



PoTS UK – Ways we can help

PoTS UK is the national charity supporting and educating patients, family, friends and healthcare professionals about this under-recognised and commonly misdiagnosed condition.



- ♥ We work with healthcare professionals and other charities in the UK and abroad and advocate for our members by seeking better NHS services, more research, and targeted treatments for people with PoTS.
- ♥ We aim to connect patients in a safe environment to empower them to self-manage their condition and reduce isolation via our online peer support groups.
- ♥ We produce evidence-based educational content for healthcare professionals which will raise awareness of PoTS and its diagnosis and management and improve health services for patients.

We are here to help YOU!

Online Peer Support Groups

These online groups are the perfect opportunity to meet with your peers and talk to those who truly understand what you are experiencing. They are run by volunteers who either have PoTS or are affected by PoTS. There are plenty of groups that are open to all (18+) but we also run additional sessions including groups for 13-17 year olds, parents and carers and lots more.

<https://www.potsuk.org/events/pots-uk-online-peer-support-groups/>

YouTube Channel and Educational Video Series

Our YouTube channel has a wealth of useful videos on a variety of topics. We encourage you to explore this to see what you find helpful. Check out our Educational Programme for people with PoTS. A series of 13 bite-sized videos that talk you through everything from diet, salt, fluids and compression to exercise and managing your mental health.

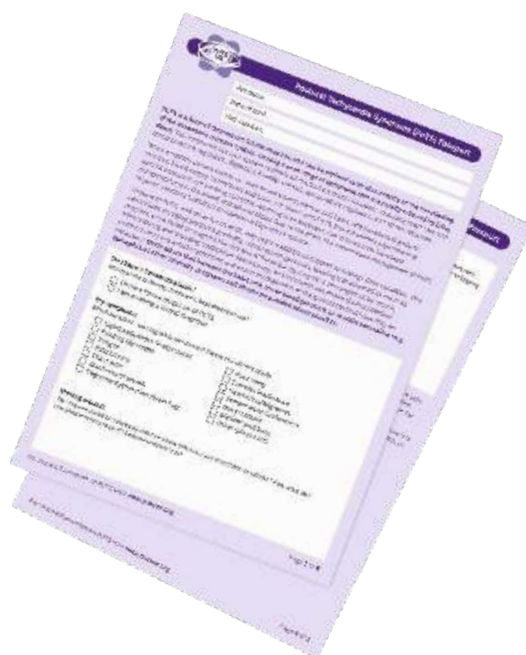
<https://www.potsuk.org/managingpots/educational-programme-for-people-with-pots/>

<https://www.youtube.com/@potsuk2155>

PoTS Passport

Our passport aims to ensure patients with PoTS receive safe, informed, and appropriate care in medical settings by clearly communicating their baseline symptoms, physiological needs, and condition-specific adaptations required alongside treatment for other health issues.

<https://www.potsuk.org/managingpots/pots-passport/>





PoTS UK Website

Our website is packed full of educational, evidence-based information. Please take the time to read through each section and stay up to date with our latest news.

<https://www.potsuk.org>

Variety of contacts depending on your query

Whatever your query or comment, we love to hear from you. Find our useful contacts list here:

<https://www.potsuk.org/about-us/contact-us-and-commonly-asked-questions/>

Newsletter

Sign up for our newsletter to stay up to date with our latest work, research and lots more:

<https://www.potsuk.org/support-pots-uk/become-a-member/>

Social Media

We update our social media channels daily with useful tips/life hacks, opportunities to get involved in research, personal PoTS stories and news about events. Please do follow us.

<https://linktr.ee/potsuk>

How we help

Find out more about what we do here and read our latest impact report:

<https://www.potsuk.org/how-we-help-2/>

Download PoTS leaflets

We have created a selection of leaflets about PoTS. Please feel free to download and print any that you find useful.

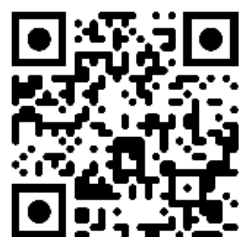
<https://www.potsuk.org/about-pots/download-pots-leaflets/>

Donate

It is the generosity of your donations and amazing fundraising efforts that help us to continue our work, advocating for and supporting PoTS patients and educating healthcare professionals about this condition.

To donate, visit: <https://www.potsuk.org/donate/>.

Thank you for your support.



Please scan to donate.