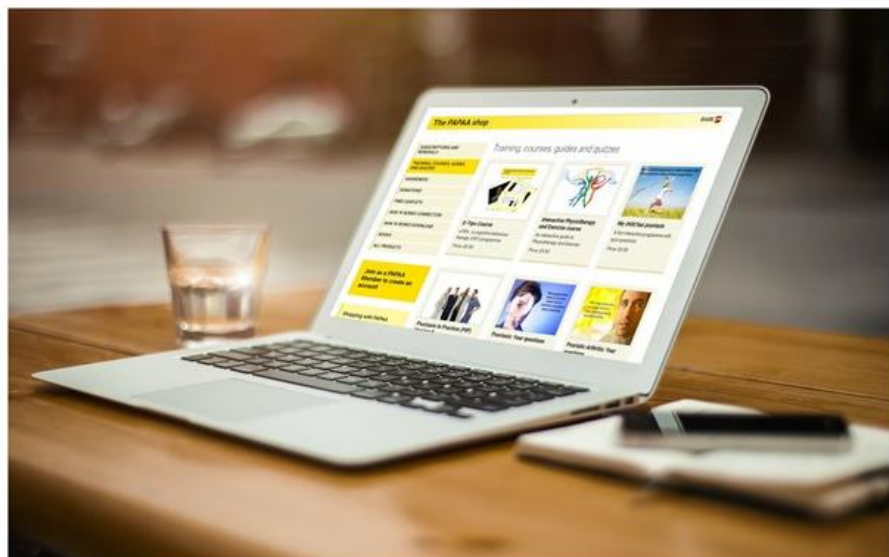




Get interactive with our FREE self-help guides

You may find that following a guided programme about psoriasis and psoriatic arthritis, will help you to learn, understand and cope better with these often-complex conditions. The following are available:

- eTIPs Cognitive behavioural therapy (CBT) programme
- Interactive Physiotherapy and Exercise course
- My child has psoriasis
- Psoriasis: Your questions
- Psoriatic Arthritis: Your questions
- What do you know about psoriasis?
- What do you know about psoriatic arthritis?

You will see that some of the programmes have interactive activities, so why not dip in and have a go, you may find it an interesting way to learn more.

[Visit our website shop to access for free](#)

Contact Us

Mailing address:

PAPAA
3 Horseshoe Business Park
Lye Lane
Bricket Wood
St Albans
AL2 3TA

01923 672837
info@papaa.org

Connect With Us



Donate Online

