



WE ARE

HUMMINGBIRD®

Mental Health - Breaking the Stigma with Music

**WE ARE
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Useful Contacts

Contents

Crisis Support & Helplines	Page 4
Finding a Therapist	Page 5
Helpful Resources by Topic	Page 6
- Abuse (domestic violence, child, sexual abuse)	Page 6
- Addiction and substance misuse (alcohol, drugs, gambling)	Page 7
- Anxiety	Page 8
- Armed Forces	Page 9
- Bereavement	Page 10
- Bipolar disorder	Page 11
- Carers	Page 11
- Creativity and mental health	Page 11
- Crime Victims	Page 12
- Debt	Page 12
- Depression	Page 12
- Eating Disorders	Page 13
- Employment and mental health	Page 13
- Family, parenting and relationships	Page 15
- General advice, information and support	Page 15
- General mental health	Page 16
- Learning disabilities	Page 17
- Lesbian, gay, bisexual and transgender (LGBT)	Page 17
- Nutrition & mental health	Page 17
- Older people	Page 17
- Personality disorder	Page 18
- Physical first aid	Page 18
- Psychosis	Page 18
- Refugees	Page 19
- Research and policy	Page 19
- Self-harm	Page 19

Crisis Support & Helplines

If you, or someone you know is in mental health crisis and needs medical help fast:

- Ring 999 to contact emergency services
- Go to your nearest Accident and Emergency (A&E) department

If it is not a medical emergency, but you still need urgent help:

- Ring 111 for professional health advice 24/7 and 365 days a year and guidance on where to access appropriate health services
- Make an appointment with your GP

Crisis and emotional support helplines for everyone

The following helplines provide emotional and crisis support for everyone affected by mental ill health:

SAMARITANS

Phone: 116 123 (Freephone, 24 hours a day, 7 days a week)

Email: jo@samaritans.org

Website: www.samaritans.org

Provide emotional support for people 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgemental support.

SANELINE

Phone: 0300 304 7000 (Local call rates, 6pm-11pm, 7 days a week)

Website: http://www.sane.org.uk/what_we_do/support/helpline/

Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

Mental health information helplines for everyone

The following helplines provide advice and information on mental health, but cannot provide emotional or crisis support:

MIND INFOLINE

Phone: 0300 123 3393 (Local call rates, 9am-6pm, Mon-Fri)

Text: 86463

Provides information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

RETHINK ADVICE AND INFORMATION SERVICE

Phone: 0300 5000 927 (Local call rates, 9.30am-4pm)

Provides practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice and carers' rights.

Finding a therapist

Counsellors, psychologists and psychotherapists are listed in the Yellow Pages. The following organisations also have searchable national lists of therapists:

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

Phone: 0161 705 4304

Email: babcp@babcp.com

Website: www.babcp.com

The British Association for Behavioural and Cognitive Psychotherapies is a multi-disciplinary interest group for people involved in the practice and theory of behavioural and cognitive psychotherapy.

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY REGISTER

Phone: 01455 883300

Email: bacp@bacp.co.uk

Website: www.itsgoodtotalk.org.uk

The British Association for Counselling and Psychotherapy maintains a searchable website of accredited counsellors and psychotherapists, which also includes information on different types of therapy available.

BRITISH PSYCHOLOGICAL SOCIETY

Phone: 0116 254 9568

Email: enquiries@bps.org.uk

Website: www.bps.org.uk

The British Psychological Society promotes excellence and ethical practice in the science, education and practical applications to psychology.

COUNSELLING DIRECTORY

Phone: 0844 8030 240

Website: www.counselling-directory.org.uk

Provides a free, confidential directory of trained, professional counsellors and therapists in the UK. It is possible to check if a counsellor found through this website is also registered with one of the professional/accreditation bodies listed in this section. Alternatively, you can get in touch with the relevant professional body directly once you have found a named professional to check the details of their registration.

IAPT

Website: www.iapt.nhs.uk

IAPT (Improving Access to Psychological Therapies) is the NHS programme which supports rolling out NICE guideline recommended talking therapies to people experiencing depression and anxiety disorders.

IESO DIGITAL HEALTH

Website: www.iesohealth.com

Provides online based one-to-one cognitive behavioural therapy on behalf of the NHS and for private companies. Some areas may allow self referral.

UK COUNCIL FOR PSYCHOTHERAPY

Phone: 020 7014 9955

Email: info@ukcp.org.uk

Website: www.ukcp.org.uk

The UK Council for Psychotherapy is the leading professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors. Their website includes a searchable register of local therapists.

Helpful resources by topic area

ABUSE (DOMESTIC VIOLENCE, CHILD, SEXUAL ABUSE)

NAPAC

Phone: 0808 801 0331 (Freephone, see website for opening hours)

Email: support@napac.org.uk

Website: www.napac.org.uk

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.

NSPCC

Phone: 0808 800 5000 (Freephone, 24 hours a day, 7 days a week – for adults concerned about a child)

Email: help@nspcc.org.uk

Website: www.nspcc.org.uk

The NSPCC is the children's charity dedicated to ending child abuse and child cruelty. Runs Childline (see below) and also a dedicated helpline for adults concerned that a child might be at risk of abuse.

ONE IN FOUR

Phone: 0208 697 2112

Email: admin@oneinfour.org.uk

Website: www.oneinfour.org.uk

One in Four is a charity that supports people who have experienced child sexual abuse through longterm low cost therapy (one to one and in groups), advocacy and through education and workshops.

RAPE CRISIS

Phone: 0808 802 999 (Freephone helpline, see website for opening hours)

Website: www.rapecrisis.org.uk

Rape Crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. It runs local Rape Crisis helplines and centres across England and Wales, details of which can be found on their website.

REFUGE

Phone: 0808 2000 247 (Freephone, 24 hours a day, 7 days a week)

Email: helpline@refuge.org.uk (Only monitored Mon-Fri 9-5pm)

Website: www.refuge.org.uk

Refuge provide help and information about domestic violence. It runs a 24/7 domestic violence helpline in partnership with Women's Aid. Refuge runs a number of safe houses for women and children escaping domestic violence as well as other services.

SURVIVORS UK

Phone: 0203 598 3898

Email: info@survivorsuk.org

Website: www.survivorsuk.org

Survivors UK provides help and support for men who have experienced sexual violence or abuse. This includes counselling and online and SMS chat support services run by professionals who specialise in the field of male sexual violence.

WOMEN'S AID

Phone: 0808 2000 247 (Freephone, 24 hours a day, 7 days a week)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Women's Aid are a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.

ADDICTION AND SUBSTANCE MISUSE (ALCOHOL, DRUGS, GAMBLING)

ADDACTION

Phone: 020 7251 5860

Email: info@addaction.org.uk

Website: www.addaction.org.uk

Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

ADFAM – FAMILIES, DRUGS AND ALCOHOL

Phone: 0207 553 7640

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Adfam provides information and support for families affected by drugs and alcohol. Their website includes listing of helplines and local support groups available across England, as well as training and information for drug and alcohol professionals.

AL-ANON FAMILY GROUPS UK & EIRE

Phone: 0207 403 0888 (Helpline, 10am-10pm, 7 days a week)

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Run a wide range of selfhelp groups for relatives and friends of alcoholics.

ALCOHOLICS ANONYMOUS

Phone: 0800 9177 650 (Freephone, national helpline)

Email: help@alcoholics-anonymous.org.uk

Website: www.alcoholics-anonymous.org.uk

Alcoholics Anonymous runs self-help groups across Great Britain for anyone affected by alcohol use issues who wants to change their drinking behaviours, based on 12 step model of recovery.

ALCOHOL CONCERN

Phone: 0207 566 9800

Email: contact@alcoholconcern.org.uk

Website: www.alcoholconcern.org.uk

Alcohol Concern is a charity working to help people understand the dangers of drinking too much and to advocate for better treatment for those affected by alcohol use issues.

ALCOHOL HEALTH NETWORK

Phone: 0203 151 2420

Email: info@alcoholhealthnetwork.org.uk

Website: www.alcoholhealthnetwork.org.uk

A UK-based social enterprise which aims to improve alcohol-related health in the workplace and in communities. Provides a range of alcohol harm reduction services, including policy advice, employee and manager training, online health checks and counselling.

COCAINE ANONYMOUS

Phone: 0800 612 0225

Email: wtf@cauk.org.uk

Website: www.cauk.org.uk

Organisation running self-help groups for those with substance use issues relating to cocaine, based on 12 step model of recovery.

DRINK AWARE

Phone: 0207 766 9900

Email: contact@drinkaware.co.uk

Website: www.drinkaware.co.uk

Independent charity working to reduce alcohol misuse and harm in the UK. The website has free drink trackers and tools to assess your own drinking levels.

DRINKLINE

Phone: 0300 123 1110 (Freephone, 9am-8pm Mon-Fri; 11am-4pm Sat-Sun)

Drinkline is a free, confidential national helpline for people who are concerned about their own or someone else's drinking.

DRUGSCIENCE

Website: www.drugscience.org.uk

DrugScience is an independent, science-led drugs charity which provides objective information on drugs and drug harms to the public, educators and academics.

DUAL RECOVERY ANONYMOUS UK & IRELAND

Phone: 0300 124 0373

Website: www.dualrecoveryanonymous.org

Organisation running self-help groups for those with dual diagnosis (a substance use issue alongside diagnosed mental health issue), based on 12 Step model of recovery.

GAMBLERS ANONYMOUS UK

Website: www.gamblersanonymous.org.uk

Gamblers Anonymous runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change, based on 12 step model of recovery.

MARIJUANA ANONYMOUS UK

Phone: 0300 124 0373

Email: helpline@marijuana-anonymous.org.uk

Website: www.marijuana-anonymous.org.uk

Organisation running self-help groups across the UK for those with substance use issues relating to marijuana, based on 12 step model of recovery.

NARCOTICS ANONYMOUS UK

Phone: 0300 999 1212 (Helpline, 10am-12am, 7 days a week)

Email: meetings@ukna.org

Website: www.ukna.org

Narcotics Anonymous runs self-help groups across the UK for anyone affected by drug use who wants to change, based on 12 step model of recovery.

PROGRESS

Website: www.dualdiagnosis.co.uk

Progress are a consortium of consultant nurses working in dual diagnosis and substance use settings. Their website provides information on dual diagnosis for people in treatment, carers and professionals.

TALK TO FRANK

Phone: 0300 123 6600 (24 hours a day, 7 days a week)

Text: 82111

Email: frank@talktofrank.com

Website: www.talktofrank.com

Talk to Frank is the national drug education service established in 2003. It provides information on legal and illegal drugs for teenagers and adolescents, including a confidential information line and live chat services on its website.

UK SMART RECOVERY

Website: www.smartrecovery.org.uk

Provides training to help people manage their recovery from any type of addictive behaviour, including alcohol and substance use as well as gambling, sex, eating, shopping etc.

ANXIETY

ANXIETY UK

Phone: 08444 775 774 (Infoline, 9.30am-5.30pm, Mon-Fri)

Text: 07537 416 905

Email: support@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self-help groups.

NO PANIC

Phone: **0844 967 4848** (Helpline, 10am-10pm, 7 days a week)
Phone: **01753 840 393** (Youth helpline for 13 to 20 year olds, 4-6pm Mon-Fri)
Email: admin@nopanic.org.uk
Website: www.nopanic.org.uk

No Panic is a charity which helps people who experience any kind of anxiety disorder. It specialises in self-help based recovery via their helpline and resources available on their website.

OCD ACTION

Phone: **0845 390 6232**
Email: support@ocdaction.org.uk
Website: www.ocdaction.org.uk

OCD Action is the national charity focusing on obsessive compulsive disorder. It provides support and information to those affected by OCD, and works to increase awareness of it. Runs a variety of self-help groups across the country as well as online support groups and advocacy services.

OCD-UK

Phone: **0845 120 3778**
Email: support@ocduk.org
Website: www.ocduk.org

OCD-UK is a national charity working with and for children and adults affected by obsessive compulsive disorder. Provides a wide range of information on OCD, and runs self-help services including telephone support groups, online chats and support forums.

TRIUMPH OVER PHOBIA

Phone: **01225 571 740**
Email: info@topuk.org
Website: www.topuk.org

Triumph over Phobia is a UK charity which aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety to overcome their fears.

ARMED FORCES

ABF THE SOLDIERS' CHARITY

Phone: **0207 901 8900**
Email: supportercare@soldierscharity.org
Website: www.soldierscharity.org

ABF The Soldiers' Charity is the national charity of the British Army, providing support for every soldier or veteran and their families for life.

COMBAT STRESS

Phone: **0800 138 1619** (Freephone, 24 hour helpline, 7 days a week)
Text: **07537 404 719**
Email: combatstress@rethink.org
Website: www.combatstress.org.uk

The UK's leading Veteran's mental health charity, providing treatment and support services for all ex service personnel, through a helpline, community and outreach support and several dedicated treatment centres.

HELP FOR HEROES

Phone: **01980 844 280**
Website: www.helpforheroes.org.uk

Help for Heroes provides direct support for wounded, injured and sick veterans and serving members of the Armed Forces and their families, including mental health support.

PTSD RESOLUTION

Phone: 0300 302 0551 (9am-5pm, Mon-Fri)

Email: coord@ptsdresolution.org

Website: www.ptsdresolution.org

PTSD Resolution helps veterans, TA and reservists who are struggling to reintegrate into a normal work and family life because of military trauma suffered during service in the Armed Forces. Coordinate a network of 200 accredited therapists with a focus in military PTSD.

THE ROYAL BRITISH LEGION

Phone: 0808 802 8080 (8am-8pm, 7 days a week)

Email: info@britishlegion.org.uk

Website: www.britishlegion.org.uk

The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families. They also campaign to improve their lives, organise the Poppy Appeal and remember the fallen.

SSAFA

Phone: 0800 731 4880 (Freephone helpline)

Website: www.ssafa.org.uk

SSAFA is an independent charity which provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force, including running free and confidential helpline support.

BEREAVEMENT

BEREAVEMENT ADVICE CENTRE

Phone: 0800 634 9494 (Freephone helpline, 9am-5pm, Mon-Fri)

Website: www.bereavementadvice.org

The Bereavement Advice Centre supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

CHILD BEREAVEMENT UK

Phone: 0800 028 8840 (Freephone helpline, 9am-5pm, Mon-Fri)

Email: support@childbereavementuk.org

Website: www.childbereavementuk.org

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Runs a dedicated helpline as well as individual, couple's and family support sessions and groups across the country.

THE COMPASSIONATE FRIENDS

Phone: 0345 123 2304 (National helpline, see website for opening hours)

Email: helpline@tcf.org.uk

Website: www.tcf.org.uk

The Compassionate Friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to providing peer support for other bereaved parents, siblings and grandparents.

CRUSE BEREAVEMENT CARE

Phone: 0808 808 1677 (Helpline, see website for opening hours)

Email: helpline@cruse.org.uk

Website: www.cruse.org.uk

Cruse Bereavement Care offer support, advice and information to children, young people and adults when someone dies. They run a helpline as well as bereavement counselling as well as facilitated self-help groups across the country.

DYING MATTERS

Phone: 0800 021 4466

Website: www.dyingmatters.org

A coalition of 32,000 members across England and Wales which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

LULLABY TRUST

Phone: 0808 802 6868 (Freephone helpline, see website for opening hours)

Email: support@lullabytrust.org.uk

Website: www.lullabytrust.org.uk

The Lullaby Trust provides specialist support for bereaved families and anyone affected by a sudden infant death.

SURVIVORS OF BEREAVEMENT BY SUICIDE

Phone: 0300 111 5065 (Helpline, 9am-9pm, 7 days a week)

Email: sobs.support@hotmail.com

Website: www.uk-sobs.org.uk

Survivors of Bereavement by Suicide is the national charity to meet the needs and break the isolation experienced by those bereaved by suicide. A self-help organisation which provides support via a range of means, including through a national helpline, via email and through running self-help groups.

WINSTON'S WISH

Phone: 08452 030405 (Helpline)

Email: info@winstonswish.org.uk

Website: www.winstonswish.org.uk

Winston's Wish is the leading childhood bereavement charity in the UK. Offers practical support and guidance to bereaved children, their families and professionals.

BIPOLAR DISORDER

BIPOLAR UK

Phone: 0333 323 3880

Email: info@bipolaruk.org

Website: www.bipolaruk.org

Bipolar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers. Provide information through their website and via phone and also run national self-help support groups, online support and employment support.

CARERS

CARERS TRUST

Phone: 0844 800 4361

Email: support@carers.org

Website: www.carers.org

The Carers Trust is a major new charity for, with and about carers. They work to support carers through a wide range of information, providing respite care services and online peer support, including dedicated community for young carers under 18.

CARERS UK

Phone: 08008 808 7777 (Freephone Adviceline, 10am-4pm, Mon-Fri)

Website: www.carersuk.org

Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring, and running an online peer support community of carers across the UK.

CREATIVITY AND MENTAL HEALTH

CORE ARTS

Phone: 020 8533 3500

Website: www.corearts.co.uk

Core Arts is a leading mental health day care service in Hackney, London, using arts and creativity to support people with mental health issues and enabling them to fulfil their potential and participate fully in their community.

CREATIVE RESPONSE

Phone: 0125 271 6876

Email: contact@creativeresponsearts.org

Website: www.creativeresponsearts.org

Creative Response is an independent arts related organisation using both visual and performance related arts as a catalyst in a therapeutic environment to support people with mental health or substance use issues.

SOUND MINDS

Phone: 0207 207 1786

Email: staff@soundminds.co.uk

Website: www.soundminds.co.uk

London based Sound Minds is a social enterprise aiming to transform the lives of people experiencing mental ill health through participation in arts activity. Run by people with lived experience of mental ill health it runs sessions in music, visual arts, video editing and drama.

TEMPO WELLBEING

Email: hello@tempowellbeing.co.uk

Website: www.tempowellbeing.co.uk

Tempo Wellbeing runs specialist singing workshops for people who are in hospital or the community and who have mental health issues.

CRIME VICTIMS

VICTIMS' INFORMATION SERVICE

Phone: 0808 168 923 (Freephone)

Website: www.victimsinformationsservice.org.uk

The Victims' Information Service is a free nationwide service which helps people find local support after a crime takes place. It brings together information on what will happen after reporting a crime, people that may be involved, help that should be provided and how to complain if something goes wrong.

VICTIM SUPPORT

Phone: 0808 1689 111 (Freephone, 8pm-8am Mon-Fri,

Weekends 24 hours)

Website: www.victimsupport.org.uk

Victim Support is an independent charity working towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. They run a confidential free helpline for anyone affected by crime as well as emotional and practical support, including advice on reporting a crime and processes involved in going to court and what happens during a trial.

DEBT

MONEY ADVICE SERVICE

Phone: 0800 138 7777 (Freephone, 9am-8pm Mon-Fri, 9.30am-1pm Sat)

Website: www.moneyadviceservice.org.uk

A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats.

NATIONAL DEBTLINE

Phone: 0808 808 4000 (Freephone, 9am-8pm Mon-Fri, 9.30am-1pm Sat)

Website: www.nationaldebtline.org

The National Debtline is an independent charity which provides free, confidential specialist advice on managing financial debt via a helpline, online information and free web chats.

STEPCHANGE

Phone: 0800 138 1111 (Freephone helpline)

Website: www.stepchange.org

Charity Stepchange provides free advice on problem debt and debt management.

DEPRESSION

ASSOCIATION FOR POSTNATAL ILLNESS

Phone: 0207 386 0868 (10am-2pm, Mon-Fri)

Email: info@apni.org

Website: www.apni.org

APNI provides support for all women who experience postnatal depression. Provide peer support services via phone and email.

CHARLIE WALLER MEMORIAL TRUST

Phone: 01635 869 754

Email: admin@cwmt.org

Website: www.cwmt.org.uk

The Trust was set up in 1998 in memory of Charlie Waller,

a young man who took his own life due to depression. His family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so. The Trust delivers training in a wide range of settings to raise awareness of depression and to remove the stigma attached to mental ill health.

DEPRESSION UK

Email: info@depressionuk.org
Website: www.depressionuk.org

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

PANDAS FOUNDATION

Phone: 0843 2898 401 (9am-8pm, 7 days a week)
Email: info@pandasfoundation.org.uk
Website: www.pandasfoundation.org.uk

The PANDAS Foundation provides support services for everyone affected by perinatal mental health issues (including perinatal depression and psychosis), via the phone, online communities and in person support groups. It also provides support for partners affected by caring for someone with perinatal mental health issues.

EATING DISORDERS

ABC (ANOREXIA & BULIMIA CARE)

Phone: 0300 011 1213 (Helpline)
Email: support@anorexiabulimiacare.org.uk
Website: www.anorexiabulimiacare.org.uk

Anorexia & Bulimia Care is a national UK eating disorders organisation providing ongoing care, emotional support and practical guidance for anyone affected by eating disorders. Includes nutritional guidance/support and befriending services.

BEAT

Phone: 0345 634 1414 (Helpline, for anyone over 18)
Phone: 0345 634 7650 (Youthline, for anyone under 25)
Email: help@b-eat.co.uk (18 or over) or fyp@b-eat.co.uk (25 or under)

Website: www.b-eat.co.uk

Beat is the UK's leading charity supporting anyone affected by eating disorders. Runs helplines for adults and young people, online support as well as peer support groups across the country.

MGEDT (MEN GET EATING DISORDERS TOO!)

Email: sam@mengetedstoo.co.uk
Website: www.mengetedstoo.co.uk

National charity raising awareness of eating disorders in men. Also provides peer support services for men affected by eating disorders.

EMPLOYMENT AND MENTAL HEALTH

ACAS (ADVISORY, CONCILIATION AND ARBITRATION SERVICE)

Phone: 0300 123 1100
Website: www.acas.org.uk

Acas provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law. Supports good relationships between employers and employees, but also provides conciliation services to resolve workplace problems.

BITC (BUSINESS IN THE COMMUNITY)

Phone: 020 7566 8650
Email: info@bitc.org.uk
Website: www.bitc.org.uk

Business in the Community is the Prince's Responsible Business Network. Its members work together to tackle a wide range of issues essential to building a fairer society and more sustainable future. BITC provide a range of services, practical guidance and creative solutions that help businesses review, improve, measure and report. BITC has also launched a toolkit resource, helpful for all organisations that are exploring how to embed a wellbeing strategy into their organisation. Available here: <http://wellbeing.bitc.org.uk/all-resources/toolkits/mental-health-employers> (Accessed 07/07/2016)

DOH GUIDANCE ON WORKPLACE ADJUSTMENTS FOR MENTAL HEALTH

Available from: www.nhshealthatwork.co.uk/images/library/files/Government%20policy/Mental_Health_AdjustmentsGuidance_May_2012.pdf (Accessed 07/07/2016)

The Department of Health published this advice on providing reasonable adjustments for mental health conditions, outlining examples of adaptations and good practice on applying any adjustments.

FIT FOR WORK

Phone: 0800 032 6235

Website: www.fitforwork.org

Fit for Work is a voluntary service that offers the wider working population access to occupational health (OH) advice and support. Employers can refer employees who've been off work for four weeks or more a free 'fit for work' assessment. On the website you will find more information, an employer's guide and a stress risk assessment tool.

HEALTH IN CONSTRUCTION LEADERSHIP GROUP

Phone: 0113 261 5368

Website: www.healthinconstruction.co.uk

Health In Construction Leadership Group works with construction CEO's to improve health within the sector, with a current focus on mental health. Brings together contractors, clients, the Health and Safety Executive, professional bodies, trade associations and trade unions.

THE CITY MENTAL HEALTH ALLIANCE

Email: cmha@citymha.org.uk

Website: www.citymha.org.uk

The City Mental Health Alliance is a coalition of organisations that have come together to create an environment in the City of London where mental health is discussed in the same way as physical health. Championed by senior business leaders, it is closely supported by UK mental health organisations MHFA England and Mind.

EDUCATION SUPPORT PARTNERSHIP

Phone: 0800 0562 561 (Freephone, 24 hours a day, 7 days a week)

Text: 07909 341 229

Email: support@edsupport.org.uk

Website: www.educationsupportpartnership.org.uk

Provides free confidential counselling for teachers, including online chat services.

MENTAL HEALTH FOUNDATION WORKPLACE RESOURCES

Website: www.mentalhealth.org.uk/tags/workplace

The Mental Health Foundation has developed a range of resources aimed at tackling mental health in the workplace. This includes the helpful guide 'Managing mental health in the workplace', produced with employee benefits specialist Unum. Available at the link above.

MINDFUL EMPLOYER

Phone: 01392 677 064

Email: info@mindfulemployer.net

Website: www.mindfulemployer.net

Mindful Employer aims to increase awareness of mental health at work and provides easily accessible information to organisations and supports for staff who experience stress, anxiety, depression or other mental health conditions.

MIND'S GUIDE TO WORKPLACE MENTAL HEALTH

Website: www.mind.org.uk/workplace/mentalhealth-at-work

Mental health charity Mind's dedicated website section on workplace mental health provides guidance to help employers take care of themselves and their staff. Mind has also published the Employers' Guide to Mentally Healthy Workplaces, which discusses what poor workplace wellbeing is, what a mentally healthy workplace looks like, and how to create mentally healthy workplaces. Available from: www.mind.org.uk/media/43719/EMPLOYERS_guide.pdf (Accessed 07/07/2016)

RICHMOND FELLOWSHIP

Phone: 0207 697 3300

Website: www.richmondfellowship.org.uk

The Richmond Fellowships is one of the largest voluntary sector organisations providing support for people with mental health problems. Its aim is to work towards a society that values everyone with mental health issues, through providing supported housing and employment support services to help people find work or stay in work.

THIS IS ME

Website: www.thelordmayorsappeal.org/powerof-diversity/this-is-me

A City wide mental health campaign, first developed by Barclays as part of the Lord Mayor's 2016 Power of Diversity programme, run in partnership with Business Healthy and the City Mental Health Alliance and supported by City AM. Aims to reduce stigma around mental health in the workplace and raise awareness of wellbeing.

TIME TO CHANGE'S GUIDE TO WORKPLACE MENTAL HEALTH

Website: <http://www.time-to-change.org.uk/getinvolved/get-your-workplace-involved/supportmanagers>

Anti-stigma campaign Time to Change has a dedicated website section providing guidance, tips and tricks on many aspects of dealing with mental health in the workplace, including legal guidance and onwards signposting to additional resources.

SHAW TRUST

Phone: 01225 716 300

Website: www.shaw-trust.org.uk

The Shaw Trust is the UK's largest third sector provider of employment services for disabled and disadvantaged people.

FAMILY, PARENTING AND RELATIONSHIPS

FAMILY ACTION

Phone: 020 7254 6251

Email: info@family-action.org.uk

Website: www.family-action.org.uk

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England. They aim to strengthen families and communities by building skills and resilience. Their support services include a focus on parental mental health issues, including issues such as perinatal depression.

FAMILY LINKS

Email: info@familylinks.org.uk

Website: www.familylinks.org.uk

Family Links is a national charity dedicated to creating an emotionally healthy, resilient and responsible society through a range of training programmes. They train people to run parent groups in local communities and also provide step by step guides for parents on their website.

FAMILY LIVES

Phone: 0808 800 2222 (Freephone helpline, see website for opening hours)

Website: www.familylives.org.uk

Family Lives is a national family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline, and provide a range of information on issues relating to parenting.

RELATE

Phone: 0300 100 1234

Website: www.relate.org.uk

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

GENERAL ADVICE, INFORMATION AND SUPPORT

CITIZEN'S ADVICE

Phone: 03444 111 444

Website: www.citizensadvice.org.uk

Citizen's Advice provides free, independent information and

advice for people on money, legal, consumer, housing and other problems. Its website is searchable for local citizen's advice bureaux and also has a dedicated web chat service.

GOV.UK

Website: www.gov.uk

Gov.uk is the first point of contact for information on all government services, including money, tax, benefits, disability, employment and carers' rights.

HEALTH TALK

Website: www.healthtalk.org

Health Talk provides free, reliable information about health issues, by sharing people's real-life experiences.

MEN'S HEALTH FORUM

Email: manmot@menshealthforum.org.uk

Website: www.menshealthforum.org.uk

Men's Health Forum provide free, independent health information focusing on male health issues, including particular projects around men's mental health.

NHS CHOICES

Website: www.nhs.uk

NHS Choices provides a wide range of accessible information on all health related issues, including symptoms, conditions, treatments and local NHS services available. This includes a dedicated section on mental health (under the 'Live Well' heading).

GENERAL MENTAL HEALTH

ACTION FOR HAPPINESS

Website: www.actionforhappiness.org

Action for Happiness is not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Their vision is a happier world, with fewer people suffering with mental health problems

and more people feeling good, functioning well and helping others. Its website provides many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

MIND

Phone: 0300 123 3393 (Mind Infoline, see above)

Email: info@mind.org.uk

Website: www.mind.org.uk

Mind provide a wide range of services relating to mental health, including information, support as well as research and campaigning work. The national Mind organisation also acts as an umbrella organisation to many independent local Mind organisations, which provide different services across the country, e.g. therapy services, self-help groups and alternative therapies.

RETHINK MENTAL ILLNESS

Phone: 0121 522 7007 (General enquiries)

Email: info@rethink.org

Website: www.rethink.org

Rethink Mental Illness provide a range of support, advice and information services relating to mental illness, as well as conducting national campaigns and research. Rethink runs over 200 mental health services and 150 support groups across England, including therapy services, peer support groups and many more.

SANE

Phone: 0203 805 1790 (General enquiries)

Email: info@sane.org.uk

Website: www.sane.org.uk

In addition to running Saneline (see above), Sane also aims to improve the lives of anyone affected by mental illness through campaigning work, research and online support services.

TOGETHER FOR MENTAL WELLBEING

Phone: 0207 780 7300

Email: contact-us@together-uk.org

Website: www.together-uk.org

Together is a national charity working alongside people with mental health issues. It provides a range of specialist support services, including peer support services, accommodation based support, criminal justice mental health services and advocacy.

LEARNING DISABILITIES

MENCAP

Phone: 0808 808 1111 (9am-5pm, Mon-Fri)

Email: help@mencap.org.uk

Website: www.mencap.org.uk

Mencap works in partnership with people with a learning disability, their families and carers to provide a range of support services.

HFT

Phone: 0117 906 1700

Website: www.hft.org.uk

Hft is a national charity providing services for people with learning disabilities throughout England through personalised support services.

GENERATE

Phone: 0208 879 6333

Website: www.generate-uk.org

Generate is a charity which aims to support the lives of people with a learning difficulty.

LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT)

LESBIAN, GAY, BISEXUAL AND TRANSGENDER SWITCHBOARD

Phone: 0300 330 0630 (Local call rates, 10am-11pm, 7 days a week)

Email: chris@switchboard.lgbt

Website: www.switchboard.lgbt

Confidential support, information and referral services for the LGBT community, including online chat services.

STONEWALL

Phone: 0800 050 2020 (Freephone information service)

Email: info@stonewall.org.uk

Website: www.stonewall.org.uk

Stonewall supports all lesbian, gay, bi and trans people with a range of help and advice services and by working in partnership with businesses and communities to tackle issues related to discrimination.

NUTRITION & MENTAL HEALTH

FOOD FOR THE BRAIN

Phone: 0300 365 0130

Email: info@foodforthebrain.org

Website: www.foodforthebrain.org

Food for the Brain are a charitable foundation raising awareness of the importance of optimum nutrition in mental health. They work to inform organisations and empower individuals to change their diet and lifestyle and take greater control of their own mental health. They also run the Brain Bio Centre, a not for profit clinic focusing on tailored nutrition support for people with mental health issues.

OLDER PEOPLE

AGE UK

Phone: 0800 169 2081 (Freephone advice line)

Website: www.ageuk.org.uk

AgeUK provides a range of information and support services for older people and those caring for them. Includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.

ALZHEIMER'S SOCIETY

Phone: 0300 222 1122 (Helpline, see website for opening hours)

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

The Alzheimer's Society provides a range of information and support services for anyone affected by dementia.

DEMENTIA UK

Phone: 0800 888 6678 (Freephone helpline)

Email: direct@dementiauk.org

Website: www.dementiauk.org

Dementia UK offers specialist one to one support and expert advice for people living with dementia, including nursing support through their team of Admiral Nurses.

PERSONALITY DISORDER

EMERGENCE

Email: admin@emergenceplus.org.uk

Website: www.emergenceplus.org.uk

Emergence is a service user led organisation with the overarching aim of supporting all people affected by personality disorder, including service users, carers, family and friends and professionals.

PERSONALITY DISORDER – NO LONGER A DIAGNOSIS OF EXCLUSION

Website: www.personalitydisorder.org.uk

The website for the Department of Health's National Personality Disorder Programme, which provides a range of resources, including a service finder and details of pilot projects relating to personality disorder.

PERSONALITY DISORDER – KNOWLEDGE AND UNDERSTANDING FRAMEWORK

Website: www.personalitydisorderkuf.org.uk

The Knowledge and Understanding Framework is the national training framework to support people to work more effectively with personality disorder.

PHYSICAL FIRST AID

BRITISH RED CROSS

Phone: 0344 871 1111

Email: information@redcross.org.uk

Website: www.redcross.org.uk

The British Red Cross is one of the largest providers of

accredited first aid training in the UK.

ST JOHN AMBULANCE

Phone: 0844 770 4800 (for training course enquiries)

Website: www.sja.org.uk

St John Ambulance is the nation's leading first aid charity, with an aim to teach everyone simple, life saving skills.

PSYCHOSIS

ACTION ON POSTPARTUM PSYCHOSIS

Phone: 0203 3229 900

Email: app@app-network.org

Website: www.app-network.org

Action on Postpartum Psychosis is a network of women with lived experience of postnatal psychosis, professionals and academics in the field. It offers peer support to families affected by postnatal psychosis, raises awareness and supports research into its causes.

HEARING VOICES NETWORK

Phone: 0114 271 8210

Email: nhvn@hotmail.co.uk

Website: www.hearing-voices.org

The Hearing Voices Network is committed to helping people who hear voices, see visions and experience tactical sensations and those that support them. They run a range of self-help groups and deliver training for professionals and the general public.

VOICE COLLECTIVE

Phone: 0207 911 0822

Email: info@voicecollective.co.uk

Website: www.voicecollective.co.uk

The Voice Collective is a London wide project that supports children and young people who hear voices, see visions or have other unusual sensory experiences. It also offers support for parents/families and training for professionals.

REFUGEES

REFUGEE COUNCIL

Phone: 020 7346 6700

Website: www.refugeecouncil.org.uk

The UK's largest organization working with refugees and asylum seekers. Includes the provision of specialist therapeutic services targeted to the needs of these populations.

RESEARCH AND POLICY

CENTRE FOR MENTAL HEALTH

Phone: 020 7827 8300

Email: contact@centreformentalhealth.org.uk

Website: www.centreformentalhealth.org.uk

The UK's leading authority in mental health research. Using research to change people's lives.

DEPARTMENT OF HEALTH

Website: www.dh.gov.uk

The aim of the Department of Health is to help people to live better for longer. Its site provides information on health and social care policy and guidance publications and statistics.

DRUGWISE

Website: www.drugwise.org.uk

DrugWise provides a comprehensive resource of research information, statistics and reports relating to drugs, alcohol and tobacco.

GOV.UK POLICY INFORMATION

Website: www.gov.uk/government/policies

A comprehensive range of documents/reports on current government policy, including topics such as carers' health and mental health service reform.

MENTAL HEALTH FOUNDATION

Phone: 020 7803 1100

Website: www.mentalhealth.org.uk

Improving the lives of those with mental health problems or learning difficulties, through research, policy work and running awareness campaigns like Mental Health Awareness Week.

PUBLIC HEALTH ENGLAND

Website: www.phe.gov.uk

Public Health England is the national public health agency. It aims to protect and improve the nation's health and wellbeing and reduce health inequalities. Its site provides public health research and policy publications.

ROYAL COLLEGE OF PSYCHIATRISTS

Phone: 020 7235 2351

Email: reception@rcpsych.ac.uk

Website: www.rcpsych.ac.uk

The Royal College of Psychiatrists is the professional medical body responsible for oversight of psychiatrists in the UK. It provides training, conducts research and sets standards for the profession, and also provides information for the general public on mental health issues and mental health services and treatments.

SELF-HARM

HARMLESS

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm, including support, information, training and consultancy to people who self-harm, their friends and families and professionals. Includes resources on alternative coping strategies.

NSHN (NATIONAL SELF HARM NETWORK)

Website: www.nshn.co.uk

The National Self Harm Network offers an online moderated support forum for people affected by self-harm.

SELFHARMUK

Website: www.selfharm.co.uk

selfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their lives. It allows people to share their personal stories around self-harm and receive answers online. Run by national charity Youthscape.

SELF INJURY SUPPORT

Phone: **0808 800 8088** (Freephone helpline, 7pm-10pm, Mon-Fri)

Website: www.selfinjurysupport.org.uk

Self injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. They run a dedicated self-injury helpline, as well as text and email support for girls and young women under 24 years of age and supports self-injury self-help groups.



www.wearehummingbird.com