

# OTHER SUPPORT AND HELP



There are many other sources of support that you might reach out to and help keep you updated.

You can read about the experiences of people from across the world who are experiencing or have recovered from smell and taste disorders on our website <https://fifthsense.org.uk/stories>

## Helpful websites, groups and organisations

Fifth Sense Ambassador websites	Other Support Organisations	Social Media
<a href="https://fifthsense.designcumbria.co.uk/our-team/">https://fifthsense.designcumbria.co.uk/our-team/</a>	<a href="http://www.minduk.org">www.minduk.org</a>	<b>Facebook Groups:</b> @Anosmics of the World Unite!
<a href="http://www.ezjolife.com">www.ezjolife.com</a>	<a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a>	@Living Well with Anosmia
<a href="http://www.thesmellpodcast">www.thesmellpodcast</a>	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	@Parosmia/Phantosmia Support Group
<a href="http://www.girlwhocantsmell">www.girlwhocantsmell</a>	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	@COVID-19 Anosmia Loss of Smell and Taste Symptom Monitoring
<a href="http://www.myanosmatidlife.wordpress.com">www.myanosmatidlife.wordpress.com</a>	<a href="http://www.cancerresearch.org.uk">www.cancerresearch.org.uk</a>	@Covid Anosmia/Parosmia Support Group
<a href="http://www.falkaromatherapy.com">www.falkaromatherapy.com</a>	<a href="http://www.asthma.org.uk">www.asthma.org.uk</a>	@congenital anosmia
<a href="https://debsdavies.com/">https://debsdavies.com/</a>	<a href="https://www.uea.ac.uk/rhinology-group/home">https://www.uea.ac.uk/rhinology-group/home</a>	@girlwhocantsmell
	<a href="https://www.headway.org.uk/">https://www.headway.org.uk/</a>	@thesmellpodcast
	<a href="https://www.thebraincharity.org.uk/">https://www.thebraincharity.org.uk/</a>	@falkaromatherapy
	<a href="https://www.samterssociety.org/">https://www.samterssociety.org/</a>	@ezjolife
	<a href="https://www.pituitary.org.uk/information/pituitary-conditions/kallmanns-syndrome/">https://www.pituitary.org.uk/information/pituitary-conditions/kallmanns-syndrome/</a>	
	<a href="https://www.neural.org.uk/">https://www.neural.org.uk/</a>	
		<b>Other Social Media Sources:</b>
		@smellyounever Instagram
		@smell_you_never TikTok
		@debsdaviescoaching Instagram

There are many informal groups on social media that provide a place for those who wish to engage in conversations online with others. We have listed some above but the inclusion of these sources does not reflect an endorsement.