

# 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](http://www.NoPanic.org.uk) 0844 967 4848
- Companion - anxiety reduction app
- [www.anxietycare.org.uk](http://www.anxietycare.org.uk)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.Fearfighter.com](http://www.Fearfighter.com)
- [www.OCDaction.org.uk](http://www.OCDaction.org.uk)

## **Bipolar Disorder**

- [www.bipolaruk.org.uk](http://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](http://www.drugline.org)
- [www.talktofrank.com](http://www.talktofrank.com)

## **Depression**

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

## **Eating disorders**

- [www.B-eat.co.uk](http://www.B-eat.co.uk)
- Community Eating Disorders service
- <http://www.anorexiabulimiacaicare.org.uk>
- Anorexia recovery story: how I survived an eating disorder (YouTube)
- Talking to anorexia – Louis Theroux – iPlayer
- Ugly Me – My Life with Body Dysmorphia – iPlayer

## **General, crisis and counselling**

- [www.Hubofhope.co.uk](http://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](http://www.cloverleaf-advocacy.co.uk)
- [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- [www.Samaritans.org](http://www.Samaritans.org) 116 123
- [www.Rethink.org](http://www.Rethink.org)
- [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- [www.sane.org.uk](http://www.sane.org.uk) – supports friends and family also
- [www.mentalhealthatwork.org.uk](http://www.mentalhealthatwork.org.uk)
- [www.Childline.org.uk](http://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 for under-25s
- [Mood Panda app](#): track your mood and get anonymous support
- Text SHOUT to 85258 – free confidential text support
- [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)
- [www.lifeintamesideandglossop.org/service/](http://www.lifeintamesideandglossop.org/service/) - find services near you
- [www.penninecare.nhs.uk/healthyminds](http://www.penninecare.nhs.uk/healthyminds)
- [www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/](http://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](http://www.BPDworld.co.uk)
- [www.youtube.com/watch?v=4E1JiDFxFGk](https://www.youtube.com/watch?v=4E1JiDFxFGk)

### **PTSD**

- [www.AssistanceTraumaCare.org.uk](http://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](http://www.MindEd.org.uk)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

### **Recovery**

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

### **Self-harm**

- [www.harmless.co.uk](http://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](http://www.Papyrus-uk.org) 0800 068 4141
- [www.thecalmzone.net](http://www.thecalmzone.net) 0800 58 58 58
- [www.ZeroSuicideAlliance.com](http://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](http://www.TalkingSuicide.co.uk)
- [www.SupportAfterSuicide.org.uk](http://www.SupportAfterSuicide.org.uk)
- [www.uksohs.org](http://www.uksohs.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\\_bridge\\_between\\_suicide\\_and\\_life](http://www.ted.com/talks/kevin_briggs_the_bridge_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
- Smiling Mind – free meditation app
- iMood Journal – mood tracking app
- Feeling good positive mindset: NHS app
- Sleepio – online sleep improvement
- [www.tarabrach.com/beginner-med-kit](http://www.tarabrach.com/beginner-med-kit)
- Be Well Tameside – wellbeing support
- Minds Matter – improving wellbeing
- The Bureau – Glossop wellbeing support
- [www.LivingWellSystems.uk](http://www.LivingWellSystems.uk)
- [www.actionforhappiness.org](http://www.actionforhappiness.org)

### **Pathlight Thrive Hive**

Join our free, friendly Facebook community for **connection, support & inspiration** around mental health, holistic wellbeing, personal development and navigating life's challenges:  
[www.facebook.com/groups/PathlightThriveHive](http://www.facebook.com/groups/PathlightThriveHive)