

## Crisis and emotional support helplines for everyone

- [Samaritans](#)

Phone: 116 123  
(Freephone, 24 hrs a day, 7 days a week)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

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

Provide emotional support for people 24 hours a day, 365 days a year. They allow people to talk about their feelings of distress and despair and are confidential and offer non-judgemental support.

- [SaneLine](#)

Phone: 0300 304 7000 (Local call rates, 6pm-11pm, 7 days a week).

Website: [http://www.sane.org.uk/what\\_we\\_do/support/helpline/](http://www.sane.org.uk/what_we_do/support/helpline/)

Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

For other helplines providing emotional and crisis support to specific groups, please see the relevant headings below.

The [Helplines Partnership](#) also has a comprehensive listing of organisations in the UK that provide helplines, which is searchable by topic: [www.helplines.org](http://www.helplines.org)

## Mental health information helplines for everyone

- [Mind Infoline](#)

Phone: 0300 123 3393  
(Local call rates, 9am – 6pm, Mon-Fri)

Text: 86463

Provides information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

## Finding a therapist

- [IAPT](#)

Website: [www.iapt.nhs.uk](http://www.iapt.nhs.uk)

IAPT (Improving Access to Psychological Therapies) is the NHS programme which supports rolling out NICE guideline recommended talking therapies to people experiencing depression and anxiety disorders. IAPT services usually provide two types of psychological therapy:

## Finding a therapist (contd)

- IAPT

High intensity therapy (usually cognitive behavioural therapy; for people with moderate and severe depression and anxiety) or;

Low intensity therapy (usually cognitive behavioural approaches, including guided self-help and psychoeducational groups; for people with mild to moderate depression and anxiety). In some areas, self-referral to IAPT services is possible; in others referrals need to be made by a person's GP. Local IAPT services can be found via the NHS Choices website. (Follow links on IAPT's main website). IAPT services often also have employment services or links to other services such as housing, drugs and benefits advice.

- leso digital health

Website: [www.lesohealth.com](http://www.lesohealth.com)

Provides online based one-to-one cognitive behavioural therapy on behalf of the NHS and for private companies. Some areas may allow self-referral.

## Abuse

### (domestic violence, child, sexual abuse)

- NAPAC

Phone: 0808 801 0331

(Freephone, see website for opening hours)

Email: [support@napac.org.uk](mailto:support@napac.org.uk)

Website: [www.napac.org.uk](http://www.napac.org.uk)

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.

- Rape Crisis

Phone: 0808 802 999

(Freephone helpline, see website for opening hours).

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Rape Crisis is a national charity supporting anyone who has experienced rape, child sex abuse and/or any other kind of sexual violence. It runs local Rape Crisis helplines and centres across England and Wales, details of which can be found on their website.

## **Abuse (domestic violence, child, sexual abuse) (contd)**

- [SurvivorsUK](#)

Phone: 0203 598 3898

Email: [info@survivorsuk.org](mailto:info@survivorsuk.org)

Website: [www.survivorsuk.org](http://www.survivorsuk.org)

Survivors UK provides help and support for men who have experienced sexual violence or abuse. This includes counselling and online and SMS chat support services run by professionals who specialise in the field of male sexual violence.

- [Womens Aid](#)

Phone: 0808 2000 247

(Freephone, 24 hrs a day, 7 days a week)

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

Womens Aid are a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.

## **Addiction and substance misuse (alcohol, drugs, gambling)**

- [Addaction](#)

Phone: 020 7251 5860

Email: [info@addaction.org.uk](mailto:info@addaction.org.uk)

Website: [www.addaction.org.uk](http://www.addaction.org.uk)

Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

- [Adfam – Families, drugs and alcohol](#)

Phone: 0207 553 7640

Email: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)

Website: [www.adfam.org.uk](http://www.adfam.org.uk)

Adfam provides information and support for families affected by drugs and alcohol. Their website includes listing of helplines and local support groups available across England, as well as training and information for drug and alcohol professionals.

## **Addiction and substance misuse (alcohol, drugs, gambling) (contd)**

- Al-Anon Family Groups UK & Eire

Phone: 0207 403 0888 (Helpline: 10am-10pm, 7 days a week)

Email: [enquiries@alanonuk.org.uk](mailto:enquiries@alanonuk.org.uk)

Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Run a wide range self-help groups for relatives and friends of alcoholics.

- Alcoholics Anonymous

Phone: 0800 9177 650

(Freephone, national helpline)

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Alcoholics Anonymous runs self-help groups across Great Britain for anyone affected by alcohol use issues who wants to change their drinking behaviours, based on 12 step model of recovery.

- Alcohol Concern

Phone: 0207 566 9800

Email: [contact@alcoholconcern.org.uk](mailto:contact@alcoholconcern.org.uk)

Website: [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

Alcohol Concern is a charity working to help people understand the dangers of drinking too much and to advocate for better treatment for those affected by alcohol use issues.

- Cocaine Anonymous

Phone: 0800 612 0225

Email: [wtf@cauk.org.uk](mailto:wtf@cauk.org.uk)

Website: [www.cauk.org.uk](http://www.cauk.org.uk)

Organisation running self-help groups for those with substance use issues relating to cocaine, based on 123 step model recovery.

- Drink Aware

Phone: 0207 766 9900

Email: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

Website : [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Independent charity working to reduce alcohol misuse and harm in the UK. The website has free drink trackers and tools to assess your own drinking levels.

## **Addiction and substance misuse (alcohol, drugs, gambling) (contd)**

- [Drinkline](#)

Phone: 0300 123 1110

(Freephone, 9am – 8pm Mon-Fri, and 11am-4pm Sat-Sun)

Drinkline is a free, confidential national helpline for people who are concerned about their own or someone else's drinking.

- [DrugScience](#)

Website: [www.drugscience.org.uk](http://www.drugscience.org.uk)

DrugScience is an independent science-led drugs charity which provides objective information on drugs and drug harms to the public, educators and academics.

- [Dual Recovery Anonymous UK and Ireland](#)

Phone: 0300 124 0373

Website: [www.dualrecoveryanonymous.org](http://www.dualrecoveryanonymous.org)

Organisation running self- help groups for those with dual diagnosis (a substance use issue alongside diagnosed mental health issue), based on 12 Step model of recovery.

- [Gamblers Anonymous UK](#)

Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Gamblers Anonymous runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change, based on 12 step model of recovery.

- [Marijuana Anonymous UK](#)

Phone: 0300 124 0373

Email: [helpline@marijuana-anonymous.org.uk](mailto:helpline@marijuana-anonymous.org.uk)

Website: [www.marijuana-anonymous.org.uk](http://www.marijuana-anonymous.org.uk)

Organisation running self-help groups across the UK for those with substance use issues relating to marijuana, based on 12 step model of recovery.

- [Narcotics Anonymous UK](#)

Phone: 0300 999 1212

(Helpline, 10am-12am, 7 days a week)

Email: [meetings@ukna.org](mailto:meetings@ukna.org)

Website: [www.ukna.org](http://www.ukna.org)

Narcotics anonymous runs self- help groups across the UK for anyone affected by drug use who wants to change, based on 12 step model of recovery.

## **Addiction and substance misuse (alcohol, drugs, gambling)**

- [Talk to Frank](#)

Phone: 0300 123 6600

(24 hrs a day, 7 days a week) Text: 82111

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

Website: [www.talktofrank.com](http://www.talktofrank.com)

Talk to Frank is the national drug education service established in 2003. It provides information on legal and illegal drugs for teenagers and adolescents, including a confidential information line and live chat services on its website.

- [UK SMART Recovery](#)

Website: [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

Provides training to help people manage their recovery from any type of addictive behaviour, including alcohol and substance use as well as gambling, sex, eating, shopping etc, through a range of self-help meetings.

## **Anxiety**

- [Anxiety UK](#)

Phone: 08444 775 774

Infoline, 9.30am-5.30pm, Mon-Fri)

Text: 07537 416 905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self-help groups.

- [No Panic](#)

Phone: 0300 7729844 Helpline: 10am – 10pm, 7 days a week)

Phone: 01753 840 393 (Youth helpline for 13 – 20yr olds 4-6pm Mon-Fri)

Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

Website; [www.nopanic.org.uk](http://www.nopanic.org.uk)

No Panic is a charity which helps people who experience any kind of anxiety disorder. It specialises in self-help based recovery via their helpline and resources available on their website.

## **Anxiety (contd)**

- OCD Action

Phone: 0845 390 6232 Email: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

OCD Action is the national charity focussing on obsessive compulsive disorder. It provides support and information to those affected by OCD, and works to increase awareness of it. Runs a variety of self-help groups across the country as well as online support groups and advocacy services.

- OCD – UK

Phone: 0845 120 3778 Email: [support@ocduk.org](mailto:support@ocduk.org)

Website : [www.ocduk.org](http://www.ocduk.org)

OCD-UK is a national charity working with and for children and adults affected by obsessive compulsive disorder. Provides a wide range of information on OCD and runs self-help services including telephone support groups, online chats and support forums.

- Triumph over Phobia

Phone: 01225 571 740 Email: [info@topuk.org](mailto:info@topuk.org)

Website: [www.topuk.org](http://www.topuk.org)

Triumph over Phobia is a UK charity which aims to help sufferers of phobias, obsessive compulsive disorder and other related to anxiety to overcome their fears.

## **Bereavement**

- Bereavement Advice Centre

Phone: 0800 634 9494 (Freephone helpline, 9am-5pm, Mon-Fri)

Website: [www.bereavementadvice.org](http://www.bereavementadvice.org)

The Bereavement Advice Centre supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

- The Compassionate Friends

Phone: 0345 123 2304 (National helpline, see website for opening hours)

Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

Website: [www.tcf.org.uk](http://www.tcf.org.uk)

The Compassionate Friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to providing peer support for other bereaved parents, siblings and grandparents.

## **Bereavement (contd)**

- [Cruse Bereavement Care](#)

Phone 0808 808 1677  
(Helpline, see website for opening hours)

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

Cruse Bereavement Care offer support, advice and information to children, young people and adults when someone dies. They run a helpline as well as bereavement counselling as well as facilitated self-help groups across the country.

- [Survivors of Bereavement by Suicide](#)

Phone 0300 111 5065  
(Helpline, 9am-9pm, 7 days a week)

Email: [sobs.support@hotmail.com](mailto:sobs.support@hotmail.com)

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

Survivors of Bereavement by Suicide is the national charity to meet the needs and break the isolation experienced by those bereaved by suicide. A self-help organisation which provided support via a range of means, including through a national helpline, via email and through running self-help groups.

## **Bipolar disorder**

- [Bipolar UK](#)

Phone: 0333 323 3880 Email: [info@bipolaruk.org](mailto:info@bipolaruk.org)

Website: [www.bipolaruk.org](http://www.bipolaruk.org)

Bipolar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as families and carers. Provide information through their website and via phone and also run national self-help support groups, online support and employment support.

## **Carers**

- [Carers UK](#)

Phone: 08008 808 7777 (Freephone Adviceline, 10am-4pm, Mon-Fri) Website: [www.carersuk.org](http://www.carersuk.org)

Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring and running an online peer support community of carers across the UK.



## **Creativity and mental health**

- [Core Arts](#)

Phone: 020 8533 3500 Website: [www.corearts.co.uk](http://www.corearts.co.uk)

Core Arts is a leading mental health day care service in Hackney, London, using arts and creativity to support people with mental health issues and enabling them to fulfil their potential and participate fully in their community.

- [Sound Minds](#)

Phone: 0207 207 1786 Email: [staff@soundminds.co.uk](mailto:staff@soundminds.co.uk)

Website: [www.soundminds.co.uk](http://www.soundminds.co.uk)

London based Sound Minds is a social enterprise aiming to transform the lives of people experiencing mental ill health through participation in arts activity. Run by people with lived experience of mental ill health it runs sessions in music, visual arts, video editing and drama.

## **Crime victims**

- [Victim's Information service](#)

Phone: 0808 168 923 (Freephone)

Website: [www.victimsinformationservice.org.uk](http://www.victimsinformationservice.org.uk)

The Victims Information Service is a free nationwide service which helps people find local support after a crime takes place. It brings together information on what will happen after reporting a crime, people that may be involved, help that should be provided and how to complain if something goes wrong.

- [Victim Support](#)

Phone: 0808 1689 111 (Freephone **8pm-8am** Mon-Fri, Weekends 24hrs)

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Victim Support is an independent charity working towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. They run a confidential free helpline for anyone affected by crime as well as emotional and practical support, including advice on reporting a crime and processes involved in going to court and what happens during a trial.

## Debt

- Money Advice Service (Freephone 9am-8pm Mon-Fri, 9.30am-1pm Sat)

Phone: 0800 138 7777 Website: [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats.

- National Debtline Phone: 0808 808 4000 (Freephone 9am-8pm Mon-Fri, 9.30am-1pm Sat)

Website: [www.nationaldebtline.org](http://www.nationaldebtline.org)

The National Debtline is an independent charity which provides free confidential specialist advice on managing financial debt via a helpline, online information and free webchats.

- Stepchange

Phone: 0800 138 1111 (Freephone helpline) Website: [www.stepchange.org](http://www.stepchange.org)

Charity Stepchange provides free advice on problem debt and debt management.

## Depression

- Charlie Waller Memorial Trust

Phone: 01635 869 754 Email: [admin@cwmt.org](mailto:admin@cwmt.org)

Website: [www.cwmt.org.uk](http://www.cwmt.org.uk)

The Trust was set up in 1998 in memory of Charlie Waller, a young man who took his own life due to depression. His family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so. The Trust delivers training in a wide range of settings to raise awareness of depression and to remove the stigma attached to mental ill health.

- Depression Alliance

Depression Alliance merged with Mind on Monday 1 August 2016

- Depression UK

Email: [info@depressionuk.org](mailto:info@depressionuk.org)

Website : [www.depressionuk.org](http://www.depressionuk.org)

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

## Eating Disorders

- ABC (Anorexia & Bulimia Care)

Phone: 0300 011 1213 (Helpline)

Email: [support@anorexiabulimiare.org.uk](mailto:support@anorexiabulimiare.org.uk)

Website: [www.anorexiabulimiare.org.uk](http://www.anorexiabulimiare.org.uk)

Anorexia and Bulimia Care is a national UK eating disorders organisation providing ongoing care, emotional support and practical guidance for anyone affected by eating disorders. Includes nutritional guidance/support and befriending services.

- Beat

Phone: 0345 634 1414 (Helpline for anyone over 18)

Phone: 0345 634 7650 (Youthline for anyone under 25)

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk) (18 or over) or [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk) (25 or under)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Beat is the UK's leading charity supporting anyone affected by eating disorders. Runs helplines for adults and young people, online support as well as peer support groups across the country.

- MGEDT (Men Get Eating Disorders to)

Email: [sam@mengetedstoo.co.uk](mailto:sam@mengetedstoo.co.uk)

Website: [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

- National Charity raising awareness of eating disorders in men. Also provides peer support services for men affected by eating disorders.

## Family, parenting and relationships

- Family Action

Phone: 020 7254 6251 Email: [info@family-action.org.uk](mailto:info@family-action.org.uk)

Website: [www.family-action.org.uk](http://www.family-action.org.uk)

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England. They aim to strengthen families and communities by building skills and resilience. Their support services include a focus on parental mental health issues, including issues such as perinatal depression.

- Family Links

Email: [info@familylinks.org.uk](mailto:info@familylinks.org.uk) Website: [www.familylinks.org.uk](http://www.familylinks.org.uk)

Family links is a national charity dedicated to creating an emotionally health, resilient and responsible society through a range of training programmes. They train people to run parent groups in local communities and also provide step by step guides for parents on their website.

## Family, parenting and relationships (contd)

- Family Lives

Phone: 0808 800 2222 (Freephone helpline, see website for opening hours)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

Family Lives is a national family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline and provide a range of information on issues relating to parenting.

- Relate

Phone: 0300 100 1234

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

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

## General Advice, information and support

- Citizens Advice

Phone: 03444 111 444 (National phone service being rolled out at a time of writing this manual)

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Citizens Advice provides free, independent information and advice for people on money, legal, consumer, housing and other problems. Its website is searchable for local citizen's advice bureaux and also has a dedicated web service.

- Health Talk

Website: [www.healthtalk.org](http://www.healthtalk.org)

HealthTalk provides free, reliable information about health issues, by sharing people's real-life experiences.

- Mens Health Forum

Email: [manmot@menshealthforum.org.uk](mailto:manmot@menshealthforum.org.uk)

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Men's Health Forum provide free, independent health information focusing on male health issues, including particular projects around men's mental health.

- NHS Choices

Website: [www.nhs.uk](http://www.nhs.uk)

NHS Choices provides a wide range of accessible information on all health related issues, including symptoms, conditions, treatments and local NHS services available. This includes a dedicated section on mental health (under the 'Live Well' heading).

## General mental health

- Action for Happiness

Website: [www.actionforhappiness.org](http://www.actionforhappiness.org)

Action for happiness is not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Their vision is a happier world, with fewer people suffering mental health problems and more people feeling good, functioning well and helping others. It's website provides many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill-health – personally, in our communities, workplaces and schools.

- Mind

Phone: 0300 123 3393 (Mind Infoline, see above)

Email: [info@mind.org.uk](mailto:info@mind.org.uk) Website: [www.mind.org.uk](http://www.mind.org.uk)

Mind provides a wide range of services relating to mental health, including information, support as well as research and campaigning work. The national Mind organisation also acts as an umbrella organisation to many independent local Mind organisations, which provide different services across the country, eg therapy services, self-help groups and alternative therapies.

- Rethink Mental Illness

Phone: 0121 522 7007 (General enquiries) Email: [info@rethink.org](mailto:info@rethink.org) Website: [www.rethink.org](http://www.rethink.org)

Rethink mental illness provide a range of support, advice and information services relating to mental illness, as well as conducting national campaigns and research. Rethink runs over 200 mental health services and 150 support groups across England, including therapy services, peer support groups and many more.

- Sane

Phone: 0203 805 1790 (General enquiries)

Email: [info@sane.org.uk](mailto:info@sane.org.uk)

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

In addition to running Saneline (see above), Sane also claims to improve the lives of anyone affected by mental illness through campaigning work, research and online support services.

- Together for Mental Wellbeing

Phone: 0207 780 7300

Email: [contact-us@together-uk.org](mailto:contact-us@together-uk.org)

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

Together is a national charity working alongside people with mental health issues. It provides a range of specialist support services, including peer support services, accommodation based support, criminal justice mental health services and advocacy.

## Learning disabilities

- Mencap

Phone: 0808 808 1111 (9am-5pm Mon-Fri)

Email: [help@mencap.org.uk](mailto:help@mencap.org.uk) Website: [www.mencap.org.uk](http://www.mencap.org.uk)

Mencap works in partnership with people with a learning disability, their families and carers to provide a range of support services.

- Hft

Phone: 0117 906 1700

Website: [www.hft.org.uk](http://www.hft.org.uk)

Hft is a national charity providing services for people with learning disabilities throughout England through personalised support services.

- Generate

Phone: 0208 879 6333

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

Generate is a charity which aims to support the lives of people with a learning disability.

- **Lesbian, gay, bisexual and transgender (LGBT)**

- Lesbian, Gay, Bisexual and Transgender Switchboard

Phone: 0300 330 0630 (Local call rates, 10am-11pm, 7 days a week)

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

Website: [www.switchboard.lgbt](http://www.switchboard.lgbt)

Confidential support, information and referral services for the LGBT community, including online chat services.

- Stonewall

Phone: 0800 050 2020 (Freephone information service)

Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk)

Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

Stonewall supports all lesbian, gay, bi and trans people with a range of help and advice services and by working in partnership with businesses and communities to tackle issues related to discrimination.

## **Nutrition & mental health**

- Food for the brain

Phone: 0300 365 0130

Email: [info@foodforthebrain.org](mailto:info@foodforthebrain.org)

Website: [www.foodforthebrain.org](http://www.foodforthebrain.org)

Food for the brain are a charitable foundation raising awareness of the importance of optimum nutrition in mental health. They work to inform organisations and empower individuals to change their diet and lifestyle and take greater control of their mental health. They also run the Brain Bio Centre, a not for profit clinic focusing on tailored nutrition support for people with mental health issues.

## **Personality disorder**

- Emergence

Email: [admin@emergenceplus.org.uk](mailto:admin@emergenceplus.org.uk)

Website : [www.emergence.org.uk](http://www.emergence.org.uk)

Emergence is a service user led organisation with the overarching aim of supporting all people affected by personality disorder, including service users, carers, family and friends and professionals.

- Personality disorder – no longer a diagnosis of exclusion

Website: [www.personalitydisorder.org.uk](http://www.personalitydisorder.org.uk)

The website for the Department of Health's National Personality Disorder Programme, which provides a range of resources, including a service finder and details of pilot projects relating to personality disorder.

- Personality disorder – knowledge and understanding framework

Website: [www.personalitydisorderkuf.org.uk](http://www.personalitydisorderkuf.org.uk)

The knowledge and Understanding Framework is the national training framework to support people to work more effectively with personality disorder.

## **Psychosis**

- Hearing Voices Network

Phone: 0114 271 8210 Email: [nhvn@hotmail.co.uk](mailto:nhvn@hotmail.co.uk) Website: [www.hearing-voices.org](http://www.hearing-voices.org)

The Hearing Voices Network is committed to helping people who hear voices, see visions and experience tactical sensations and those that support them. They run a range of self-help groups and deliver training for professionals and the general public.

## Psychosis (contd)

- [Voice Collective](#)

Phone: 0207 911 0822

Email: [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)

Website: [www.voicecollective.co.uk](http://www.voicecollective.co.uk)

The Voice Collective is a London wide project that supports children and young people who hear voices, see visions or have other unusual sensory experiences. It also offers support for parents/families and training for professionals.

## Self-harm

- [Harmless](#)

Email: [info@harmless.org.uk](mailto:info@harmless.org.uk)

Website: [www.harmless.org.uk](http://www.harmless.org.uk)

Harmless is a user led organisation that provides a range of services about self-harm, including support, information, training and consultancy to people who self-harm, their friends and families and professionals. Includes resources on alternative coping strategies.

- [NSHN \(National Self Harm Network\)](#)

Website: [www.nshn.co.uk](http://www.nshn.co.uk)

The National Self Harm Network offers an online moderated support forum for people affected by self harm.

- [selfharmUK](#)

Website: [www.selfharm.co.uk](http://www.selfharm.co.uk)

selfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their lives. It allows people to share their personal stories around self-harm and receive answers on-line. Run by national charity Youthscape.

- [Self injury Support](#)

Phone 0808 800 8088 (Freephone helpline, 7pm-10pm, Mon-Fri)

Website: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Self injury support is a national organisation that supports girls and women affected by self-injury or self-harm. They run a dedicated self-injury helpline, as well as text and email support for girls and young women under 24 years of age and supports self-injury self-help groups.



## Self-help apps and on-line resources

- Big White Wall

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

A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Also available as an app.

- CBT Online

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

An interactive site that teaches people cognitive behavioural therapy skills to prevent and cope with depression.

- Down Your Drink

Website: [www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Down Your Drink is a free website based programme allowing people to look more closely at their drinking and examine ways of cutting down. Developed by a team of researchers at University College London and endorsed by Alcohol Concern.

- Elefriends

Website: [www.elefriends.org.uk](http://www.elefriends.org.uk)

Run by mental health charity Mind, Elefriends aims to provide a safe, supportive online community where everyone can share experiences relating to mental ill health and get support from people with similar experiences.

- FearFighterTM

Website: <http://fearfighter.cbtprogram.com>

A NICE guideline approved, evidence-based online program for generalised anxiety, panic and phobia. Uses CBT principles.

- Get Self Help

Website: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

This website offer free cognitive behavioural based self-help and therapy resources, including worksheets and self-help mp3s.

- Happyhealthy

Website: [www.happyhealthyapp.com](http://www.happyhealthyapp.com)

Health app linking brief daily reflection exercises to allow people to make more mindful decisions about lifestyle, exercise, nutrition and sleep to manage mental wellbeing.

## Self-help apps and on-line resources(contd)

- Headspace

Website: [www.headspace.com](http://www.headspace.com)

Web-based mood tracking and management platform.

- Moodscope

Website: [www.moodscope.com](http://www.moodscope.com)

Web-based mood tracking and management platform

- Sleepio

Website: [www.sleepio.com](http://www.sleepio.com)

App for sleep management combining cognitive behavioural principles and the latest in sleep research.

- Stay Alive App

Website: [http://www.preventsuicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.preventsuicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

The Stay Alive app is a suicide prevention pocket app for the UK, developed by Grassroots Suicide prevention. It allows users to create a list of resources to stay safe from suicide and links into crisis support available.

- Wellbeing Podcasts

Website: [www.mentalhealth.org.uk/podcasts-and-videos](http://www.mentalhealth.org.uk/podcasts-and-videos)

The Mental Health Foundation has created a series of free audio podcasts to improve wellbeing, including guided relaxation, mindfulness practise and overcoming fear and anxiety.

- Wellness Recovery Action Planning (WRAP)

Website: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

Provides information on using WRAP as part of mental health recovery approaches.

## Suicide Prevention

- ASIST (Applied Suicide Intervention Skills Training)

Website: [www.livingworks.net](http://www.livingworks.net)

ASIST is a 2-day training course that teaches people how to intervene when someone is suicidal

- CALM (Campaign Against Living Miserably)

Phone: 0800 58 58 58 (Helpline 5pm-midnight 7 days a week)

Email: [info@thecalmzone.net](mailto:info@thecalmzone.net) Website: [www.thecalmzone.net](http://www.thecalmzone.net)

The Campaign Against Living Miserably is a charity which exists in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis. It also seeks to challenge a culture that prevents men from seeking help when they need it.

- Grassroots

Email: [office@prevent-suicide.org.uk](mailto:office@prevent-suicide.org.uk) Website: [www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

Grassroots is a small charity focused on suicide prevention through training, consultancy and project work, including the #StayAlive app for those at risk of suicide or worried about someone else. Providers of ASIST training.

## Young People

- Kooth

Website: [www.kooth.com](http://www.kooth.com)

Provides free online support for young people delivered by qualified counsellors via chat based services.

- The Mix (formerly Get Connected)

Phone: 0808 808 4994 (11am-11pm, 7 days a week) Website: [www.getconnected.org.uk](http://www.getconnected.org.uk)

The Mix (formerly Get Connected) is the UK's free, confidential helpline service for young people under 25 who need help but don't know where to turn. It provides information on a wide range of issues, including mental health topics. Help can also be accessed by phone, email or webchat, and it also runs a free telephone counselling service.

- Young Minds

Phone: 0808 802 5544 (9.30am-4pm, Mon-Fri) – Parents helpline

Email : [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk) Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people through campaign, research and policy work.. They also operate a parent helpline (see above) for any parents concerned about their child's mental health and resources for professionals working with young people.

## STAFF

### Employment and Mental Health

- [Mental Health Foundation workplace resources](#)

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

The Mental Health Foundation has developed a range of resources aimed at tackling mental health in the workplace. This includes the helpful guide '@Managing mental health in the workplace', produced with employee benefits specialist Unum. Available at the link above.

- [Mindful Employer](#)

Phone: 01392 677 064 Email: [info@mindfulemployer.net](mailto:info@mindfulemployer.net) Website: [www.mindfulemployer.net](http://www.mindfulemployer.net)

Mindful Employer aims to increase awareness of mental health at work and provides easily accessible information to organisations and supports for staff who experience stress, anxiety, depression or other mental health conditions.

- [Mind's guide to workplace mental health](#)

Website: [www.mind.org.uk/workplace/mental-health-at-work](http://www.mind.org.uk/workplace/mental-health-at-work)

Mental health charity Mind's dedicated website section on workplace mental health provides guidance to help employers take care of themselves and their staff. Mind has also published the Employers Guide to Mentally Healthy Workplaces, which discusses what poor workplace wellbeing is, what a mentally healthy workplace looks like and how to create mentally healthy workplaces. Available from: [www.mind.org.uk/media/43719/EMPLOYERS\\_guide.pdf](http://www.mind.org.uk/media/43719/EMPLOYERS_guide.pdf) (Accessed 07/07/2016)

- [Work Guru](#)

Website: [www.workguru.org](http://www.workguru.org)

Web-based stress management programme providing tools to build resilience and manage stress in a workplace setting.

# Helpful Resources