

Useful Websites for Information about Mental Health

- **CAMHS** Is a service user-led website which provides information and advice for young people.
Web: www.camhswaami.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
- **Young Minds** provides support and advice to children and young people about a variety of mental health issues.
Web: 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
- **Rethink** Mental Illness challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.
Web: 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
- **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
- **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
- **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
- **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
- **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
- **Teen Mental Health** provides resources, advice and information for teenagers who are worried about their mental health.
Web: 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

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 SANElne 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