



Useful Information

Anxiety



Anxiety UK

Advice and support for people living with anxiety.



Anxiety Care UK

Helps people to recover from anxiety disorders.



NHS

Provides a wealth of information on treatments for anxiety available through the NHS.



Rethink Mental Illness

Advice and support for a range of mental health conditions.



Samaritans

A 24-hour telephone helpline for people struggling to cope.





Useful Information

Depression



Depression UK

A self-help organisation made up of individuals and local groups.



Mental Health
Foundation

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.



Mind

Promotes the views and needs of people with mental health problems.



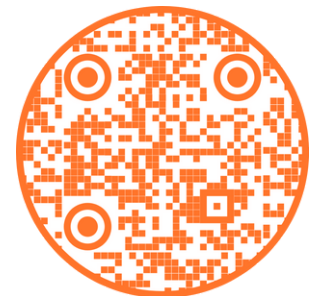
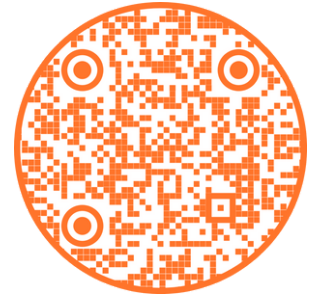
NHS

Provides a wealth of information on treatments for depression available through the NHS.



Samaritans

A 24- hour telephone helpline for people struggling to cope.





Useful Information

Personality Disorder



Mind

Provides a wealth of information and advice relating to personality disorders.



National Institute for Health and Care Excellence

Produces guidelines on best practice in health care, including recommended treatments for borderline personality disorder (BDP).



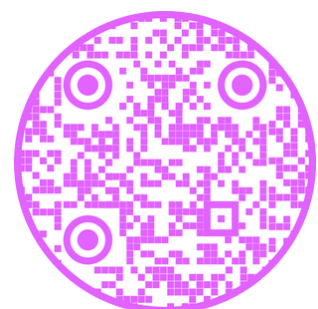
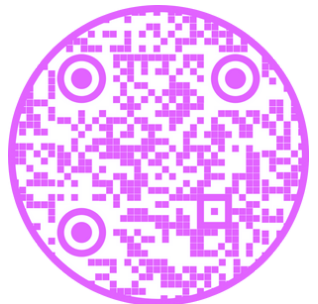
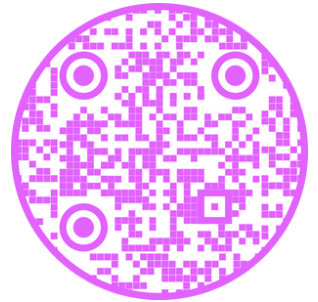
NHS

Provides information on personality disorders and treatments which are available through the NHS.



The national association for people abused in childhood (NAPAC).

A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services.





Useful Information

Self-Harm



Mind

Provides a wealth of information and advice relating to personality disorders.



Childline

Online, on the phone, anytime



NHS

Provides information on self-harm which are available through the NHS.



Harmless

Provides a range of services for people who self-harm and their friends and families.



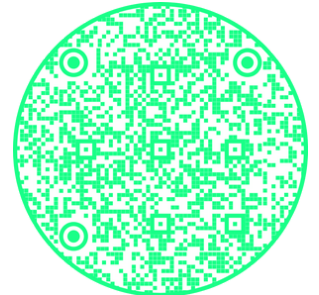
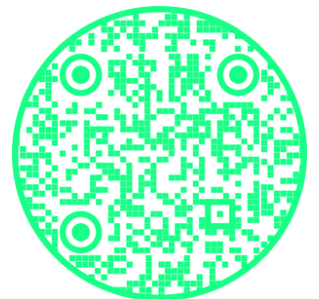
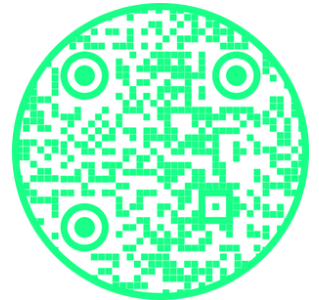
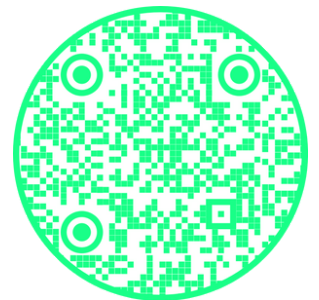
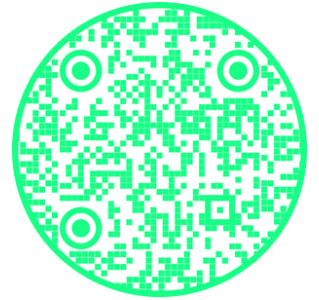
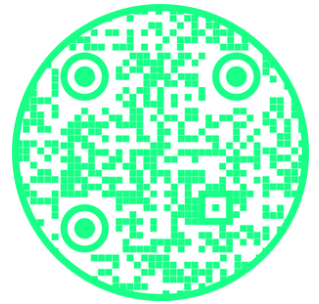
Lifesigns

User-led self-harm guidance and support network.



National Self Harm Network

Survivor-led, closely monitored forum for people who self-harm and their friends and families.





Useful Information

Post-Traumatic Stress Disorder



ASSIST Trauma Care

Information and specialist help for people with PTSD and anyone supporting them.



Combat Stress

Treatment and support for British Armed Forces Veterans who have mental health problems.



Disaster Action

Information and support for people affected by major disasters in the UK and overseas.



NHS

Provides a wealth of information on treatments for PTSD available through the NHS.



Rape Crisis

Providing a range of services for women and girls who have experienced sexual abuse, domestic violence and sexual assault.



Victim Support

Providing support and information to victims or witnesses of crime.





Useful Information

Eating Disorders



Anorexia and Bulimia Care

Providing on-going care, emotional support and practical guidance for anyone affected by eating disorder.



B-EAT

Beat is the UK's leading charity supporting anyone affected by eating disorders.



National Centre for Eating Disorders

Everything you need to know about eating disorder treatments, information and professional training



NHS

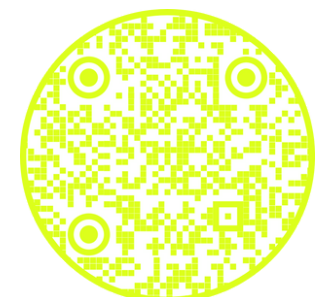
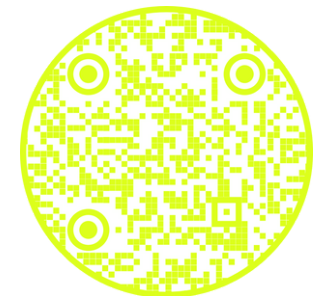
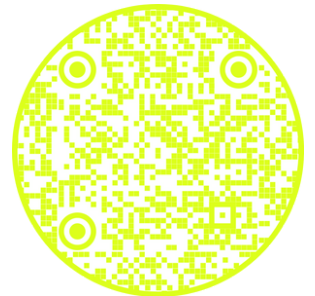
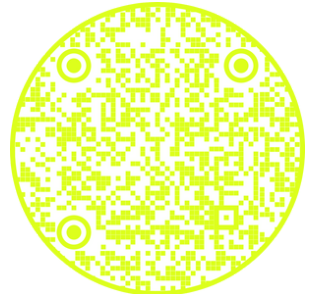
Provides a wealth of information on treatments for eating disorders available through the NHS.



SEED

<https://seed.charity/>

A group of ordinary people with first-hand experience of eating disorders.





Useful Information

Bipolar Disorder



Bipolar UK

Support for people with bipolar disorder and their families and friends.



National Institute for Health and Clinical Excellence (NICE)

National guidelines on treatments for bipolar disorder.



Rethink

A charity which provides advice, information and services for a range of mental health conditions.



NHS

Provides information on treatments for bipolar disorder available through the NHS.

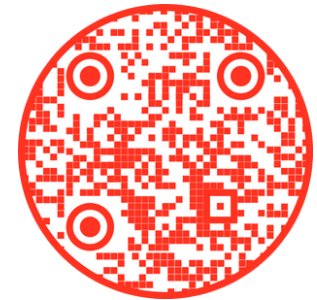


A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems.



Royal College of Psychiatrists

The professional medical body responsible for supporting psychiatrists.





Useful Information

Schizophrenia



Hearing Voices Network

Information and support for people who hear voices and local support groups.



Living with Schizophrenia

A charity website managed by people with personal experiences of the condition.



National Paranoia Network

Information and support for people who experience paranoid thoughts.



Voice Collective

Supports children and young people who experience psychotic symptoms and offer support for their families.



SANE

SANE

A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems.

YOUNGmINDS

Young Minds

Support for young people affected by mental health, including psychosis.





Useful Information

Psychosis



Hearing Voices Network

Information and support for people who hear voices and local support groups.



National Institute for Health and Clinical Excellence (NICE)

National guidelines on treatments for bipolar disorder.



National Paranoia Network

Information and support for people who experience paranoid thoughts.



Voice Collective

Supports children and young people who experience psychotic symptoms and offer support for their families.



Royal College of Psychiatrists

The professional medical body responsible for supporting psychiatrists.



Young Minds

Support for young people affected by mental health, including psychosis.





Useful Information

Suicide



CALM (Campaign Against Living Miserably)

Listening services, information and support for men at risk of suicide.



maytree

Maytree Suicide Respite Centre

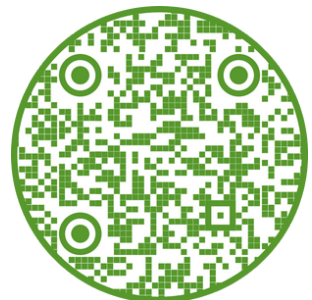
Offers free respite stays for people in suicidal crisis.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus HOPELINEUK

Confidential support for under-35s at risk of suicide and others who are concerned about them.



Samaritans

A 24- hour telephone helpline for people struggling to cope.





Useful Information

Miscellaneous



Men's Health Forum

24/7 stress support for men by text, chat and email.



No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).



OCD Action

Support for people with OCD. Includes information on treatment and online resources.



OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.



NSPCC

Children's charity dedicated to ending child abuse and child cruelty



Refuge

Advice on dealing with domestic violence.





Useful Information

Miscellaneous



Alcoholics Anonymous



Gamblers Anonymous



Narcotics Anonymous



Alzheimer's Society

Provides information on dementia, including factsheets and helplines.



Bereavement

Support, information and campaigning.



Mencap

Charity working with people with a learning disability, their families and carers.





Useful Information

Miscellaneous



Family Lives

Advice on all aspects of parenting including dealing with bullying.



Relate

The UK's largest provider of relationship support.



HSE

Managing workplace stress and mental health issues.



The Money Charity

Provides education, information, advice and guidance to all and has resources such as a budget builder and money manual.



Citizens Advice

Advice on a range of issues, including debt and money, benefits, housing, legal, discrimination, employment, immigration and consumer advice.



Money Helper

Provides money advice and support along with online tools and calculators to help keep track of finances and plan ahead.

