



Support . Empower . Educate

Resource List

(Last updated – November 2009)

NSHN is not responsible for the content of external internet links and external publications

National Self Harm Network (NSHN)

P.O Box 7264
Nottingham
NG1 6WJ

Email: info@nshn.co.uk

Website: www.nshn.co.uk

The National Self-Harm Network is a survivor driven national charitable company based in Nottingham. NSHN aims to support individuals who self-harm to reduce emotional distress and improve their quality of life. Educate service providers, carers, family and friends of the issues relating to self harm and dispel myths. Raise awareness of the needs of people who self-harm by providing information and support to service users, family, friends and service providers. Empower and enable those that self-harm to seek alternatives to self-harm.

Other Organisations and Information for People who Self-Harm

A

Amber Project

The Quaker Meeting House
43, Charles Street
Cardiff
CF10 2GB

Website: http://www.theatrforwmcymru.org.uk/doing/amber_project.html

'The Amber Project is a Church Army Project which is based in Cardiff, and which works with young people (aged between 14-25) who have experience of Self-harm. The Amber Project works with young people in a number of different ways: e.g. through forum theatre, various workshops, a counselling service and individual support. They also produce a booklet called 'Louder than words' which is written for young people with experience of self-harm and provide a two day training programme to other agencies and organisations.'



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B

Basement Project

P.O. Box 5
Abergavenny
NP7 5XW

Telephone: 01873 856524

Website: www.basementproject.co.uk

'The Basement Project provides support groups for those who have been abused as children and people who self-harm. These are free to individuals. They also provide training, consultation and supervision for workers in community and mental health services. They also provide a range of publications.'

BBC article on self-harm

Website:

http://www.bbc.co.uk/health/conditions/mental_health/emotion_selfharm.shtml

Bristol Crisis Service for Women (BCSW)

P.O Box 654
Bristol
BS99 1XH

Admin telephone: 0117 927 9600

Helpline: 0117 925 1119 (Open Fri and Sat evenings 9pm-12.30am & Sundays 6pm-9pm)

Email: bcsw@btconnect.com

Website: www.users.zetnet.co.uk/bcsw

'BCSW is a charity set up in 1986 to respond to the needs of women in emotional distress. They have a particular focus on self-injury and provide a national helpline for women in crisis. They also support self-help groups, offer training and publish a wide range of literature'

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Invalidation

Website: <http://eqi.org/invalid.htm>

Invalidation has been suggested as one of the reasons why people self-harm. This site may help people understand their actions and reactions a little better.

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MIND leaflet article on self-harm:

Website:

<http://www.mind.org.uk/Information/Booklets/Understanding/Understanding+self-harm.htm>

N

NICE guidelines on self-harm

Website: <http://guidance.nice.org.uk/CG16/niceguidance/pdf/English>

The National Institute for Health and Clinical Excellence guidelines on Self-Harm. Provides recommendations for professionals on how to treat individuals during the 48 hours after they have self-harmed.

O

P

Palace.net

Website: <http://www.palace.net/~llama/psych/intro.html>

Offers an introduction to self-harm, some reasons behind self-harm, demographics, quotes from personal stories, references, associated diagnosis, trauma/PTSD FAQ, therapeutic approaches, self help, and help for family and friends.

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SIARI

Website: <http://www.siari.co.uk/>

'Founded in 2001 as a not-for-profit organisation, SIARI aims to raise awareness about self-harm and self-injury and to empower those who hurt themselves as a way of coping. The site contains information and resources for individuals who self-harm/self-injure, for their families and friends, and for professionals and volunteers committed to supporting individuals who self-harm/self-injure.'

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Young People and Self Harm

Website: <http://www.selfharm.org.uk/default.aspa>

This website provides information for young people who self-harm, their friends, families, and professionals working with them.'

Z

42nd Street

42nd Street, 2nd Floor,
Swan Buildings,
20 Swan Street,
Manchester
M4 5JW

Helpline: 0161 832 0170 (Open Mon, Thurs and Fri 12.30pm-4.30pm)

Email: theteam@fortysecondstreet.org.uk

Website www.fortysecondstreet.org.uk

'42nd Street is a mental health service for young people aged 15 to 25 (in Manchester, Trafford and Salford) facing a broad range of problems including self-harm and suicide. They offer a variety of individual support alongside a range of groups based at the centre and within the local community. They have initiated specific schemes, including a suicide/self-harm project offering individual and group support to young people. Having completed a research project on young people, self-harm and suicide, they have produced a book based on their findings. 42nd Street also provide suicide/self-harm training in the form of one-day workshops to other organisations'



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Mental health organisations/information

A
B

BBC Online

Website: http://www.bbc.co.uk/health/mental/emotional_suicide.shtml

BBC section on mental health.

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InTouch Falkirk

FDAMH
Victoria Centre
173 Victoria Rd
Falkirk
FK2 7AU

Main Telephone: 01324 671600
InTouch: 01324 671614

Email: admin@fdamh.org.uk

Website: www.fdamh.org.uk

'InTouch Falkirk is part of Falkirk and District Association for Mental Health. It is a database of local services aimed at people with mental health problems and their carers. InTouch aims to support and aid the recovery of people with mental health problems by helping them and their carers to find out about a wide range of services available in the area'

Other FDAMH projects include counselling, befriending, link project, carers support, drop-in, Link Club, user involvement project and **Time out (A crisis out of hours service for adults- call 01324 633597)**

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M

MIND

15-19 Broadway
Stratford
London
E15 4BQ

MIND CYMRU (Wales)

3rd Floor,
Quebec House
Castlebridge,
Cowbridge Road East
Cardiff
CF11 9AB

Telephone: 020 8519 2122

Telephone: 02920 395 123

MIND info Line: 0845 766 0163 (Open Mon-Fri 9.15am-5.15pm)

Email: contact@mind.org.uk
info@mind.org.uk

Email: contactwales@mind.org.uk

Website: www.mind.org.uk

Contact the relevant address above for details of your local MIND Association or other mental health contacts for service users or professionals. MINDlink has a database of survivor-trainers on a wide variety of subjects. The website contains a broad range of useful information on mental health issues.

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Rethink

Rethink Registered Office
28 Castle Street
Kingston-Upon-Thames
Surrey
KT1 1SS

Telephone general enquiries: 0845 456 0455

Helpline: 020 8974 6814 (Open Mon, Weds and Fri 10am to 3pm, Tues and Thurs 10am to 1pm)

Email: info@rethink.org (general enquiries)
advice@rethink.org (advice service)

Website: <http://www.rethink.org/>

'Rethink is a provider of mental health services, its services include help lines, carer support, advocacy, community support, employment and training, housing, nursing and residential care, and services dedicated to black and minority ethnic communities. Along with signposting to services in your local area.'



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Royal College of Psychiatrists

17 Belgrave Square,
London
SW1X 8PG.

Tel: 020 7235 2351

Website: <http://www.rcps.ac.uk>

Fact sheets about depression, including causes and effects, and types of help available.

S

South Derbyshire Mental Health Association

Bank House
22 Midland Road
Swadlincote
Derbyshire
DE11 0AG

Telephone: 01283 222881

Offers advice/support for adults with mental health problems, including self harm.

Stockport Mind

Stockport Mind Offices
Dove House
65 Union Street
Stockport
SK1 3NP

Telephone: 0161 480 7393

Infoline: 0161 429 0893

Email: info@stockportmind.org.uk

Website: www.stockportmind.org.uk

Offers support to people with mental health problems including an advocacy service, social inclusion project and befriending.

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UKAN - United Kingdom Advocacy Network

Volsolve House
14-18 West Bar Green
Sheffield
S1 2DA

Email: Training and development: office@u-kan.co.uk
The Advocate Magazine: justine@u-kan.co.uk

Website: www.u-kan.co.uk

'UKAN is a user controlled national federation of advocacy projects, patients' councils, user forums and self-help and support groups working in the field of mental health.'

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Rape and Sexual Abuse Organisations

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C

CIS'ters (Childhood Incest Survivors)

CIS' ters (Childhood Incest Survivors)
P.O. Box 119
Eastleigh
Hampshire
SO50 9ZF

Helpline: 023 8033 8080 (Open Sat 10am-12noon)

Email: admin@cisters.wanadoo.co.uk

'Provide emotional support for adult women (age 18+) who were sexually abused as children by a member of their immediate or extended family. Group meetings, newsletter, workshops and campaign for improved services from statutory services. Also provide training for other agencies. CIS'ters is run by survivors, for survivors.'

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Independent Care After Incest and Rape (ICAIR)

P.O Box 10215
Birmingham
B42 2WZ

Helpline: 01255 675 351 (Open Mon-Sun 9am-9pm and 24 hour answer phone)

Email: tjm.icaire@btopenworld.com

'The purpose of ICAIR is to assist victims of childhood abuse and rape seek and find the appropriate professional or voluntary assistance they need to enable them to recover from the emotional and psychological trauma which they have experienced. ICAIR contacts all have personal experience of childhood abuse and/or rape so they have a unique understanding when it comes to helping other victims.'

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MaleSurvivor

Website: <http://www.malesurvivor.org/>

The MaleSurvivor community provides resources and support for men who were sexually victimized as children, adolescents, or adults

N

National Association for People Abused in Childhood

NAPAC
42 Curtain Road
London
EC2A 3NH

Telephone Support Line: 0800 085 3330 (Open times - **Monday** 10:30am-3:00pm and 6:00pm-8:30pm, **Tuesday** 11:00am-1:30pm, 2:30pm-4:30pm and 7:00pm-9:00pm, **Wednesday** 11:30am-5:00pm and 7:00pm-9:00pm, **Thursday** 10:00am-5:00pm and 6:00pm-9:00pm , **Friday** 11:00am-3pm and 4:30pm-9:00pm)

Website: www.napac.org.uk

'NAPAC is the National Association for People Abused in Childhood. They are a registered charity, based in the UK, providing support and information for people abused in childhood.'

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RASASC - Rape and Sexual Abuse Support Centre

P.O. Box 383
Croydon
CR9 2AW

Admin Telephone: 0208 683 3311

Helpline: 08451 221 331 (Weekdays 12.00pm-2.30pm and 7.00pm-9.30pm. Weekends and Bank Holidays 2.30pm-5.00pm)

Advocacy and Counselling: 020 8683 3311

Email: info@rasasc.org.uk

Website: <http://rasasc.bizview.co.uk/>

Confidential help and support for those who have experienced rape or sexual abuse

S

Survivors UK

12A Evelyn Court
Grinstead Road
London
SE8 5AD

Office enquiries: 0208 691 8236

Helpline: 0845 122 1201 (Open 7pm-10pm Mon/Tue/Thurs)

Email: info@survivorsuk.org

Website: www.survivorsuk.org/

A national support organisation for male victims/survivors of rape and childhood sexual abuse. Survivors UK provides information, support and counselling.



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Survivors Network

79 Buckingham Road
Brighton
BN1 3RJ

Telephone: 01273 203 380

Helpline: 01273 720 110 (Open Weds and Fri 7-9pm)

Email: staff@survivors-network.com

Website: <http://www.survivors-network.co.uk/default.htm>

This Sussex focused network is for women abused in childhood. They offer a drop-in service and also publish a quarterly newsletter.

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Victims of SA

Website: <http://www.mind.org.uk/Information/Factsheets/Sexual+abuse/>

Contains a lot of Organisations, links, phone numbers, etc.

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Eating disorders

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BBC Health Eating Disorders

Website:

http://www.bbc.co.uk/health/womens_health/mind_eatingdisorders.shtml

Information on eating disorders.



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Beat

103 Prince of Wales Road
Norwich
NR1 1DW
United Kingdom

Helpline: 08456 341414 (Open Mon-Fri 10.30am-8.30pm and Saturdays 1-4.30pm)

Youthline: 08456 347650 (Open Mon-Fri 4.30-8.30pm and Saturdays 1-4.30pm)

Email: help@b-eat.co.uk
fyp@b-eat.co.uk (specifically for young people)

Website: <http://www.b-eat.co.uk/Home>

Offer support and advice to sufferers of eating disorders and their families and friends

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Eating Disorder Links and Resources

Website: <http://edr.org.uk/>

Contains news, research, reports, conferences and opinions on eating disorders.

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NIWE Eating Distress Service

Unit 5/6
1 Pink Lane
Newcastle-upon-Tyne
NE1 5DW

Telephone: 0191 221 0233

Email: niwe@talk21.com

Website: www.niwe.org.uk

*NIWE Eating Distress Service offers a telephone contact point at which women can talk about their use of food and how it makes their lives difficult. It also facilitates group work for



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women, supporting them in exploring their eating problems and their opportunities for change. This resource offers training to other workers supporting people with eating difficulties and it is also a source of information about local and national service provision for eating problems and related issues. They also provide an awareness raising service for professionals working with children and young people (The Alpha Project) and they are currently involved in development work with black and ethnic minority communities in the North East.'

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Something fishy

Website: <http://www.something-fishy.org/>

Offers lots of information and support for people suffering from eating disorders.

Information and support specifically for young people

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Calm

Helpline: 0800 58 58 58 (Sat-Tues 5pm-Midnight)

Website: <http://www.thecalmzone.net/>

'Aimed at raising awareness of depression among young men (especially in Manchester, Merseyside, Cumbria and Bedfordshire). Website gives info on the Calm campaign, plus games, links and an e-zine.'

Childline

Weston House,
42 Curtain Road
London
EC2A 3NH

Helpline: 0800 1111 (Open 24 hours, 7 days a week)

Website: www.childline.org.uk

'Childline is a 24 hour confidential helpline for children and teenagers in trouble or danger. They can offer advice and support on anything that is troubling you.'



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Connexions

Helpline: 080 800 13 2 19 (Open 8am-2am)

Text: 07766 4 13 2 19.

Website: <http://www.connexions-direct.com/index.cfm?pid=1>

Offer advice and information for young people (age 13-19) on a wide range of subjects. They also have a section where there are advisors online to talk to.

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NSPCC

NSPCC Child Protection Helpline,
42 Curtain Road,
London,
EC2A 3NH.

Helpline: 0800 800 5000 (Open 24 hours, 7 days a week)

Email: help@nspcc.org.uk

Website: www.nspcc.org.uk

This is a free 24 hour helpline for children who are abused, families, friends and survivors.

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There-4-Me

Website: <http://www.achance2talk.com/Pages/Home.aspx>

'There-4-Me is a support website for 12-16 year olds to talk about anything that is troubling them. There are online advisors and a forum (need to be registered, hidden from public view). It was set up by the NSPCC.'



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The Site

Website: <http://www.thesite.org/>

'The Site (website for young people) contains a section giving information on depression, treatments, and feeling suicidal. The website also has a range of message boards.'

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Young Minds

48-50 St John Street
London
EC1M 4DG

Telephone: 020 7336 8445

Website: www.youngminds.org.uk

Young Minds are committed to improving the mental health and emotional well-being of all children and young people under 25. Give advice, training, and distribute publications.

Youth access

1-2 Taylors Yard
67 Alderbrook Road
London
SW12 8AD

Telephone: 020 8772 9900

Email: admin@youthaccess.org.uk

Website: <http://www.youthaccess.org.uk/index.cfm>

'Youth Access is the national membership organisation for young peoples information, advice, counselling, and support services.'

Youth2youth

Helpline: 020 8896 3675 (Open every Monday and Thursday evening from 6.30pm-9.30pm.)

Website: <http://www.youth2youth.co.uk/index.htm>

'Telephone, email and online chat helpline run by young people for young people. The website has a library of problems that young people have sent in. Their telephone helpline is staffed by specially trained young people aged 16-21 who can give confidential advice and support to anyone ages 11-19 on issues like mental health, relationships, sex and self image.'



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Information and support specifically for family, friends, and professionals

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Parent line

Helpline: 0808 800 2222 (Open 24 hours, free and confidential)

Website: <http://www.parentlineplus.org.uk/index.php?id=447>

Offer general help for parents. It contains a section for parents which explain self harm.

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Teachernet

Website: <http://www.teachernet.gov.uk/teachingandlearning/library/self-harm/>

Has a section on understanding self harm for teachers.



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Trust for the Study of Adolescence

23 New Road
Brighton
East Sussex
BN1 1WZ

Telephone: 01273 693311

Email: info@tsa.uk.com

Website: www.tsa.uk.com

TSA aims to improve the lives of young people and their families. We do this by enabling the individuals and organisations that work with young people and families to provide better services.

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Young Minds Parent's Information Service

48-50 St John Street
London
EC1M 4DG

Telephone: 020 7336 8445

Helpline: 0800 018 2138 (Open Mon-Fri 10am-4pm and Wed 6-8pm)

Website: <http://www.youngminds.org.uk/parents/>

'The Young Minds Parent's Information Service is a telephone service providing information and advice for anyone with concerns about the mental health of a child or young person. Young people can also phone for information on self-harm. They also have a website which contains lots of information on mental health problems for children.'

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Women specific organisations

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Newham Asians Women's Project

661 Barking Road
London
E13 9EX

Telephone: 0208 472 0528

Advice line: 0208 552 5524

Email: info@nawp.org

Website: www.nawp.org

'NAWP specialises in working with women suffering domestic violence. They also provide a wide range of confidential advice and support services for Asian women including counselling in English and Mother Tongue languages. They aim to raise awareness of issues around self-harm for young Asian women and offer support groups.'

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Threshold

144 London Road
Brighton
East Sussex
BN1 4PH

Telephone: 01273 622 886

Website:

<http://www.bht.org.uk/index.php?dir=services/mental%20health/threshold>

'This initiative for women and mental health organises conferences, self-help groups and offers some face-to-face counselling for women in Brighton and Hove and its surrounding areas.'

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W

Women In Secure Hospitals (WISH) London and South

18 Borough High Street
London
SE1 9QG

Telephone: 0207 407 5191

WISH North

Space Solutions Business Park
38 Sefton Lane Industrial Park
Maghull
Liverpool
L31 8BX

Telephone: 0151 285 1888

Email: wish.wish@onetel.net

Website: www.womenatwish.com

'Provide long-term, gender sensitive support and services to women with mental health needs in their journey through the prison and secure hospital system and into the community'

Women's Aid Federation

P.O. Box 391
Bristol
BS99 7WS

Telephone: 0117 944 44 11 (general enquiries only)

Helpline: 0808 2000 247 (Free 24hr)

Email: info@womensaid.org.uk
helpline@womensaid.org.uk

Website: <http://www.womensaid.org.uk/>

A service providing advice, help and information for women suffering from domestic violence.

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Contacts for scar reduction

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British Association of Plastic Surgeons

Royal College of Surgeons
35-43 Lincoln Inn Fields
London
WC2A 3PN

Telephone: 020 7831 5161

Website: www.baps.co.uk

Contact this address for information about plastic surgery. Consult your GP for an NHS referral to a plastic surgeon for advice on surgery and scarring.

C

Changing Faces

The Squire Centre
33-37 University Street
London
WC1E 6JN

Telephone: 0845 4500 275

Email: info@changingfaces.org.uk

Website: www.changingfaces.org.uk

Changing Faces provides information, individual help and support to all those directly or indirectly affected by facial disfigurement.

D

Disfigurement

Disfigurement Guidance Centre
P.O. Box 7
Cupar
Fife
KY15 4PF

Website: www.skinlaserdirectory.org.uk

'This organisation gives support to patients and their families, advice on camouflage and natural aid techniques and acts as an information and research centre. For a publications list send a S.A.E.'



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Other useful information and contacts

A

Anger

Website: <http://eqi.org/anger.htm>

Some thoughts about anger

Anger Management

Website: <http://www.angermanagementonline.com/articles/index.html>

An Anger Management site that offers an online course for learning about anger and controlling it.

Anti Depressants

Website:

<http://www.mind.org.uk/Information/Booklets/Making+sense/Making+sense+of+antidepressants.htm>

Information explaining how anti depressants work and the differences between the types and about their administration dose rates etc.

Attention Deficit Hyperactivity Disorder site YOUNG ADD & ADHD PEOPLE MATTER

Website: <http://www.yadhdpm.co.uk/>

Autism and Aspergers

The National Autistic Society

393 City Road
London
EC1V 1NG

Helpline: 0845 070 4004

Email: nas@nas.org.uk

Website: <http://www.nas.org.uk/>

This charity offers help, support, and services to individuals with autism and their families.



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B

Benefits DWP+Job Centre

Department for Work and Pensions Main Site

Website: <http://www.dwp.gov.uk/>

Job Centre Plus Main Site

Website: <http://www.jobcentreplus.gov.uk/>

Sick and unable to work

Website:

<http://www.jobcentreplus.gov.uk/cms.asp?Page=/Home/Customers/WorkingAgeBenefits/729>

Disability

Website:

<http://www.jobcentreplus.gov.uk/cms.asp?Page=/Home/Customers/WorkingAgeBenefits/730>

Bereavement

Cruse Bereavement Care

PO Box 800
Richmond
Surrey
TW9 1RG

Admin Telephone: 0208 939 9530

Helpline: 0844 477 9400

Email: info@cruse.org.uk
helpline@cruse.org.uk

Website: www.crusebereavementcare.org.uk

'Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides support and offers information, advice, education and training services.'



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**Bipolar Disorder/Manic Depression
MDF the Bipolar Organisation**

Castle Works
21 St. George's Road
London
SE1 6ES
United Kingdom

Telephone: 08456 340 540

Email: mdf@mdf.org.uk

Website: <http://www.mdf.org.uk/>

'MDF the Bipolar Organisation works to enable people affected by bipolar disorder / manic depression to take control of their lives.'

PDF booklet about bipolar disorder

Website:

[http://www.bbc.co.uk/health/tv_and_radio/secret_life/secret_life_manic_depre
ssion.pdf](http://www.bbc.co.uk/health/tv_and_radio/secret_life/secret_life_manic_depression.pdf)

Borderline uk

PO Box 12
Haltwhistle
Northumberland
NE49 0WY

Website: www.borderlineuk.co.uk

A national user-led network of people within the UK who meet the criteria, or who have been diagnosed with Borderline Personality Disorder (BPD) Their website provides information on all aspects of BPD.

Beatbullying

Rochester House
4 Belvedere Road
London
SE19 2AT

Telephone Main Switchboard: 0208 771 3377

Email: info@beatbullying.org

Website: www.beatbullying.org

'Beatbullying is the leading bullying prevention charity in the UK, working to create a world where bullying is unacceptable. Their website contains information for both adults and young people.'



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C

CAB Citizen's Advice Bureau

Website: <http://www.adviceguide.org.uk/>

'Provides independent advice on your rights. There is an online directory of local CAB offices.'

Cognitive Behaviour Therapy (CBT)

Website:

<http://www.mind.org.uk/Information/Booklets/Making+sense/MakingsenseCBT.htm>

A booklet from the MIND site. Explains CBT and what it is supposed to do and how.

Counselling Directory

Website: <http://www.counselling-directory.org.uk/>

D

Depression Alliance

212 Spitfire Studios
63 - 71 Collier Street
London N1 9BE

Telephone: 0845 123 23 20 (not a helpline)

Email: information@depressionalliance.org

Website: <http://www.depressionalliance.org/index.html>

Charity offering help to people with depression, run by sufferers themselves. Website contains practical information about depression, as well as details of Depression Alliance campaigns and local groups.

Depression

Website: http://www.clinical-depression.co.uk/Depression_Information/signs.htm

Website provides information about depression.

DirectGov

Website: <http://www.direct.gov.uk/YoungPeople/HealthAndRelationships/fs/en>

Health+young people (bullying, EDs etc)



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DirectGov page

Website:

<http://www.direct.gov.uk/DisabledPeople/HealthAndSupport/MentalHealth/fs/en>

Mental Health services guide

Dissociative Identity Disorder.

Website: <http://home.comcast.net/~riversrages/index.html>

Contains message board, information on the disorder, and a section on hints and considerations when disclosing your condition to friends and family. Also contains a lot of anecdotes from fellow survivors.

Domestic Abuse site for Teens.

Website: <http://www.burstingthebubble.com/>

Gives information on understanding exactly what abuse is, the different forms of abuse and whether or not it is happening in your home. Also gives advice on what to do.

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First aid information

British Red Cross

British Red Cross
UK Office
44 Moorfields
London EC2Y 9AL

Telephone: 0844 871 11 11

Email: information@redcross.org.uk,

Website: <http://www.redcross.org.uk/index.asp?id=39992>



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First aid information

NHS Direct

Chief Executive
NHS Direct
7th Floor
207 Old Street
London EC1V 9NR

Telephone: 0845 4647 (24 hours)

Website: <http://www.nhsdirect.nhs.uk/>

First aid information

St John Ambulance

27 St. John's Lane
London
EC1M 4BU

Telephone: 08700 10 49 50

Website: <http://www.sja.org.uk/default.asp?banner=true>

G
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Hearing Voices Network

79 Lever Street
Manchester
M1 1FL

Telephone enquiries and info: 0845 122 8641

Helpline: 0845 122 8642 (Tues 1-4pm.)

Website: www.hearing-voices.org

'Offer information, support and understanding to people who hear voices and those who support them'

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N

National Statistics

Website: <http://www.statistics.gov.uk/>

NHS leaflets on mental health

Website: <http://www.patient.co.uk/display/16777226/>

NHS approved leaflets - categories such as bulimia, schizophrenia, anti-depressants, phobias, self-harm, advice, depression etc.

NHS Mental Health Trusts

Website: <http://www.nhs.uk/England/AuthoritiesTrusts/MentalHealth/list.aspx>

O

Obsessive-Compulsive Disorder (OCD)

PO Box 8955
Nottingham
NG10 9AU
United Kingdom

Email: admin@ocduk.org

Website: <http://www.ocduk.org/index.htm>

OCD-UK is the leading national charity, independently working with and for people with Obsessive-Compulsive Disorder (OCD). Aims to improve awareness of the condition both amongst the general public and within the medical community, with the long term aim of campaigning to ensure that every sufferer receives the quality of treatment they deserve. They also facilitate a safe environment for people affected by OCD to communicate with each other and provide mutual understanding and support.'

P

PALS, Patient Advice and Liaison Services (NHS)

Telephone: For information on your local PALS contact your local hospital or GP surgery or phone NHS direct on 0845 46 47

Website: <http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=1082>

'Patient Advice and Liaison Services (PALS) provide: confidential advice and support to families and their carers, information on the NHS and health-related matters, confidential assistance in resolving problems and concerns quickly, explanations of complaints procedures and how to get in touch with someone who can help, and information on how you can get more involved in your own healthcare. Each NHS hospital has its own PALS.'



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Panic attacks

NOPANIC

93 Brands Farm Way
Telford
Shropshire
England
TF3 2JQ

Helpline: 0808 808 0545 (Open 10am-10pm daily)

Website: <http://www.nopanic.org.uk/>

No Panic is a totally voluntary charity, whose aims are to aid the relief and rehabilitation of those people suffering from Panic Attacks, Phobias, Obsessive Compulsive Disorders, other related Anxiety Disorders, including Tranquilliser Withdrawal, and to provide support to sufferers and their families and or carers.

Post Natal depression

Association for Post Natal Illness

145 Dawes Road,
Fulham,
London,
UK,
SW6 7EB

Helpline: 020 7386 0868 (Mon-Fri 10am-2pm)

Website: <http://www.apni.org>

Provides information and offers one to one support from mothers who have been through postnatal depression.

Psych Search Engine

Website: <http://www.enpsychlopedia.com/>

Post Traumatic Stress Disorder (PTSD) and the Holidays.

Website: <http://www.patiencepress.com/samples/PTSDandHolidays.htm>

'An article on Traumatic Stress and its connection as an anniversary during some holidays. Gives suggestions on how to change or adapt normal traditions to something tailor made for those who have bad reactions, memories, feelings around Holidays and still meet the needs of others in the family.'

Q
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S

Samaritans

Chris
P.O Box 9090
Stirling
FK8 2SA

Helpline: 08457 90 90 90 (24/7)

Helpline Republic of Ireland: 1850 60 90 90

Text: 07725909090

Email: jo@samaritans.org

Website: <http://www.samaritans.org.uk/>

The Samaritans offer a 24hrs a day crisis line email and text support service.

SANE and SANELINE

1st Floor Cityside House,
40 Adler Street
London
E1 1EE

Helpline: 0845 767 8000 (Open 6pm-11pm daily)

Email: sanemail@sane.org.uk

Website: <http://www.sane.org.uk>

SANE aims to improve the lives of people affected by mental illness. Offers a helpline and email support.

Schema therapy (like cbt)

Website: www.schematherapy.com

Suicide

Website: <http://www.metanoia.org/suicide/>

Please read if you are feeling suicidal.



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Support for the suicidal

Maytree

The Maytree Respite Centre Limited,
72 Moray Rd,
Finsbury Park, London.
N4 3LG
United Kingdom

Telephone: 020 7263 7070

Email: maytree@maytree.org.uk

Website: www.maytree.org.uk

'A refuge for people in extreme suicidal distress and despair. Maytree offers up to 4 nights stay whilst offering support and befriending to help people get through a crisis. They welcome referrals and self-referrals.'

Self Help Nottingham

Ormiston House,
32-36 Pelham Street
Nottingham
NG1 2EG

Telephone for information about self help groups: 0115 911 1661 (Open 9am-1pm with voice mail)

Website: www.selfhelp.org.uk/

T

Telephone Helplines Association

Website: <http://www.helplines.org.uk/>

Therapists

British Association for Counselling and Psychotherapy

BACP House
15 St. Johns Business Park
Lutterworth
Leicestershire
LE17 4HB

Telephone: 01455 883300 (Open Mon-Fri 8.45am-5pm)

Email: bacp@bacp.co.uk

Website: www.bacp.co.uk

BACP gives information on counselling and therapy.



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Traumatic Stress -

SIDRAN

Website: <http://www.sidran.org/>

'SIDRAN is an organisation that helps people understand, recover from, and treat PTSD, dissociative disorders and other issues such as self harm and suicidality'

U
V

Verbal & Emotional Abuse?

Website: <http://www.drirene.com/verbal1.htm>

Website provides information on how to identify a verbally or emotionally abusive relationship.

Victim Support

National Office
Hallam House
56 - 60 Hallam Street
London
W1W 6JL

Telephone: 0845 30 30 900 (Open Mon-Fri 9am-9pm, weekends 9am-7pm, Bank holidays 9am-5pm)

Email: supportline@victimsupport.org.uk.

Website: <http://www.victimsupport.org.uk/>

Offers support for victims of crime. Website provides details contact details for their individual branches.

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Young Carers Net

Website: <http://www.youngcarers.net/>
