

## Mental Health Resources

(Please note: there are many more resources available – this is just a selection)

### Help in a Mental Health Crisis

Mind offers this useful to guide as to where to find help, adapted for local use:

Crisis service	Situation when this service can help
<a href="#">Accident and Emergency</a> (A&E) (emergency support)	You need immediate medical help – especially if you think you might act on suicidal thoughts, or you've harmed yourself and need urgent medical attention.
<a href="#">Emergency GP appointments</a> (emergency support)	You need urgent support for your mental health, but there's no immediate danger to your safety or the safety of others.
<a href="#">Listening services</a> (telephone support)	You need to talk to someone right away about how you're feeling.
<a href="#">Crisis teams</a> (Crisis resolution and home treatment team)	When you need urgent support, and you are already in contact with your local mental health services.
Crisis advice and support 0808 196 3779	For those not under care of Mental health team, the Nottinghamshire Healthcare NHS Trust provides a 24 hour service for all ages that can point you to the right support ,including speaking to a mental health professional.

<https://www.mind.org.uk/need-urgent-help/finding-out-what-support-is-out-there>

Outside a crisis but feeling quite unwell, distressed or anxious, we would advise you to see your GP.

## Background information including self-help material

Organisation name	What they offer	Web site	Phone/email
<b>NHS: Every Mind Matters</b>	Comprehensive information and practical advice on wellbeing and mental health challenges	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>	
	Apps library	<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>	
	Health A-Z list of conditions	<a href="https://www.nhs.uk/conditions">https://www.nhs.uk/conditions</a>	
	Info for Scotland	<a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a> <a href="https://www.nhsinform.scot/self-help-guides">https://www.nhsinform.scot/self-help-guides</a> - scroll to bottom of the page for mental health information and guides	
<b>Mental Health Foundation</b>	How to guides on numerous topics	<a href="https://www.mentalhealth.org.uk">https://www.mentalhealth.org.uk</a>	020 7803 1100
<b>Mind</b>	Comprehensive information and self-management tips on a range of mental health challenges. Also offers peer support.	<a href="https://www.mind.org.uk">https://www.mind.org.uk</a>	020 8519 2122
<b>Oxford Mindfulness</b>	Free mindfulness sessions and podcast	<a href="https://oxfordmindfulness.org/online-sessions-podcasts/">https://oxfordmindfulness.org/online-sessions-podcasts/</a>	
<b>Rethink</b>	Advice, information, networks and local groups	<a href="https://www.rethink.org/">https://www.rethink.org/</a>	030 0500 0927
<b>Royal College of Psychiatrists</b>	There are numerous 'Help is at Hand' leaflets including specific ones for young people and carers.	<a href="https://www.rcpsych.ac.uk/mental-health/problems-disorders">https://www.rcpsych.ac.uk/mental-health/problems-disorders</a>	012 0452 5120

## Online fora, apps, telephone helplines

Organisation name	What they offer	Web site	Contact:
<b>Alzheimer's Society</b>	Advice and support for those with dementia and their carers	<a href="https://www.alzheimers.org.uk">https://www.alzheimers.org.uk</a>	0333 150 3456
<b>Anxiety UK</b>	For those affected by anxiety, stress and anxiety- based depression	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm) <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>
<b>Bipolar Support Line</b>	Information and advice for people affected by bipolar disorder and carers	<a href="http://www.bipolaruk.org/support-line">www.bipolaruk.org/support-line</a>	0333 323 3880 Cost national rate for standard UK landline phone numbers (Monday – Friday 9am-5pm) <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a>
<b>Big White Wall</b>	Online community of people anxious, down, not coping. Support and help each other, guided by professionals and has app.	<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>	
<b>CALM – Campaign Against Living Miserably</b>	Free support line and online webchat for men experiencing emotional distress or crisis, provided by accredited, anonymous and trained professionals.	<a href="https://www.thecalmzone.net">https://www.thecalmzone.net</a>	0800 58 58 58 (7 days a week, 5pm–midnight for men of all ages) Also offers webchat: <a href="https://www.thecalmzone.net/help/webc">https://www.thecalmzone.net/help/webc</a>
<b>Combat Stress</b>	24-hour Helpline provides confidential advice and support to veterans and their families.	<a href="https://www.combatstress.org.uk">https://www.combatstress.org.uk</a>	0800 138 1619 24 hours a day
<b>Depression UK</b>	Offers mutual support to cope with depression.	<a href="http://depressionuk.org">http://depressionuk.org</a>	Email: <a href="mailto:info@depressionuk.org">info@depressionuk.org</a> Facebook: <a href="https://www.facebook.com/depressionukorg">www.facebook.com/depressionukorg</a>
<b>No Panic</b>	Helpline for people with anxiety, panic, OCD and related disorders including tranquilliser withdrawal. Also for carers.	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	0844 967 4848 (10.00 am - 10.00 pm every day of the year) <a href="mailto:admin@nopanic.org.uk">admin@nopanic.org.uk</a>
<b>OCD Action</b>	Support for people with OCD. Includes information on treatment and online resources.	<a href="https://www.ocdaction.org.uk">https://www.ocdaction.org.uk</a>	0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

<b>OCD UK</b>	Run by people with OCD, for people with OCD. Includes facts, news and treatments.	<a href="https://www.ocduk.org">https://www.ocduk.org</a>	Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)
<b>PAPYRUS Prevention of young suicide</b>	For the prevention of suicide of people up to 35 years old, or for anyone concerned about a young person. They run the HOPELineUK hotline.	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>	Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm weekends and bank holidays 2pm-10pm)
<b>Samaritans</b>	Whatever you're going through, a Samaritan will face it with you.	<a href="http://www.samaritans.org">www.samaritans.org</a>	08457 90 90 90 (24 hours) free phone 116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>SANE</b>	'We believe that no-one affected by mental illness should face crisis, distress or despair completely alone.'	<a href="http://www.sane.org.uk">www.sane.org.uk</a>	0845 767 8000 (7 days a week, 6pm-11pm) <a href="mailto:support@sane.org.uk">support@sane.org.uk</a>
<b>Saneline</b>	Out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.		0300 304 7000 every day of the year from 4.30pm to 10.30pm Call back service. Leave a message on 07984 967 708, with first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable.
<b>Stay Alive App</b>	This app lets you create a list of resources and strategies to stay safe from suicide. It links into crisis support	<a href="http://www.prevent-suicide.org.uk/find-help-now/stay-alive-app">www.prevent-suicide.org.uk/find-help-now/stay-alive-app</a>	
<b>The Tomorrow Project</b>	Supports people affected by suicide	<a href="http://www.tomorrowproject.org.uk">www.tomorrowproject.org.uk</a>	Tel: 07594 008 356 (text or enquiries, not available 24 hours) <a href="mailto:tomorrowproject@harmless.org.uk">tomorrowproject@harmless.org.uk</a>

## Domestic violence

## In an emergency call 999

Domestic abuse helpline (Refuge)	For women		0808 2000 247 freephone 24 hrs a day for information and support
Men's Life Advice	For men		0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for information and support
ManKind	For men		0182 3334 244 (Monday to Friday, 10am to 4pm)
Galop	LGBT+		0800 999 5428 for emotional and practical support email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a>
Karma Nirvana	Forced marriage and honour crimes		0800 5999 247 (Monday to Friday 9am to 5pm)
Forced Marriage Unit (Gov. UK)			020 7008 0151

You can also email for support. It is important that you specify when and if it is safe to respond and to which email address:

Women: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk). Staff will respond to your email within 5 working days

Me: [info@mensadvice.org.uk](mailto:info@mensadvice.org.uk)

The Survivor's Handbook from the charity Women's Aid is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights.

If you are worried that you are abusive, you can contact the free Respect helpline on 0808 802 4040.

## Work related support

<b>Organisation name</b>	<b>What they offer</b>	<b>Web site</b>	<b>Contact:</b>
<b>ACAS</b> (Advisory, Conciliation and Arbitration Service)	Free information on workplace relations and employment law. Supports good relationships between employers and employees. Conciliation services to resolve workplace problems.	<a href="http://www.acas.org.uk">www.acas.org.uk</a>	0300 123 1100
<b>NHS</b>	Workplace health adjustments	<a href="http://www.nhshealthatwork.co.uk">www.nhshealthatwork.co.uk</a>	
<b>Towards work</b>	Supports first vital steps towards gaining employment through a personalised service and support to overcome barriers.	<a href="http://www.towardswork.org.uk">www.towardswork.org.uk</a>	
<b>WorkGuru</b>	A web-based stress management programme of online coaching with cognitive behavioural therapy, positive psychology and Mindfulness to reduce levels of depression, anxiety and stress In workplace.	<a href="http://www.workguru.org">www.workguru.org</a>	<a href="mailto:theteam@workguru.org">theteam@workguru.org</a>

## Financial support

Organisation name	What they offer	Web site	Contact:
<b>Age UK</b>	Information and advice for the elderly about many issues including benefits	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	0800 169 2081
<b>Citizens Advice</b>	Offers free, confidential information and advice regarding money, legal, consumer and similar problems	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	03444 111 444
<b>Mental Health and Money Advice</b>	Clear, practical advice and support for people experiencing issues with mental health and money	<a href="https://www.mentalhealthandmoneyadvice.org/en">https://www.mentalhealthandmoneyadvice.org/en</a>	
<b>Money Advice Service</b>	Finds a debt adviser near you and gain advice on other debt matters	<a href="http://www.moneyadviceservice.org.uk/en">www.moneyadviceservice.org.uk/en</a>	0800 138 7777 Mon-Fri 9am to 6pm and Saturday 8am to 6pm
<b>National Debtline</b>	Free, independent and confidential advice about debt	<a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a>	0808 808 4000 Mon-Fri 9am to 8pm and Saturday 9.30am to 1pm
<b>StepChange</b>	Free, confidential advice and support to anyone worried about debt	<a href="http://www.stepchange.org/debt-info.aspx">www.stepchange.org/debt-info.aspx</a>	0800 138 1111 Mon-Fri 8am - 8pm and Saturday 8am - 4pm
<b>Turn2us</b>	National charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services	<a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	0808 802 2000 Free Helpline: for those who find it challenging to go online 09:00 – 17:30 Mon– Fri