

Resource

## How NRAS can help

We like to think of NRAS as your 'one-stop-shop' with a range of services which can be tailored to your specific needs.

[Print](#)



There are lots of ways we can help you – see below – and if we can't answer your question immediately, we will go away and do the necessary research and come back to you. NRAS is backed up by a nationwide network of medical and allied health professional advisors.

Phone our helpline

The [NRAS helpline](#) is manned by three trained helpline staff supported by other members of the

NRAS team.

The helpline is open Monday – Friday, 09.30 – 16.30, and you can reach us by using our freephone helpline number 0800 298 7650.

## Speak to one of our volunteers

Sometimes it can be really helpful to talk to someone else who really understands what it is like to live with rheumatoid arthritis. NRAS have over 100 trained telephone support volunteers all who have been diagnosed with RA and who are [available to talk to you](#) at a mutually convenient time about whatever aspect of your RA that concerns you most.

## Order NRAS publications

We have a [wide range of publications](#) for people living with rheumatoid arthritis, including general information for either newly diagnosed or more long-term RA and more specific information on medicines, blood tests and work. All publications are free of charge in the UK. However, if you would like to make a small [donation](#) or become a [Member](#), we would be very grateful.

## Become a Member

There are many good reasons to become a Member of NRAS; you will have access to all the latest information about RA as well as a whole wealth of services at your fingertips. You can find out more [here](#).

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