice for people in later life through our Age UK Advice Line, publications and website.

Age UK Advice: 0800 169 65 65

Lines are open 7 days a week from 8am to 7pm.

www.ageuk.org.uk

In Wales, contact Age Cymru Advice: **0300 303 44 98**

www.agecymru.wales

In Northern Ireland, contact Age NI: **0808 808 7575**

www.ageni.org

In Scotland, contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

Alzheimer's Society

Offers advice, information and support to people living with dementia, their families and carers.

Tel: **0333 150 3456**

www.alzheimers.org.uk

Bladder and Bowel UK

Provides information and advice on bladder and bowel issues.

Tel: **0161 214 4591**

www.bbuk.org.uk

Carers UK

Provides information and advice on caring and helps carers connect with each other.

Helpline: **0808 808 7777**

www.carersuk.org

Cruse

Provides expert support to people who have been bereaved.

Tel: **0808 808 1677**

www.cruse.org.uk

GOV.UK

Runs the Sexual Abuse Support campaign to help people find services and support.

sexualabusesupport.campaign.gov.uk

Hourglass

Works to protect older adults from abuse and runs 24/7 helpline providing confidential advice and support.

Tel: **0808 808 8141**

Text: **078 6005 2906**

www.wearehourglass.org

Live Fear Free Helpline

A free 24/7 helpline in Wales for anyone who is experiencing, or has experienced, abuse or sexual violence.

Tel: **0808 80 10 800**

Email: info@livefearfreehelpline.wales

www.gov.wales/live-fear-free

Living Made Easy

Provides information about adaptations and aids to make life easier.

www.livingmadeeasy.org.uk

National Domestic Abuse Helpline

Free 24-hour domestic abuse helpline provided by Refuge. You can also use the live chat function on their website.

Tel: **0808 2000 247**

www.nationaldahelpline.org.uk

NHS

Provides information and services to help you manage your health. You can use the website to find your local sexual health clinic.

Tel: **111**

www.nhs.uk

In Wales, contact **NHS 111 Wales**

www.111.wales.nhs.uk

In Northern Ireland, contact **NI Direct**

www.nidirect.gov.uk

NHS Better Health

Offers free tools and support to help you live more healthily.

www.nhs.uk/better-health

Relate

Provides relationship support services, from counselling and therapy to workshops and toolkits.

Tel: **0300 003 2972**

www.relate.org.uk

Samaritans

Helpline offering confidential support to people in distress, 24 hours a day, 365 days a year.

Tel: **116 123**

www.samaritans.org

Stonewall

Gives information on LGBT+ rights.

www.stonewall.org.uk

Switchboard

Support line for anyone who wants to talk about their sexuality or gender identity.

Tel: **0800 0119 100**

www.switchboard.lgbt

Help us be there for someone else

We hope you found this guide useful. When times are tough, it's so important to get some support. You can help us reach everyone who needs us:

1

Tell us your story. If Age UK's information and advice has helped you, we'd love to hear about it. Email stories@ageuk.org.uk.

2

Donate to us. We rely on donations to support older people when they need us most. To make a donation, call us on **0800 169 8787** or go online at www.ageuk.org.uk/donate.

3

Volunteer with us. Our volunteers make an incredible difference to people's lives. Find out more at www.ageuk.org.uk/volunteer or contact your local Age UK.

4

Campaign with us. We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice at www.ageuk.org.uk/campaigns.

5

Remember us in your will. A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit www.ageuk.org.uk/legacy.

What should I do now?

You might want to read some of our relevant information guides and factsheets, such as:

- **Healthy living**
- **LGBT+**
- **Your mind matters**

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