

### Useful Websites for Information about Mental Health

- **CAMHS** Is a service user-led website which provides information and advice for young people.  
Web: [www.camhswhoami.co.uk](http://www.camhswhoami.co.uk)
- **Stamp Out Stigma** is a campaign led by 5 Boroughs Partnership NHS Foundation Trust which aims to educate the public about the realities of illness and learning disabilities and to help stamp out the stigma that surrounds them.  
Web: [www.stampoutstigma.co.uk](http://www.stampoutstigma.co.uk)
- **Young Minds** provides support and advice to children and young people about a variety of mental health issues.  
Web: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Mind** provides information and advice on different types of mental health problems, medication, treatments, and guides to support and services.  
Web: [www.mind.org.uk](http://www.mind.org.uk)
- **Rethink** Mental Illness challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.  
Web: [www.rethink.org](http://www.rethink.org)
- **Time to Change** aims to challenge mental health stigma and discrimination. It contains information about mental health and why we need to start talking about it.  
Web: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- **The Mental Health Foundation** is an informative website which offers straightforward and clear information on every aspect of mental health and learning disabilities.  
Web: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- **Get Connected** is a free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn. You can get in touch via phone, email or text for free.  
Web: [www.getconnected.org.uk](http://www.getconnected.org.uk)
- **Beat** is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Beat provides advice on what to do and how to get support.  
Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)
- **National Self-Harm Network** aims to support individuals who self-harm to reduce emotional distress and improve their quality of life.  
Web: [www.nshn.co.uk/downloads.html](http://www.nshn.co.uk/downloads.html)
- **Get Self-Help** is a website with a variety of resources and worksheets that you can work through to try and help improve your mental health.  
Web: [www.get.gg](http://www.get.gg)
- **Teen Mental Health** provides resources, advice and information for teenagers who are worried about their mental health.  
Web: [www.teenmentalhealth.org/](http://www.teenmentalhealth.org/)
- **Stem 4** provides information and focuses on early awareness and intervention of the following mental health issues in teenagers: eating disorders; depression and anxiety; self-harm; and addiction. This website aims to help young people, parents and schools.  
Web: <http://www.stem4.org.uk/>

- **Mind Your 5** provides information and advice on how to look after your mental health and wellbeing.

Web: <http://www.mindyour5.co.uk/>

- **Anxiety UK** Charity providing information and support for people experiencing anxiety disorders.

Web: <http://www.anxietyuk.org.uk/>

Tel: 08444 775 774

- **b-eat** Offers information on eating disorders and runs a supportive online community. Also provides a directory of support services at [helpfinder.b-eat.co.uk](http://helpfinder.b-eat.co.uk)

Web: <http://www.b-eat.co.uk/>

Tel: Adult helpline: 0808 801 0677

Tel: Youthline: 0808 801 071

- **Big White Wall** Online community for adults experiencing emotional or psychological distress. It is free to use in many areas if you live in the UK, if you're a student, or if you have a referral from your GP.

Web: <http://www.bigwhitewall.com/>

- **Bipolar UK** Charity providing information and support for people experiencing bipolar disorder, and their friends and family, including a helpline and online community.

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

Tel: 020 7931 6480

- **CALM** (Campaign against living miserably) Provides listening services, information and support for men at risk of suicide.

Web: <http://www.thecalmzone.net/>

Tel: 0800 58 58 58

- **Carers UK** Charity providing information and support for people caring for someone else, including someone with a mental health problem.

Web: <http://www.carersuk.org/>

Tel: 0808 808 7777

- **Cruse Bereavement Care** Charity providing information and support after someone you know has died.

Web: <http://www.cruse.org.uk/>

Tel: 0844 477 9400

- **Elefriends** A supportive community which provides online peer support for anyone experiencing a mental health problem.

Web: <http://www.elefriends.org.uk/>

- **Helplines Partnership** Directory of helplines available in the UK which you can search to find support suited to you.

Web: <http://www.helplines.org/>

- **No Panic** Provides a helpline, step-by-step programmes, and support for those with anxiety disorders.

Web: <http://www.nopanic.org.uk/>

Tel: 0844 967 4848

- **OCD-UK** A charity run by people with OCD who campaign and can help with local support group information

Web: <http://www.ocduk.org/>

Tel: 0845 120 3778

- **Papyrus HOPEline** Provides information and support for anyone under 35 who is struggling with suicidal feelings and self-harm.

Web: <http://www.papyrus-uk.org/>

Tel: 0800 068 4141

- **Rethink Mental Illness** Charity providing information and support for people experiencing a mental health problem, including an online directory of local support services.

Web: <http://www.rethink.org/>

- **Samaritans** 24-hour emotional support for anyone struggling to cope.

Web: <http://www.samaritans.org/>

Tel: 116 123 (freephone)

- **SANE** Runs SANEline helpline offering practical information and support. Also runs an online support community called Black Dog Tribe.

Web: <http://www.sane.org.uk/>

Tel: 0300 304 7000

- **Switchboard** LGBT+ helpline. Provides listening services, information and support for lesbian, gay, bisexual and transgender communities across the country.

Web: <http://www.switchboard.lgbt/>

Tel: 0300 330 0630