

## Mental Health and Wellbeing Resources

### Crisis Helplines

Samaritans

[www.samaritans.org/](http://www.samaritans.org/)

The Samaritans' emergency helpline is available 24 hours a day, every day of the year. The Samaritans can also assist you with emotional support via e-mail. Samaritans listen in total confidence and without judgment, whatever your situation.

Saneline

[www.sane.org.uk](http://www.sane.org.uk)

SANeline offers emotional and crisis support and information for people affected by mental health problems. The helpline provides information and support to anyone affected by a mental health problem. Translation service available.

Calm

[www.thecalmzone.net/](http://www.thecalmzone.net/)

Free, anonymous helpline (by telephone and webchat) for young men who are depressed or suicidal. It is staffed by trained counsellors who offer advice, guidance and information. Translation facilities are available on request.

Papyrus

<http://papyrus.org.uk/>

Papyrus provide a helpline and information for young people who are at risk of suicide or anyone who is worried about a young person.

### Support and Information

Befrienders Worldwide

<http://www.befrienders.org/>

This site provides information for anyone feeling low, depressed or suicidal, or worried about a friend or relative; information about befriending; and a comprehensive directory of crisis helplines.

Bipolar UK

<http://www.bipolaruk.org.uk/>

Helps people with bipolar, their relatives, friends and others who care, and educates the public and caring professions about bipolar.

Depression Alliance

[www.depressionalliance.org](http://www.depressionalliance.org)

Depression Alliance is a leading UK charity for people affected by depression. In their experience, depression need not be feared. The Alliance provides publications, a written advisory service offering support and understanding, self-help groups across the UK, a newsletter, as well as workshops and conferences.

The Mental Health Foundation

[www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

The Mental Health Foundation is a leading UK charity working in mental health and learning

disabilities (it incorporates the Foundation for People with Learning Disabilities). Here you will find the latest news and events on mental health issues, as well as information on problems, treatments and strategies for living with mental distress.

MIND

[www.mind.org.uk/](http://www.mind.org.uk/)

MIND is a leading mental health charity in the UK. The website has information about mental health conditions and support available in many different languages. Call the info line for practical information and advice. Translation service and facilities for deaf or hearing impaired available.

Rethink (formerly The National Schizophrenia Fellowship)

[www.rethink.org/](http://www.rethink.org/)

Rethink is a leading mental health charity that works to help everyone affected by severe mental illness recover a better quality of life. Call their advice line for practical information about treatment, money, the law and rights. Their website provides information about mental illness and many other topics for service users and carers. Links to support groups throughout the UK.

The Royal College of Psychiatrists

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Publishes factsheets, leaflets and books for the general public (including children and young people) on common mental health problems, psychiatric treatments and stigma. Some of these are also available in other languages.

Together UK

[www.together-uk.org](http://www.together-uk.org)

The UK's oldest community mental health charity working to help people deal with the personal and practical impacts of mental health issues

## **Children and Young people**

Big White Wall

[www.bigwhitewall.com](http://www.bigwhitewall.com)

A peer-support network that encourages free expression of feelings. The website was developed for young people in association with the Tavistock and Portman NHS Trust.

YoungMinds

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

The UK's only national charity committed to improving the mental health and emotional well-being of all children and young people. The website offers information for young people, parents and professionals.

## **Bullying**

Bullying UK

<http://www.bullying.co.uk/>

This service is part of the charity Family lives that offers information, advice and a helpline (both telephone and web chat) for parents and young people who are being bullied.

The Cybersmile Foundation

<http://www.cybersmile.org/>

The charity for people who are being cyber bullied.

## **Self-help**

Depression – decision-making aid

<http://sdm.rightcare.nhs.uk/pda/depression/>

A decision aid from the NHS to assist people in making decisions about treatment options for depression.

MoodGYM

[moodgym.anu.edu.au/welcome](http://moodgym.anu.edu.au/welcome)

An internet-based therapy program designed to prevent depression in young people although people who are older may find it helpful. It includes assessments of anxiety and depression, thought patterns, life-event stress, parental relationships, and pleasant event scheduling.

## **Relationships**

College of Sexual and Relationship Therapists

[www.cosrt.org.uk](http://www.cosrt.org.uk)

National specialist charity for sexual and relationship therapy. Provides information about availability of help and therapy for sexual difficulties. Previously known as the British Association for Sexual and Relationship Therapy.

The Sexual Advice Association

[www.sda.uk.net](http://www.sda.uk.net)

Answers questions on all aspects of impotence and can give lists of local specialist practitioners.

Factsheets on impotence and related problems are available. Please send a large SAE when writing for information. Formerly the Sexual Dysfunction Association.

Relate

[www.relate.org.uk/](http://www.relate.org.uk/)

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through this website.

## **Therapy**

British Association for Counselling and Psychotherapy (BACP)

[www.bacp.co.uk](http://www.bacp.co.uk)

For a list of BACP accredited counsellors in your area.

Counselling Directory

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Online resource to search for local counsellors and practitioners of a range of different therapies.

UK Council for Psychotherapy

[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

National umbrella organisation for all the psychotherapies; publishes the National Register of Psychotherapists, listing over 5,000 therapists.

## **Resources for Professionals**

MINDSet

[mindsetqi.net](http://mindsetqi.net)

A quality improvement toolkit for people involved in providing and commissioning services for people with mental health problems. It has been designed with the involvement of a range of organisations with the aim of making continuous improvement in mental health easier. The toolkit provides a range of improvement tools and handy summaries of national policy and guidance.