

Mental health signposting resources



Anxiety and stress

- NHS Stress & Anxiety Companion app
- Thrive app
- Clear Fear app – teenagers
- Youper app: quick chats, meditations, mood tracker
- SAM app
- www.NoPanic.org.uk 0844 967 4848
- Companion - anxiety reduction app
- www.anxietycare.org.uk
- www.anxietyuk.org.uk
- www.Fearfighter.com
- www.OCDaction.org.uk

Bipolar Disorder

- www.bipolaruk.org.uk
- Stephen Fry – the secret of the manic depressive (YouTube)

Dual diagnosis

- Change Grow Live
- Alcoholics Anonymous
- Narcotics Anonymous
- www.drugline.org
- www.talktofrank.com

Depression

- www.BlurtItOut.org
- www.cwmt.org.uk
- www.depressionalliance.org
- I had a black dog, his name was Depression (YouTube)

Eating disorders

- www.B-eat.co.uk
- Community Eating Disorders service
- Anorexia recovery story: how I survived an eating disorder (YouTube)
- www.bbc.co.uk/iplayer/episode/b09d5nk2/louis-theroux-talking-to-anorexia
- <https://www.bbc.co.uk/iplayer/episode/p067bnvw/ugly-me-my-life-with-body-dysmorphia>

General, crisis and counselling

- www.Hubofhope.co.uk – location-based database of support services
- <https://www.nhs.uk/oneyou/every-mind-matters>
- Catch It - NHS CBT-style app
- Mind
- www.cloverleaf-advocacy.co.uk
- www.mentalhealth.org.uk
- www.Samaritans.org 116 123
- www.Rethink.org
- www.time-to-change.org.uk
- www.sane.org.uk – supports friends and family also
- www.mentalhealthatwork.org.uk
- www.Childline.org.uk 0800 1111
- Young Minds (text line: YM to 85258 and parentline 0808 802 5544)
- Stepfinder app: confidential database & directions to local help & advice
- Mood Panda app: track your mood and get anonymous support
- Text SHOUT to 85258 – free confidential text support
- www.menshealthforum.org.uk
- www.lifeintamesideandglossop.org/service/ - find services near you
- www.penninecare.nhs.uk/healthyminds
- www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/
- <http://www.infinitycic.uk> – Ashton-Under-Lyne

Personality Disorders

- www.BPDworld.co.uk
- www.youtube.com/watch?v=4E1JiDFxFGk

PTSD

- www.AssistanceTraumaCare.org.uk
- <https://www.bbc.co.uk/iplayer/episode/p077ysvd/ptsd-the-war-in-my-head>
- Life, Death & Firefighting: The Things I Can't Unsee (YouTube)

Psychosis & schizophrenia

- Hearing Voices
- Schizophrenia and mental illness: living with the Voices inside my head (YouTube)
- <https://www.youtube.com/watch?v=NPQ6dwJ19H8>
- <https://www.youtube.com/watch?v=qpX0FUDzuw>

Psycho-education

- Pennine Care health & wellbeing college
- Tameside Books on Prescription
- www.MindEd.org.uk online training

Recovery

- www.heretohelp.bc.ca/infosheet/preventing-relapse-of-mental-illnesses
- www.nhsinform.scot/illnesses-and-conditions/mental-health#mental-health-self-help-guides
- Pat Deegan – Recovery talks (YouTube)

Self-harm

- www.harmless.co.uk
- Blue Ice: helps young people manage emotions
- Calm Harm app
- Seeking attention – the self-harm expert in 60 seconds by Satveer Nijjar (YouTube)
- Reasons Why I've Self Harmed (YouTube - BBC)
- Self-harm: Going to A&E (YouTube)

Suicide

- Stay Alive: suicide prevention app
- www.Papyrus-uk.org 0800 068 4141
- www.thecalmzone.net 0800 58 58 58
- www.ZeroSuicideAlliance.com
- Oldham Safe Haven (referred via A&E)
- Tameside Safe Haven (coming in 2020)
- Maytree Suicide Respite House (London; Manchester coming in 2020)
- The Anthony Seddon Centre (Ashton)
- www.TalkingSuicide.co.uk
- www.SupportAfterSuicide.org.uk
- www.uksobs.org
- Jesy Nelson: 'Odd One Out' (iPlayer)
- Man Who Survived Jump From Golden Gate Bridge Shares His Story (YouTube)
- www.ted.com/talks/kevin_briggs_the_b_ridge_between_suicide_and_life
- This is Not a Death Wish – Jo Bell poem (BBC iPlayer)

Wellbeing and mindfulness

- Headspace meditation app
- My Possible Self – CBT style app
- Insight Timer – meditation & talks app
- iMood Journal – mood tracking app
- Feeling good positive mindset: NHS app
- Sleepio – online sleep improvement
- www.tarabrach.com/beginner-med-kit
- Be Well Tameside – wellbeing support
- Minds Matter – improving wellbeing
- The Bureau – Glossop wellbeing support
- www.LivingWellSystems.uk
- www.actionforhappiness.org