

What We Offer print document



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What We Offer print document

ABUSE

Action on Elder Abuse
www.elderabuse.org.uk

Action on Elder Abuse aims to prevent the abuse of older people by raising awareness through promoting research, running conferences, giving presentations, producing leaflets and resource materials for practitioners and the public.

Mothers of Sexually Abused Children

www.mosac.org.uk

Mothers of Sexually Abused Children is a voluntary organisation supporting all non abusing parents and carers whose children have been sexually abused. Provides support, advice, information and counselling following the discovery of sexual abuse.

The National Association for People Abused in Childhood

www.napac.org.uk

The National Association for People Abused in Childhood is a registered charity running support groups and provides a recommended reading list.

National Society for the Prevention of Cruelty to Children

www.nspcc.org.uk

The UK's leading charity specialising in child protection and the prevention of cruelty to children. In operation since 1884.

One in Four

www.oneinfour.org

Support and resources for and by women and men who have experienced sexual abuse. Services include an online group and group therapy for people affected by sexual abuse as well as their carers.

The Penny Parks Foundation

www.ppfoundation.org

Provides therapy for anyone affected by child abuse trauma and is the creator of the Parks Inner Child Therapy (PICT) and lists accredited PICT therapists.

Survivors UK

www.survivorsuk.co.uk

Central London based organisation providing resources for men who have experienced any form of sexual violence. The website includes a national register of accredited sexual assault counsellors and a helpline.

Victim Support

www.victimsupport.org

Staff and trained volunteers in local schemes provide support, information and practical help to victims of crime.

Voice UK

www.voiceuk.org.uk



What We Offer print document

Support for people with learning difficulties, who have been abused, their families and carers. Assist with legal advice and runs a helpline.

ACNE

Acne Resource Centre

www.acne-resource.org

Explore the Acne Resource Centre for hundreds of articles on acne, including research on acne, an in-depth look at the different kinds of acne and how to cope with the emotional effects of acne.

Acne Support Group

Support and information for people who are affected by acne or rosacea.

ADOPTION

The British Association for Adoption & Fostering

www.baaf.org.uk

UK charity working for children separated from their birth families.

Department for Education and Skills

www.dfes.gov.uk/adoption

This site is intended for anyone involved or interested in adoption in England, Wales, Scotland and Northern Ireland.

Post Adoption Centre

www.postadoptioncentre.org.uk

Provides independent advice, counselling and support to anyone affected by or dealing with the challenges and opportunities of adoption.

ALCOHOL

Al-Anon Family Groups

www.al-anonuk.org.uk

Al-Anon Family Groups provides support and understanding to anyone whose life is, or has been, affected by someone else's drinking. Also operates Alateen for young people, aged twelve to twenty, who are affected by a problem drinker.

Alcohol Concern

www.alcoholconcern.org.uk

Works to reduce the incidence and costs of alcohol-related harm and to increase the range and quality of services available to people with alcohol-related problems.

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Operates a helpline and provides leaflets, booklets and a newsletter for people affected by alcohol. Local meeting search facility also available.

National Association for Children of Alcoholics

www.nacoa.org.uk

Provides information and advice for the children of alcoholics.

What We Offer print document



ALLERGIES

Action Against Allergy

www.actionagainstallergy.co.uk

Aims to advance understanding of allergic medical conditions and the actions needed for research, diagnosis and treatment. Assist with finding allergy clinics, allergy specialists and dieticians, (both NHS and private) and alternative health care practitioners.

ANXIETY

No Panic

www.nopanic.org.uk

Organisation offering advice, counselling and self-help for people who experience anxiety, panic attacks, phobias or compulsive disorders.

Phobic Society

www.phobics-society.org.uk

Provides support and help for people who suspect they may have, or have been diagnosed with, an anxiety condition. Also helps deal with specific phobias or any fear that is stopping someone from getting on with life.

AUTISM

The National Autistic Society

www.nas.org.uk

The National Autistic Society services the rights, interests and needs of all people with autism and their families. This site includes information about autism and Asperger syndrome, and about support and services available in the UK.

BENEFITS

Benefits Helpline 0800 882 200

Citizen's Advice Bureaux

www.citizenadvice.org.uk

Your local CAB can help with problems concerning housing, benefits or welfare.

BEREAVEMENT

The Compassionate Friends

www.tcf.org.uk

The Compassionate Friends is an organisation of bereaved parents and their families offering understanding and support to others after the death of a child or children. Also offers support, advice and information to other relatives, friends and professionals who are helping a grieving family.

Cruse Bereavement Care

www.crusebereavementcare.org.uk

Information and support for people who are bereaved and those who care for them. Provides a helpline for advice and referrals as well as a variety of publications.



What We Offer print document

Institute of Family Therapy
www.instituteoffamilytherapy.org.uk
Specialises in family and couple therapy. Also problems for families, children, adolescents, marital problems, divorce, separation, illness and bereavement.

BI-PILOR
Depression and Bi-polar Support Alliance
www.dbsalliance.org
Based in the USA this is a patient-directed organization focusing on depression and bipolar disorders.

Manic Depression Foundation
www.mdf.org.uk
Offering a wide range of services, information and support for people suffering from manic depression. Addresses topics such as employment, legal issues, benefits and debt.

The Royal College of Psychiatrists
www.rcpsych.ac.uk
Provides a large range of fact sheets and information regarding depression and various conditions including anorexia, bulimia, anxiety, phobias and manic depression.

BOOKS
www.counsellingbooks.com
Sources around 50,000 books in the specialist areas of counselling, psychotherapy and related fields.

BUDDHIST HEALTH SERVICES
Wild Mind - Buddhist meditation
www.wildmind.org
Information about meditation and depression from a Buddhist perspective.

BULLYING
Bullying Online
www.bullying.co.uk
Registered charity providing information and advice on bullying for parents and students.

Workplace Bullying
www.workplacebullying.co.uk
Provides information about dealing with bullying in the workplace.

CARERS
Carers UK
www.carersuk.org
Organisation providing advice and information for carers on any issue including benefits, residential care, the Carers' Act and respite care.



What We Offer print document

Caring about Carers - Department of Health

www.carers.gov.uk

Government site providing information about services and benefits affecting carers. The site includes a discussion forum and useful links

Crossroads - Caring for Carers

www.carers.org.uk

Website for Crossroads which provides support and services for carers and people with care needs.

Mental Health Care

www.mentalhealthcare.org.uk

Developed to provide information to anyone who supports someone with a mental illness. Information on autism, bipolar disorder, eating disorders, psychosis and schizophrenia as well as young people and mental health.

CHILDREN AND YOUNG PEOPLE

@ease

www.rethink.org/at-ease/siteindex.htm

Operated by Rethink @ease is a mental health resource for young people under stress or worried about their thoughts and feelings.

Brook

www.brook.org.uk

A national charity providing free and confidential sexual health advice and services specifically for young people under 25.

Child Line

www.childline.org.uk

Child Line provides help and advice for children and young people in the UK. Also operates a free and confidential 24-hour helpline.

Department for Education and Skills

www.dfes.gov.uk

Established with the purpose of creating opportunity, releasing potential and achieving excellence for all.

Like It Is

www.likeitis.org

Help, advice and information for young people about sex, contraception, STDs, pregnancy and more.

National Society for the Prevention of Cruelty to Children

www.nspcc.org.uk

The UK's leading charity specialising in child protection and the prevention of cruelty to children. In operation since 1884.



What We Offer print document

PAPYRUS

www.papyrus-uk.org

A voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing.

The Penny Parks Foundation

www.ppfoundation.org

Provides therapy for anyone affected by child abuse trauma and is the creator of the Parks Inner Child Therapy (PICT) and lists accredited PICT therapists

Young Minds

www.youngminds.org.uk

Young Minds is the national charity committed to improving the mental health of all children and young people.

CHINESE

Chinese Mental Health Association

www.cmha.org.uk

A registered charity dedicated to serving the Chinese community in the UK. Provides direct services and represents Chinese mental health issues in a public forum as well as raising its profile in our own community.

COMPLIMENTARY THERAPIES & MEDICATION

British Herbal Medicine Association

www.bhma.info

Provides a range of literature and information about herbal medicines.

British Holistic Medical Association

www.bhma.org

Runs a variety of programmes designed to enable the dissemination of information, and to create opportunities for people with an interest in holistic medicine.

Enter the Freudian Slip

www.enterthefreudianslip.com

Information, articles and a forum on the benefits of using music therapy to treat various conditions including depression.

International Institute of Reflexology

www.reflexology-uk.co.uk

Information about hand and foot reflexology including a directory of practitioners.

The Music Workshop Project

www.musicworkshop.org.uk

The Music Workshop Project is a scheme based in Kidderminster, England, aiming to help people with mental health problems by involving them in various music-based activities. Music clips available on line.



What We Offer print document

Scottish Health Directory

www.scottishhealthdirectory.co.uk

A listing of Scottish health providers, voluntary services and complimentary therapists.

COUNSELLING

British Association for Counselling and Psychotherapy

www.bacp.co.uk

Information about counselling including a 'find a therapist' function for a list of accredited counsellors in your area. Also see COSCA for the Scottish equivalent.

British Society for Music Therapy

www.bsmt.org

Founded in 1958 the British Society for Music Therapy acts as an advisory body and is a centre of information, training, and research. Leaflets about music therapy can be requested on line.

COSCA

www.cosca.org.uk

The professional body for counselling and psychotherapy in Scotland, COSCA seeks to advance all forms of counselling and psychotherapy and the use of counselling skills by promoting best practice.

Counselling Directory

www.counselling-directory.org.uk

Provides a search directory for counsellors as well as information about the different types of distress and approaches to counselling.

Institute of Family Therapy

www.instituteoffamilytherapy.org.uk

Specialises in family and couple therapy. Also problems for families, children, adolescents, marital problems, divorce, separation, illness and bereavement.

Relate

www.relate.org.uk

Relate is a national charity offering advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face and by phone. A search facility to find your nearest Relate office also available online.

United Kingdom Council for Psychotherapists

www.natcouncilofpsychotherapists.org.uk

United Kingdom Council for Psychotherapists produces works to promote psychotherapy for the public benefit. Information on different types of therapy and how to access a psychotherapist.



What We Offer print document

CRIME

Victim Support

www.victimsupport.org

Staff and trained volunteers in local schemes provide support, information and practical help to victims of crime.

CRISES SUPPORT

The Arbours Crisis Centre

www.arbourscentre.org.uk

Provides intensive personal psychotherapeutic care and accommodation for individuals and families in severe emotional distress.

Samaritans

www.samaritans.org.uk

Provides 24 hour confidential and emotional support for anyone in crisis. Find a local branch or contact by phoning 08457 90 90 90 (UK) or 1850 60 90 90 (ROI). Email at jo@samaritans.org.

Sane

www.sane.org.uk

Organisation providing information on mental health. Also operates a helpline (08457 678 000) providing emotional support and information to people experiencing mental illness, their family, carers and friends.

CYCLOTHYMIA

www.cyclothymia.co.uk

Support and information for people affected by the mood disorder cyclothymia.

DEAF

Sign

www.signcharity.org.uk

Provides supported living, advocacy, outreach and training activities for any deaf person in need of emotional support.

DEBT

Consumer Credit Counselling Service

www.cccs.co.uk

Free and confidential charity service for people experiencing debt problems.

National Debt Line

www.nationaldebtline.co.uk

A free, confidential and independent service for people with debt problems in England, Wales and Scotland. Provides publications including self-help packs, fact sheets, budget sheets and a helpline.



What We Offer print document

DEPRESSION

Aware

www.aware-ni.org

Aware provides advice and information for people experiencing or at risk of experiencing depression. Further information about Aware and their self-help groups can be obtained from Tom McAneany 028 9066 4665 and also at 10 Clarendon Street, Derry, BT48 7ET, Tel: 028 7126 0602.

Beyond Blue

www.beyondblue.org.au

The national Australian depression initiative.

Clinical Depression

www.depression-screening.com

Information and news on clinical depression.

Defeat Depression

www.depression.org.uk

News, chat room and information for people affected by depression or a mood disorders.

Depression and Bi-polar Support Alliance

www.dbsalliance.org

Based in the USA this is a patient-directed organization focusing on depression and bipolar disorders.

Depression Anonymous

www.depressionanon.co.uk

Fellowship of Depressives Anonymous is a self-help organisation producing a monthly magazine, book reviews, bulletin board and pen-friend scheme.

Depression Helper

www.depression-helper.com

Brief description: Depression help and advice that will increase your happiness, self esteem, self confidence and success includes courses, books and articles and more!

Living Life to the Full

www.livinglifetothefull.com/elearning/

A free on-line course with 12 modules to help with every day life with a particular focus on CBT.

Trapped Minds

www.trappedminds.org

Website dedicated to providing connections between sufferers of a mood disorder as well as information and resources.



What We Offer print document

Samantha Weaver
www.samanthaweaver.com
Information and support for anyone suffering from depression.

Also see:
Mental Health - General
Local

DIABETES
Diabetes UK
www.diabetes.org.uk
A national charity for people living with diabetes.

DISABILITY
Connects
www.connects.org.uk
A mental health and learning disabilities charity sharing information to people interested in mental health problems and/or learning disabilities.

Disability
www.disability.gov.uk
Information about existing legislation and enforceable civil rights for disabled people in the UK.

The Disability Rights Commission
www.drc-gb.org
The Disability Rights Commission is an independent body set up by the government to help ensure equal rights for the disabled. Includes information on their Mental Health Action Group and Learning Disability Action Group.

New Deal
An employment programme for disabled people. Phone 0845 606 2626 or visit the Employment and Learning Centre for more information.

The Shaw Trust
Helps people with disability back to work. Phone 01225 716300 or email: stir@shaw-trust.org.uk

Voice UK
www.voiceuk.org.uk
Support for people with learning difficulties, who have been abused, their families and carers. Assist with legal advice and runs a helpline.

DIVORCE
Divorce Recovery Workshop
www.drw.org.uk
Nationwide registered charity operating self-help groups that provide support and understanding for people going through divorce or separation.

What We Offer print document



DRUGS

ADFAM

www.adfam.org.uk

National charity for the families and friends of drug users.

Drug Scope

www.drugscope.org.uk

Federation of Drug & Alcohol Professionals

www.naadac.org.uk

A regulatory body for counsellors practising in the field of drugs and alcohol abuse. Includes a directory of counsellors for any one affected by substance abuse.

Narcotics Anonymous

www.ukna.org

A non-profit fellowship of men and women for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean.

Parents Against Drug Abuse

www.pada.org.uk

National organisation that delivers support and services to the families of substances abusers across the country.

Scotland Against Drugs

www.sad.org.uk

Information about drugs and drug misuse.

Talk to Frank

www.talktofrank.com

Information on drugs: Tel: 0800 77 66 00 (24 hour).

DYSLEXIA

British Dyslexia Association

www.bda-dyslexia.org.uk

BDA is a friendly society that enables dyslexic people to reach their potential.

The Dyslexia Institute

www.dyslexia-inst.org.uk

Provides information and education for people with dyslexia.

EATING DISORDERS

Eating Disorders Association

www.edauk.com

Eating Disorder Association providing information and help on all aspects of eating disorders. Includes information on men and eating disorders, recommended reading and a self-help network.



What We Offer print document

Overeaters Anonymous

www.oagb.org.uk

Overeaters Anonymous operates to provide support and information for people who compulsively overeat.

ELDERLY

Action on Elderly Abuse

www.elderabuse.org.uk

Action on Elder Abuse aims to prevent the abuse of older people by raising awareness through promoting research, running conferences, giving presentations, producing leaflets and resource materials for practitioners and the public.

Aged Concern

www.ageconcern.org.uk

Age Concern supports people over 50 living in the UK. It provides essential services and information as well as campaigning on issues such as age discrimination, pensions, public opinion and government policy.

The Association of Retired and Persons over 50

www.arp050.org.uk

A social and campaigning membership organisation for seniors. Runs social events and provides information on benefits, education and health.

Contact the Elderly

www.contact-the-elderly.org

Runs informal outings once a month on Sundays for lonely older people and supportive volunteers.

Counsel and Care

www.counselandcare.org.uk

Advice and information on issues affecting older people including residential accommodation, care at home and benefits. Range of fact sheets available.

EMPLOYMENT

Benefits and Work

www.benefitsandwork.co.uk

Provides information and training on welfare benefits and employment law for people with long-term physical or mental health conditions, carers and support workers. Also operates a discussion forum and provides free downloadable information guides in PDF format.

Jobscentre Plus

www.jobcentreplus.gov.uk

Part of the Department for Work and Pensions, Jobscentre Plus provides information on benefits for people of the working age and information on employment and schemes for getting into work.



What We Offer print document

Shaw Trust

www.shaw-trust.org.uk

National charity that provides training and work opportunities for people who are disadvantaged due to disability, ill health or other social circumstances.

ENDOMETRIOSIS

Endometriosis in the UK

www.endometriosis.org.uk

Website offering free support to Endometriosis sufferers and their partners.

National Endometriosis Society

www.endo.org.uk

Provides a free national help line which is available 365 days a year on 0808 808 2227 as well a quarterly newsletter, self help groups and literature.

FAMILIES

The Compassionate Friends

www.tcf.org.uk

The Compassionate Friends is an organisation of bereaved parents and their families offering understanding and support to others after the death of a child or children. Also offers support, advice and information to other relatives, friends and professionals who are helping a grieving family.

Family Service Unit

www.fsu.org.uk

Family Service Unit works to create new ways of engaging hard to reach, vulnerable and excluded families.

Gingerbread

www.gingerbread.org.uk

Members have access to local groups that offer single parents and their children events, day trips and holidays. You will receive vouchers to major attractions and a free copy of the Lone Parents' or Lone Fathers' Handbook.

Home Start

www.home-start.org.uk

Support and practical help for families with a child or children under 5:

India Parenting

www.indiaparenting.com

Started as part of the early Indian Internet movement this website provides a lot of general information about families, women's health and confidence building for children.

Institute of Family Therapy

www.instituteoffamilytherapy.org.uk

Specialises in family and couple therapy. Also problems for families, children, adolescents, marital problems, divorce, separation, illness and bereavement.



What We Offer print document

National Childminding Association

www.ncma.org.uk

Provides advice on how to choose and locate a registered childminder.

One Parent Families

www.oneparentfamilies.org.uk

Information on a range of issues, free publications and local groups.

Lone Parent Helpline: Free confidential information: 0800 018 5026

(back up service if main number unavailable: 0800 019 1277).

Parentline Plus

www.parentlineplus.org.uk

Works to offer help and support for anyone who is parenting. Services include workshops, courses, a free helpline and telephone groups. Parent Plus has 11 local offices throughout England.

Working Families

www.workingfamilies.org.uk

Information on childcare provision for working parents.

FOSTERING

The British Association for Adoption & Fostering

www.baaf.org.uk

UK charity working for children separated from their birth families.

The Fostering Network

www.thefostering.net

A registered charity for anyone with a personal or professional involvement in fostering.

GAMBLING

Gamblers Anonymous

www.gamblersanonymous.org.uk

Helplines, support and information for people with a compulsive gambling problem.

GamCare

www.gamcare.org.uk

Provides a helpline, counselling, advice and an on-line assessment for people experiencing problems with gambling.

GAY, LESBIAN, BISEXUAL, TRANSGENDER/SEXUAL

Gender Trust

www.gendertrust.org.uk

Registered charity supporting adult transgender/transsexual people. Information on legal rights, the workplace, family and personal development. Runs self-help groups and a helpline.



What We Offer print document

Lesbian and Gay Foundation

www.lgf.org.uk

Operates a wide range of different initiatives and partnerships while also working to end homophobia and empower people.

Out on Thursday

www.outonthursday.org.uk

Specifically for lesbian, gay and bisexual young people and those coming to terms with their sexuality.

Pace Health

www.pacehealth.org.uk

Responds to the emotional, mental and physical health needs of lesbians and gay men in the greater London area.

HELPLINE

Samaritans

www.samaritans.org.uk

Provides 24 hour confidential and emotional support for anyone in crisis. Find a local branch or contact by phoning 08457 90 90 90 (UK) or 1850 60 90 90 (ROI). Email at jo@samaritans.org.

Sane

www.sane.org.uk

Organisation providing information on mental health. Also operates a helpline (08457 678 000) providing emotional support and information to people experiencing mental illness, their family, carers and friends.

Telephone Helpline Association

www.bss101.org

Use the Telephone Helpline Association's on-line directory to search through over 1,100 helplines.

INSURANCE

Rethink

www.rethink.org

Rethink provides information for people with a mental illness and seeking insurance.

The following list provides names of insurers that service people with an existing mental health condition.



What We Offer print document

The Manic Depression Fellowship
www.mdf.org.uk

The Manic Depression Fellowship (MDF) set up the first travel insurance scheme for people with mental health problems. The organisation liaised with brokers to arrange travel insurance for people who are members of MDF. For further details contact:

The Manic Depression Fellowship (MDF)
Castle Works, 21 St. George's Road
London SE1 6ES
Tel: 020 7793 2600
Email: mdf@mdf.org.uk

Venture Sure
Tel: 0800 181 532 or 0345 020 303. The latter number is the medical screening helpline for advice and information

All Clear Travel
www.allcleartravel.co.uk
Tel: 0870 7779 339

J & M Insurance (UK) Plc
www.jmi.co.uk
Tel: 0207 446 7626
Email: enquiries@jmi.co.uk

Medicover
www.medi-cover.co.uk
Tel: 0870 735 3600

Bureau Insurance Services - Orbis Travel Insurance.
Advertise that they offer the same policies to people with long term mental health problems as they do to other people.
Tel: 01424 220 110

INTERNATIONAL SERVICES

Befrienders Worldwide
www.befrienders.org

Provides information and support for people in distress and their carers. Includes contact details for crises centres throughout the world in fourteen different languages. The English service is operated by The Samaritans.

IRELAND

www.aware-ni.org

Aware provides advice and information for people experiencing or at risk of experiencing depression. Further information about Aware and their self-help groups can be obtained from Tom McAneany 028 9066 4665 and also at 10 Clarendon Street, Derry, BT48 7ET, Tel: 028 7126 0602.



What We Offer print document

The Northern Ireland Association for Mental Health
www.niamh.co.uk

The Northern Ireland Association for Mental Health provides local support for those with mental health needs. A wide range of services is available including day care provision and housing schemes.

JEWISH

Gateshead Jewish Health Service

www.multikulti.org.uk

Generic social work service for the Jewish community, particularly children and families, older people and people with mental health problems.

LEGAL

Accident Line Direct

www.accidentlinedirect.co.uk

Arranges free legal consultations with local solicitors for those injured in an accident, through medical negligence etc, to decide whether or not to claim compensation.

Community Legal Service Direct

www.clsdirect.org.uk

Provides free high-quality legal information to anyone living in England or Wales.

Law Centres Federation

www.lawcentres.org.uk

Law Centres can help with legal advice on welfare, discrimination, housing and criminal justice matters. You must contact your local centre, the central London office is unable to offer support.

LESBIAN

Lesbian and Gay Foundation

www.lgf.org.uk

Operates a wide range of different initiatives and partnerships while also working to end homophobia and empower people.

Out on Thursday

www.outonthursday.org.uk

Specifically for lesbian, gay and bisexual young people and those coming to terms with their sexuality.

Pace Health

www.pacehealth.org.uk

Responds to the emotional, mental and physical health needs of lesbians and gay men in the greater London area

LOCAL SERVICES - ENGLISH COUNTIES (Also see Wales, Scotland & Ireland)

Adult Mental Health Service Mapping

A search facility that generates a directory of local health services.



What We Offer print document

Arbours Crisis Centre - London N8

www.arbourscentre.org.uk

The Arbours Crisis Centre provides intensive personal psychotherapeutic care and accommodation for individuals and families in severe emotional distress.

The Archway Foundation - Rotherham

www.archway.itz3.net

Established in 1990 to provide a range of services for people experiencing loneliness or isolation throughout the Borough of Rotherham.

CALM - Manchester, Merseyside, Cumbria and Bedfordshire

www.thecalmzone.net

CALM raises awareness of depression amongst young men across Manchester, Merseyside, Cumbria and Bedfordshire by running a helpline and various events.

Lancashire Early Intervention Service - Lancashire

www.hope-health-recovery.org.uk

The Lancashire Care NHS Trust in partnership with health and social care have come together to launch a scheme aimed at modernising treatment for people with psychosis.

Meriden Family Programme - West Midland

www.meridenfamilyprogramme.com

Operating within the West Midlands the programme aims to improve services to families and loved ones of those people who have mental health issues.

Request - North-East England

www.re-quest.org.uk

Located in north-east England Request operates a support service and information for young men affected by mental health problems.

Surrey Post Natal Depression - Surrey

www.surreypnd.org.uk

Surrey Post Natal Depression provides information, support and a means of contacting other mothers who have experienced or suffered from postnatal depression.

Threshold - Brighton

www.thresholdwomen.org.uk

Counselling, support and information about mental health for women by women.

Please also check with your local council regarding any mental health services they may operate.



What We Offer print document

MEDICATION

Safe Medicines

www.safemedicines.org

A coalition of patient, physician, pharmacist, university, industry and other professional organisations committed to the safety of prescription drugs.

United Kingdom Psychiatric Pharmacy Group

www.ukppg.org.uk

The UKPPG exists to ensure best treatment with medicines for people with mental health needs and their carers. Also operates a medication helpline 0207 919 2999 (11am - 5pm).

MEN

CALM

www.thecalmzone.net

CALM raises awareness of depression amongst young men across Manchester, Merseyside, Cumbria and Bedfordshire by running a helpline and various events.

Male Health

www.malehealth.co.uk

A charity operated by the Men's Health Forum and supported by the NHS. It works to improve men's health.

Request

www.re-quest.org.uk

Located in north-east England Request operates a support service and information for young men affected by mental health problems.

Survivors UK

www.survivorsuk.co.uk

Central London based organisation providing resources for men who have experienced any form of sexual violence. The website includes a national register of accredited sexual assault counsellors and a helpline.

MENOPAUSE

The British Menopause Society

www.the-bms.org

A registered charity aiming to increase awareness of post-menopausal healthcare issues and by promoting optimal management through conferences, roadshow and publications.

Menopause Matters

www.menopausematters.co.uk

An independent, clinician-led website aiming to provide information about menopausal symptoms and treatment options for women and health professionals.



What We Offer print document

Women's Health

www.womenshealthlondon.org.uk

Women's Health provides information on gynaecological health issues as well as operating a helpline (0845 125 5254), booklets and a support network.

MENTAL HEALTH - GENERAL

Health Matters

www.abc.net.au/health

Health Matters, produced by the Australian Broadcasting Corporation, addresses a variety of health related issues. A depression quiz is also available and other information on depression at Dark Side of the Mood.

Health Report

www.abc.net.au/healthreport/

On line access to the Australian Broadcasting Corporation's radio programme the Health Report. The program covers wide-ranging topics and issues within social, scientific and political contexts appealing to both specialist and mainstream audiences.

BBC Health

www.bbc.co.uk/health

A variety of stories and articles about health including mental health, stress, building confidence, and complementary therapies.

One Life

www.bbc.co.uk/radio1/onelife/

The BBC Radio 1 programme One Life has set up a confidence website for young people aged 16-21. Information is available from coping with legal concerns, education, sex and how to keep a healthy mind.

Mental Aftercare Association

www.maca.org.uk

Mental Aftercare Association working to help people with severe or enduring mental-health needs. Runs a community support and crises service, care homes as well as housing and day support service.

The Mental Health Foundation

www.mentalhealth.org.uk

The Mental Health Foundation conducts research and runs a variety projects. Their work includes children and young people (Bright Futures) , adults of working age (Strategies for Living) and adults in later life (Mental Health in Later Life).

Mind

www.mind.org.uk

A leading mental health charity in England and Wales providing information and support for people with a mental health illness and their carers. A variety of information sheets and booklets available on line in PDF format including "Understanding Depression" , "Making Sense of Cognitive Behavioural Therapy (CBT)" , and "The Mind Guide to Food & Mood" .



What We Offer print document

National Health Service
www.nhs.uk

General information about the NHS and health including a glossary of conditions and an encyclopaedia. Links to NHS Scotland, Wales and Northern Ireland.

NHS Direct
www.nhsdirect.org.uk

Provides a health encyclopaedia, best treatment website, self help guide, local information database and other general information regarding the NHS.

National Electronic Library
www.nelmh.org

The National Electronic Library for Mental Health, which includes information on the elderly, children, adolescents, service users and carers.

Rethink
www.rethink.org

Rethink runs services across England and Northern Ireland, giving practical support through home treatment and nursing care for people with severe mental illness. Helplines and specialist services for carers and young people available as well as advocacy help on legal issues.

The Royal College of Psychiatrists
www.rcpsych.ac.uk

Provides a large range of fact sheets and information regarding depression and various conditions including anorexia, bulimia, anxiety, phobias and manic depression.

Zito Trust
www.zitotrust.co.uk

Advice to families, professionals and informal carers of severely mentally ill people. Also provides support for victims and their families of failed community care.

MULTICULTURAL

Department for Work and Pensions - other languages

www.dwp.gov.uk/otherlanguages

Department for Work and Pensions (DWP) provides leaflets in a variety of languages including Chinese, Punjabi and Arabic.

London Health
www.londonhealth.co.uk

A list of service groups for ethnic minorities.



What We Offer print document

Multikulti

www.multikulti.org.uk

The Multikulti website aims to support citizenship through the delivery of culturally appropriate and accurately translated information in the following areas of welfare, law, debt, employment, health, housing, immigration and welfare benefits.

NAFAS

www.nafas.org

Faith-based rehabilitation service for substance abusers.

MUSLIM HEALTH SERVICES

Muslim Youth Helpline

www.myh.org.uk

The Muslim Youth Helpline is a confidential helpline for young Muslims.

The Muslim Women's Helpline

www.mwhl.org

The Muslim Women's Helpline provides a confidential independent listening and counselling service for Muslim women.

OBSESSIVE COMPULSIVE DISORDER - OCD

No Panic

www.nopanic.org.uk

Organisation offering advice, counselling and self-help for people who experience anxiety, panic attacks, phobias or compulsive disorders.

OCD Action

www.ocdaction.org.uk

OCD Action is a national charity for people with Obsessive Compulsive Disorder (OCD) and the related disorders such as Body Dysmorphic Disorder (BDD), Compulsive Skin Picking (CSP) and Trichotillomania.

TOP UK - Triumph Over Phobia

www.triumphoverphobia.com

Runs a national network of self-help groups to help people with phobias or obsessive compulsive disorders (OCD).

PAIN

Pain Concern

www.painconcern.org.uk

Information and support for pain sufferers and those who care for them. Produces a quarterly magazine, fact sheets and recommended reading list.

Pain Support

www.painsupport.co.uk

A non-profit organisation producing a free newsletter, information, tips and advice about managing chronic pain.



What We Offer print document

PANIC ATTACKS

No Panic

www.nopanic.org.uk

Organisation offering advice, counselling and self-help for people who experience anxiety, panic attacks, phobias or compulsive disorder.

PHOBIC

No Panic

www.nopanic.org.uk

Organisation offering advice, counselling and self-help for people who experience anxiety, panic attacks, phobias or compulsive disorder.

Phobic Society

www.phobics-society.org.uk

Provides support and help for people who suspect they may have, or have been diagnosed with, an anxiety condition. Also helps deal with specific phobias or any fear that is stopping someone from getting on with life.

TOP UK - Triumph Over Phobia

www.triumphoverphobia.com

Runs a national network of self-help groups to help people with phobias or obsessive compulsive disorders (OCD).

POST-NATAL & ANTE-NATAL DEPRESSION

Association for Post Natal Illness

www.apni.org

Provides a telephone helpline, information leaflets for sufferers and healthcare professionals as well as a network of volunteers who have themselves experienced post-natal illness.

Maternity Alliance

www.maternityalliance.org.uk

A national charity working to promote the well being of pregnant women, new parents and their babies. Maternity Alliance runs a variety of services, which include conferences, training, publications and information on maternity rights, benefits and tax credits.

Meet a Mum Association

www.mama.co.uk

A UK registered charity, which aims to provide friendship and support to all mothers and mothers-to-be, particularly those feeling isolated and vulnerable.

Surrey Post Natal Depression

www.surreypnd.org.uk

Surrey Post Natal Depression provides information, support and a means of contacting other mothers who have experienced or suffered from postnatal depression.



What We Offer print document

PREMENSTRUAL SYNDROME - PMS

National Association for Premenstrual Syndrome

www.pms.org.uk

provides advice prepared by clinicians and expert patient members to help all those affected by PMS and menstrual ill-health.

Women's Health

www.womenshealthlondon.org.uk

Women's Health provides information on gynaecological health issues as well as operating a helpline (0845 125 5254) , booklets and a support network.

PRISONERS

NACRO

www.nacro.org.uk

Produces a useful booklet, Outside Help that is free for prisoners' families.

The New Bridge

www.newbridgefoundation.org.uk

Befriends isolated prisoners and can arrange pen-friends and visits.

Prison Families Helpline

www.prisonersfamilieshelpline.org.uk

A free and confidential service for anyone who is affected by the imprisonment of a close family member or friend.

PSYCHOLOGY

The British Psychological Society

www.bps.org.uk

The British Psychological Society acts as the representative body for psychologist and psychology in the UK. Provides information, publications research reports and a search facility for registered psychologists.

Royal College of Psychiatrists

www.rcpsych.ac.uk

Provides a large range of fact sheets and information regarding depression and various conditions including anorexia, bulimia, anxiety, phobias and manic depression.

PSYCHOSIS

Lancashire Early Intervention Service

www.hope-health-recovery.org.uk

The Lancashire Care NHS Trust in partnership with health and social care have come together to launch a scheme aimed at modernising treatment for people with psychosis.



What We Offer print document

PTSD - POST TRAUMATIC STRESS DISORDER

www.assist-trauma-care.co.uk

Telephone support and counselling for people experiencing Post Traumatic Stress Disorder (PTSD). Also face-to-face counselling and support, critical incident debriefing and clinical assessment for PTSD and depression.

Combat Stress

www.combatstress.org.uk

Assist ex-servicemen and women suffering from stress-related mental illness. Also help with war pensions and appeals.

REFUGEES

Refugee Council

www.refugeecouncil.org.uk

The Refugee Council provides support and advice services to asylum seekers and works to ensure their needs and concerns are addressed.

RELATIONSHIPS

Relate

www.relate.org.uk

Relate is a national charity offering advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face and by phone. A search facility to find your nearest Relate office also available online.

RELAXING

Calm Centre

www.calmcentre.com

This website's purpose is to help you relax and slow down by offering a wide range of interactive and text based calming exercises online. Recommended reading also available.

SAD - SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder Association

www.sada.org.uk

A voluntary organisation and registered charity keeping the public and health professions informed about SAD. It also provides supports and advice for sufferers of the illness.

SCHIZOPHRENIA

National Schizophrenia Fellowship (Scotland)

www.nsfscot.org.uk

Works to improve the wellbeing and quality of life of those affected by schizophrenia and other mental illness, including families and carers.

Rethink

www.rethink.org

Formerly the National Schizophrenic Society, Rethink is a national voluntary organisation that helps people with a severe mental illness, their families and carers.

What We Offer print document



Royal College of Psychiatrists
www.rcpsych.ac.uk
Information about Schizophrenia.

The Schizophrenia Society of Ontario
www.schizophrenia.on.ca
Canadian based organisation providing help and support for anyone affected by schizophrenia.

SCOTLAND

Counselling and Psychotherapy in Scotland
www.cosca.org.uk

The professional body for counselling and psychotherapy in Scotland, COSCA seeks to advance all forms of counselling and psychotherapy and the use of counselling skills by promoting best practice.

Depression Alliance Scotland
www.dascot.org

Provide support and information for anyone affected by depression including a network of self help groups.

Scottish Association of Mental Health
www.samh.org.uk

Scottish Association of Mental Health operates a range of services across Scotland for people with mental health problems.

Scottish Health Directory
www.scottishhealthdirectory.co.uk

A listing of Scottish health providers, voluntary services and complimentary therapists.

Scottish Recovery
www.scottishrecovery.net

Works to engage communities across Scotland about best practice to promote and support recovery from long-term mental health problems.

See Me
www.seemescotland.org.uk

A campaign launched in October 2002 to challenge stigma and discrimination around mental ill-health in Scotland.

SELF-HARM

Life Signs
www.lifesigns.org.uk

A voluntary organisation raising awareness about the syndrome of self injury in the UK and beyond.



What We Offer print document

National Self Harm Network
www.nshn.co.uk

National Self Harm Network is a survivor led organisation providing support and information for people who self injure.

Recover Your Life
www.recoveryourlife.com

On-line community, support and information for self-harmers.

SELF-HELP

Self Help UK
www.self-help.org.uk

Self Help UK is a free service provided by Intuition Communication Ltd, specialists in health care applications on the Internet. It provides a searchable database of over 1,000 self help organisations and support groups across the UK that provide support, guidance and advice to patients, carers and their relatives.

London Health
www.londonhealth.co.uk
Comprehensive list of self-help support groups.

SEX

Brook
www.brook.org.uk

A national charity providing free and confidential sexual health advice and services specifically for young people under 25.

FPA

www.fpa.org.uk

Formerly the Family Planning Association, the FPA works to improve the sexual health and reproductive rights of all people throughout the UK.

Like It Is

www.likeitis.org

Help, advice and information for young people about sex, contraception, STDs, pregnancy and more.

Wellbeing of Women

www.wellbeing.org.uk

Wellbeing of Women is a charity providing information and raising awareness of the benefits of being pro-active about good reproductive health. Also produces a catalogue of leaflets which can be ordered on-line.

SOCIAL CARE & POLICY

Department of Health

www.dh.gov.uk

Government body providing information, guidance and publications on health and social care policies.



What We Offer print document

SMOKING

Giving Up Smoking

www.givingupsmoking.co.uk

Resources, advice and information for giving up smoking. Also includes information for young people, pregnant women and South Asian groups.

SUICIDE

Papyrus

www.papyrus-uk.org

Support and resources for dealing with suicide, depression or emotional distress – particularly teenagers and young adults.

Samaritans

www.samaritans.org.uk

Provides 24 hour confidential and emotional support for anyone in crisis. Find a local branch or contact by phoning 08457 90 90 90 (UK) or 1850 60 90 90 (ROI). Email at jo@samaritans.org.

Sane

www.sane.org.uk

Organisation providing information on mental health. Also operates a helpline (08457 678 000) providing emotional support and information to people experiencing mental illness, their family, carers and friends.

WALES

Depression Alliance Cymru

11 Plas Melin

Heol Westbourne

Eglwys Newydd

Caerdydd CF14 2BT

Tel: 029 2069 2891

Email: admin@dacymru.org

Provide support and information for anyone affected by depression including a network of self help groups.

WOMEN

Threshold

www.thresholdwomen.org.uk

Women's organisation set up to protect and promote women's mental health. Based in Brighton.

Women's Health

www.womenshealthlondon.org.uk

Women's Health provides information on gynaecological health issues as well as operating a helpline (0845 125 5254), booklets and a support network.

Please also see Postnatal and Antenatal Depression, Premenstrual Syndrome and Menopause.



What We Offer print document

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If you would like to suggest a link for this section please email juliad@depressionalliance.org

Depression Alliance depends on donations to continue its vital work. To show your support please go to www.justgiving.com/depression/donate to visit our secure donation page.

