



Resource List

Template For Mental Health Services in Your Community

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Abuse/ Trauma

National Domestic Violence Helpline

Telephone: 0808 2000 247

What they offer: National Domestic helpline run by Women's Aid and Refuge. A helpline to provide support and information over the telephone and staffed for 24 hours a day by trained female support workers.

Women's Aid: Early Help Hub

Telephone: 020 7364 5005

<https://www.womensaid.org.uk/information-support/helpline/>

What they offer: Works with families or young people who would like some extra support to deal with a difficult situation. To help with family breakdown, emotional health, money troubles, parenting, addiction and children's behaviour.

Older Adults

Age UK/

www.Ageuk.org.uk

What they offer: Information and advice, befriending, home help plus, home from hospital, dementia support, social prescribing, money management.

Silverline

<https://www.thesilverline.org.uk>

Telephone: 08004 708090

24/7 help friendship and advice for the older community.

Royal Voluntary Service

Telephone: 0330 555 0310

Email: <http://www.wrvs.org.uk>

<https://www.royalvoluntaryservice.org.uk/>

What we offer: WRVS is an age positive charity that offers a range of practical services to help and support older people to live well, maintain their independence and play a part in their local community. Services include Meals on Wheels, Hospital Cafes & shops, home libraries, Home from Hospital. Email contact can be made via website.

Suicide Prevention

Papyrus, Hopeline

<https://www.papyrus-uk.org/>

Telephone: 0800 068 4141

Email: pat@papyrus-uk.org

Text: 07786 209697

Prevention of young suicide for under 35s. Open 10am-10pm weekdays, 2pm-10pm weekends

Samaritans

<https://www.samaritans.org/>

Telephone: 116 123 free from any phone anytime 24/7
Address: 663 Lea Bridge Road, London E10 6AL
What they offer: Call anytime by phone for support with suicidal thoughts. Email service also available. Support groups for people bereaved by suicide

CALM

<https://www.thecalmzone.net>

(Campaign Against Living Miserably) aimed primarily at men.
Nationwide 0800 585858
London 0808 8025858
Open 5pm – midnight daily

Shout

Shout 85258 is a free, 24/7 confidential, anonymous text support service. You can text from wherever you are in the UK.

info@giveusashout.org

<https://giveusashout.org/get-help/>

Stay Alive – Grassroots Suicide Prevention

Link: <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Suicide prevention website and app offers help and support both to people with suicidal thoughts and people concerned about someone else. Features quick access to national crisis support helplines and suicide bereavement resources.

Counselling, Talk Therapy & General Help Services

Mind -

<https://www.mind.org.uk>

What they offer: A community mental health charity that provides advice and support to anyone with mental health or emotional issue. They offer free counselling.

The Centre for Cognitive Behavioural Therapy

Telephone:- 020 8468 1026

<http://cognitivetherapylondon.co.uk/cognitive-therapy-london>

18 King William Street, London, EC4N 7BP

1 Bromley Lane, Chislehurst, Kent, BR7 6LH

What they offer: Specialists in Stress and Anger Management, OCD and PTSD. Time limited and structured 12 – 20 sessions with no contractual obligations. Over 10 years' experience delivering **virtual therapy** internationally. Practising mindfulness-based CBT for over 20 years.

GAMCARE

Telephone: 0808 8020 133

Link: <https://www.gamcare.org.uk/>

National gambling helpline offers information, advice and support for problem gamblers, their families and friends. Helpline open 7 days a week 8 AM – Midnight.

Addiction

Ad Fam: <http://www.adfam.org.uk/>
Addiction Helper: <http://www.addictionhelper.com/>
Frank: <http://www.talktofrank.com/>
Gam Care: <http://www.gamcare.org.uk/>
Port of Call: <https://portofcall.com/>

Anxiety

Anxiety UK: <http://www.anxietyuk.org.uk/>
No Panic: <http://www.nopanic.org.uk/>

Autism

Autism Independent UK: <http://www.autismuk.com/>
The National Autistic Society: <http://www.autism.org.uk/>

Bereavement

Child Bereavement Network: <http://www.childhoodbereavementnetwork.org.uk>
Child Bereavement UK: <http://www.childbereavementuk.org/>
Cruse Bereavement Care: <http://www.cruse.org.uk/>
Grief Encounter: <http://www.griefencounter.org.uk/young-people/>
Hope Again – Cruse Bereavement for Children: <https://www.hopeagain.org.uk/hope-again-about-us>

Borderline Personality Disorder

BPD World: <http://www.bpdworld.org/>
Rethink: <https://www.rethink.org/>

Bipolar

Bipolar UK: <http://www.bipolaruk.org.uk/>
Rethink: <https://www.rethink.org/>

Bullying

Bullying UK: <http://www.bullying.co.uk/>
Kidscape: www.kidscape.org.uk
StopSpeakSupport: www.stopspeaksupport.com/

Carers

Carers Trust: <http://www.carers.org/>
Carers UK: <http://www.carersuk.org/>

Child Abuse

Cis'ters: <http://cisters.org.uk/>
Childline: <http://www.childline.org.uk/>
Help for Adult Victims of Child Abuse: www.havoca.org
Mankind: <http://www.mankindcounselling.org.uk/>
MOSAC: <http://www.mosac.org.uk/>
National Association for People Abused in Childhood: <http://napac.org.uk/>
Survivors UK: <https://www.survivorsuk.org>

Debt Management

Step Change: <https://www.stepchange.org/> Charity
National Debtline: <https://www.nationaldebtline.org/> Charity
The Money Advice Service: <https://www.moneyadviceservice.org.uk/en>
Enjoy Debt Management <https://www.enjaydebtmanagement.com>

Tel: 0800 612 7958

Enjoy advisors help manage your debts such as credit cards, tax, unsecured loans, store cards and overdrafts. Their aim is to give you peace of mind and help ensure that you are not alone in what can be a stressful situation. No obligation, free consultation.

OCD

OCD Action: 0845 390 6232 ocdaction.org.uk
Information and support for people with experience of OCD, and their friends, family and carers.
OCD-UK: 03332 127 890 ocduk.org
A charity run by people with OCD who campaign and can help with local support group information.

Rape Sexual Assault

Lifecentre: <http://www.lifecentre.uk.com/>
Rape Crisis: <http://www.rapecrisis.org.uk/>
Survivors Trust: <http://www.thesurvivorstrust.org/>

Relationships

Relate: www.relate.org.uk

Self-Harm

Self-Injury Support: <http://www.selfinjurysupport.org.uk/>

Sexuality and Gender

Beaumont Society: <http://www.beaumontsociety.org.uk/>

LGBT Foundation: <https://lgbt.foundation/>

Stonewall: <http://www.stonewall.org.uk/>

Voices

Hearing Voices Network: <http://www.hearing-voices.org/>

Reading Well

Link: <https://reading-well.org.uk/>

Provides books to help you understand and manage health and wellbeing using helpful reading.

Social and Recreational

Andy's Man Club:

<http://andysmanclub.co.uk/>

Sport for Confidence

Link: <https://www.sportforconfidence.com>

Education

Recovery Colleges

Recovery Colleges are set up by individual NHS Trusts to offer free educational courses on mental health and recovery. The focus is on empowering people to become experts in their own mental health and wellbeing. A wide range of courses are open to anyone with an interest in mental health issues. Each course is co-delivered by a tutor with lived experience of a mental health condition and a professional trainer. Google Recovery College and your local area to find your nearest College, enrol, and download a course prospectus.

APPS

Construction Industry Helpline



This free app is delivered and supported by the Lighthouse Construction Industry Charity. It provides information, advice and guidance on several well-being topics. The app focuses on preventative tools and building resilience within the four areas of need: mental health, physical health, financial health and social health.

Who needs the app?

We recognise that not everyone feels comfortable talking about their feelings or personal situation, so the app is aimed at construction workers who would like to find out more information about how they can perhaps help themselves or if necessary, take the next step in seeking professional help. It is a preventative tool and aims to provide support at the initial stages of a situation so that the problem does not reach a life critical stage.

How will the app help?

Users will initially be guided through a series of questions to help gain a basic understanding of what their issues are. Depending on the answers provided by the user, the app will:

- Offer learning: Give detailed information about various well-being conditions from reliable expert sources
- Assess: Provide an assessment tool to help the user understand what is normal and what is not for each condition
- Provide tools: Describe a variety of self-help tools and offer easy to use coping strategies that will help users to be proactive in relieving the signs and symptoms of many of the conditions
- Guide: The app will help the user gain confidence about a condition to the extent that they may feel comfortable talking about it.
- Benefits: The app helps cut through the amount and complexity of information about welfare and well-being topics and delivers a refined list of contacts for accessing ongoing support

Mental Health Crisis App

Stay Alive



Suicide prevention app offers help and support both to people with suicidal thoughts and people concerned about someone else. Features quick access to national crisis support helplines and suicide bereavement resources.

Wellness and Recovery Self Help App - WRAP



Wellness Recovery Action Plan app to identify triggers for mental health issues, create a crisis plan, and develop your own toolkit to stay well.

Mindfulness and Meditation Apps

Headspace



The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day

Calm



Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.

Ten Percent Happier



Want to sleep better, find relaxation, be more mindful and, well, ten percent happier? This is the app for you. Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. New content is added weekly, so you'll never tire of having to do the same meditative practice again and again.

CBT Thought Record Diary



The centre piece of cognitive-behavioural therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyse flaws in your thinking, and re-evaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

Mind Shift



Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also

use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

PTSD Coach



Created by the VA's National Centre for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.⁴

Recover Me Gambling Addiction



This app was designed with the help of psychologists, psychiatrists and others suffering from this addiction. There are six easy to follow cognitive behavioural therapy (CBT) sessions to empower you to overcome this addiction. There are a number of sessions that have been developed to encourage you to focus on the present moment. The diary will improve your self-awareness and allow you to monitor your progress through this journey. This is a way for you to connect with others embarking on a similar journey or other organisations that may be helpful. This provides you with strategies to better manage your urges to gamble when you experience them in real time.