

Thank you for taking part in the Cleft@18-23 study.

We hope you enjoyed it!

We think you might find some of these websites useful, especially if you have any worries or concerns about how you are feeling:

- <https://www.clapa.com/wellbeing-and-mental-health/>
- <https://www.changingfaces.org.uk/advice-guidance/condition-specific-information/cleft-lip-and-palate/>
- <https://www.themix.org.uk>
- <https://giveusashout.org>
- <https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/mental-health-charities/>
- <https://www.nhs.uk/nhs-services/mental-health-services/> or call **111** and select option **2**



CLAPA's Adults Returning to Cleft Care guide:

A copy of the guide can be downloaded or requested by post here:

<https://www.clapa.com/treatment/adults/returning-to-treatment/>

Cleft@18-23 study contact details:



<https://www.bristol.ac.uk/cleft18-23>



cleft-1823@bristol.ac.uk



0117 3310025 (office)

07484 515858 (mobile)

Please follow, like & share!



[@cleft1823study](https://www.instagram.com/cleft1823study)



[Cleft1823](https://www.facebook.com/Cleft1823)



[@cleft1823study.bsky.social](https://www.tiktok.com/@cleft1823study.bsky.social)



[Cleft1823study](https://www.linkedin.com/company/Cleft1823study)