

Mental Health Helpful Resources

As detailed in Little Elms Mental Health and Wellbeing policy, in addition to support and treatment available from GP's and other NHS Services, Mental Health First Aiders may signpost individuals to the following list of support groups, professional organisations and charities.

This list is not exhaustive and Mental Health First Aiders can use their own judgement and training to research additional or alternative sources of support, as appropriate to each individual situation.

Hub of Hope

The Hub of Hope is a national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place. It is completely anonymous, free to use and you can search by post code.

<https://hubofhope.co.uk/>

<p>Crisis & Emotional Support Samaritans 24 hours a day, 7 days a week Phone: 116 123 jo@samaritans.org www.samaritans.org</p>	<p>Mental Health Helpline Advice & Information, not crisis support Mind Infoline Mon to Fri, 9am – 6pm Phone: 0300 123 3393 info@mind.org.uk www.mind.org.uk</p>
<p>Abuse – Child Sexual Abuse NAPAC (National Association for People Abused in Childhood) 24 hours a day, 7 days a week Phone: 0808 801 0331 support@napac.org.uk www.napac.org.uk</p>	<p>Abuse – Domestic Violence Refuge 24 hours a day, 7 days a week Phone: 0808 2000 247 helpline@refuge.co.uk www.refuge.org.uk</p>
<p>Addiction & Substance Misuse - Drugs Narcotics Anonymous UK 10am – midnight, 7 days a week Phone: 0300 999 1212 meetings@ukna.org www.ukna.org</p>	<p>Addiction & Substance Misuse - Alcohol & Drugs Addaction Phone: 020 7251 5860 info@addaction.org.uk www.addaction.org.uk</p>
<p>Addiction – Gambling Gamblers Anonymous UK www.gamblersanonymous.org.uk</p>	<p>Anxiety Anxiety UK Phone: 08444 775 774 Text: 07537 416905 support@anxietyuk.org.uk www.anxietyuk.org.uk</p>
<p>Bereavement Bereavement Advice Centre Mon to Fri, 9am – 5pm Phone: 0800 634 9494 www.bereavementadvice.org</p>	<p>Bipolar Disorder Bipolar UK Phone: 0333 323 3880 info@bipolaruk.org www.bipolaruk.org</p>

Carers Carers Trust Phone: 0844 800 4361 support@carers.org www.carers.org	Debt National Debtline Mon to Fri, 9am – 8pm Sat 9.30am- 1pm Phone: 0808 808 4000 www.nationaldebtline.org
Depression Depression UK info@depressionuk.org www.depressionuk.org	Eating Disorders Beat www.b-eat.co.uk Anyone over 18: Phone: 0345 634 1414 help@b-eat.co.uk Anyone under 25: Phone: 0345 634 7650 fyp@b-eat.co.uk
Relationships Relate Phone: 0300 100 1234 www.relate.org.uk	Family / Parenting Family Lives Phone: 0808 800 222 www.familylives.org.uk
Learning Disabilities Mencap Mon to Fri, 9am – 5pm Phone: 0808 808 111 help@mencap.org.uk www.mencap.org.uk	Lesbian, Gay, Bisexual & Transgender LGBT 10am – 11pm, 7 days a week Phone: 0300 330 0630 chris@switchboard.lgbt www.switchboard.lgbt
Personality Disorder Emergence admin@emergenceplus.org.uk www.emergenceplus.org.uk	Psychosis Hearing Voices Network Phone: 0114 271 8210 nhvn@hotmail.co.uk www.hearing-voices.org
Self-harm Harmless info@harmless.org.uk www.harmless.org.uk	Suicide Prevention CALM (Campaign Against Living Miserably) 5pm – midnight, 7 days a week Phone: 0800 58 58 58 info@thecalmzone.net www.thecalmzone.net

Self-Help Apps & Online Resources

CBT Online Teaches cognitive behaviour therapy skills to prevent and cope with depression www.moodgym.anu.edu.au	Moodpanda App-based platform allowing people to track their moods www.moodpanda.com
Stay Alive App Suicide prevention pocket app http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html	Sleepio App for Sleep management www.sleepio.com

Associated Documents:

- *Mental Health and Wellbeing Policy*