



# Where to find support for your Mental Health

**Non-Urgent**  
I need support for my mental health

Contact your GP Practice from 8am – 6.00pm for an appointment in a few days (phone or email booking systems) and/or Refer yourself for talking therapy, find a link on your GP website.  
<https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service>

**Urgent**  
I need help with my mental health now

Call NHS 111 - Option 2 for mental health issues. [www.111.nhs.uk](http://www.111.nhs.uk)  
On google type: 'find a local nhs urgent mental health helpline'  
On google type: 'find a mental health café near me'

**Emergency**  
I have a health emergency

Go to Accident & Emergency at a hospital or  
Call **999** if there is threat to life

## Mental Health Helplines and Online Support



**Samaritans** When life is difficult, Samaritans are here - day or night, 365 days a year. You can call them for free on 116 123 or visit [www.samaritans.org](http://www.samaritans.org) to find your nearest branch.



**Give us a SHOUT** [www.giveusashout.org](http://www.giveusashout.org) Send a text to 85258. A text helpline service and other resources online.



**TALK to FRANK** [www.talktofrank.com](http://www.talktofrank.com) Most people don't use drugs and even those that do, emergencies are rare. But no one can be certain how drugs will affect them so there's always the risk they'll have a bad time, fall ill, hurt themselves or worse. Call 0300 123 6600, text 82111 or live chat 24/7



**SANEline** If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4pm - 10pm every day) or email for a response on [support@sane.org.uk](mailto:support@sane.org.uk)



**No Panic** [www.nopanic.org.uk](http://www.nopanic.org.uk) 0300 772 9844 10am-10pm (Not FREE £) helpline, courses and resources for panic attacks



**Rethink Mental Illness** [www.rethink.org](http://www.rethink.org) **Get help Now** button. Support groups, advice line 0808 801 0525



**Mind** [www.mind.org.uk](http://www.mind.org.uk) **Get help now** button. Many resources. Any age.



**Hub of Hope** [www.hubofhope.co.uk](http://www.hubofhope.co.uk) to locate a local service on a national database of mental health services that you can search by using your postcode.

**Samaritans: SHUSH - active listening tips for supporting someone** <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/what-do-if-you-think-someone-struggling/> If you're worried someone is suicidal, it's okay to ask them directly. Research shows that this helps. Also see: <https://sossilenceofsuicide.org/>



[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

**Better Health - Every Mind Matters** helps empower people to look after their mental wellbeing. Their website features lots of NHS approved tips and advice to help you be kind to your mind.

At its heart is the free NHS-approved Mind Plan, available on the website. By answering five short questions people get a personalised mental health action plan, providing practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control.

## Phone Apps

**There are many different phone apps available to download for free, which can provide support and advice on various issues. Below are some suggestions:**



**Stay Alive** is a suicide prevention app with over 600 resources and tools to help you, or someone you are worried about, keep safe.



**Togetherall** is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Join a community that empowers people to seek and provide support for their mental health and wellbeing.



**Calm Harm** provides tasks to help you resist or manage the urge to self-harm. Calm Harm uses basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).



**Clear Fear** helps you to face your fear and learn to reduce the physical responses to threat as well as changing thought and behaviours and releasing emotions



**MindDoc** helps if you are struggling with emotional problems or simply want to be more aware of your mood and wellbeing. It is a personalized mental health companion that checks on you three times a day.



**DistrACT** provides trusted information and links to support people who self-harm and may feel suicidal (aged 17+).



**headspace** Meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you. (Not FREE £)



**Sensa.health** CBT (Cognitive Behavioural Therapy) content to calming exercises and guides of self-improvement to a stress-free life

## Recovery Colleges

**These are NHS colleges offering a range of recovery-focused educational courses and resources for people 18+. They** contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and skills in order to become experts in their own self-care and achieve the things they want to in life. Courses can be online, or face to face. Find your local College: on google type: 'mental health recovery college & your own POST CODE'

There is a UK wide online Recovery College: <https://www.recoverycollegeonline.co.uk/>

## Coping Strategies

### A: The 5-4-3-2-1 anxiety management technique is a five-step exercise.

It can be very helpful during periods of anxiety or panic by helping to ground you in the present, when your mind is bouncing around between various anxious thoughts. Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help: ground yourself:

- ⑤ Think of **five** things you see around you.
- ④ Think of **four** things you can touch around you.
- ③ Think of **three** things you hear.
- ② Think of **two** things you can smell.
- ① Think of **one** thing you would like to eat or drink.

### B: STOPP technique can be used when feeling overwhelmed or struggling with impulsive thoughts.

- Ⓢ **Stop and step back.** Don't act immediately. Pause.
- Ⓣ **Take a breath.** Notice your breath as you breathe in and out.
- Ⓞ **Observe.** What am I thinking and feeling? What are the words that my mind is saying? Is this fact or opinion? Descriptions or evaluations? Accurate or inaccurate? Helpful or unhelpful? What unhelpful thinking habit am I using (e.g. mind-reading, negative filter, thinking the worst)? Where is my focus of attention? What metaphor could I use (mountain, tunnel, playground bully, thought train, beach ball, passengers on the bus)?
- Ⓟ **Pull back.** See the situation as an outside observer. What would a fly on the wall see? Is there another way of looking at it? What advice would I give to someone else? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in 6 months?
- Ⓟ **Practise what works.** Do what works, what is most helpful. Play to your principles and values. Will it be effective and appropriate? Is it in proportion to the event? Is it in keeping with my values and principles? What will be the consequences of my action?

### C: Here are some suggestions by people who have been through something similar to what you're feeling right now, but if they've worked for someone else, maybe they will work for you.

- Listen to a 5 minute song
- Do this 5 minute meditation <https://www.headspace.com/meditation/5-minute-meditation>
- Read one page of a book or magazine
- Make a hot drink
- Put some moisturiser on
- Stroke a pet
- Do some star jumps
- Do this breathing exercise <https://www.epworth.org.au/our-services/mental-health/resources>



Getselfhelp.co.uk



This information is compiled by Alison Biggs, Occupational Therapist [www.healthywork.org.uk](http://www.healthywork.org.uk)

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