

IMPORTANT CONTACTS

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

KNOW WHO TO CALL.

Keep important contacts together. Store this sheet somewhere safe and update it when details change.

Who / service	Name	Phone	Other details
Trusted person			
Support worker / keyworker			
Social worker / PA			
GP			
Dentist			
Housing / landlord			
College / training			
Employer			
Emergency contact			
Other			

IMPORTANT

For urgent or emergency support, use the current official service information provided by your local support team or relevant UK service.

Other information I need to remember:
