

Getting Help with your Mental Health

Further Resources & Organisations

In this section are details of services and organisations that offer help, resources, and support to people about mental health challenges. *Please note, this list is not exhaustive, will be reviewed for updates and is primarily for UK based residents. We are working on a one-stop resource that will cover more countries.*

Anna Freud | www.annafreud.org

Our vision is a world where children and families are supported effectively to build on their strengths and to achieve their goals in life.

Anxiety UK | www.anxietyuk.org.uk

Anxiety UK is a national registered charity formed in 1970, by Katharine and Harold Fisher, for those affected by anxiety, stress and anxiety based depression.

Better Health – Every Mind Matters | www.nhs.uk/every-mind-matters/

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.

We have expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.

Black Minds Matter UK | www.blackmindsmatteruk.com/

Black Minds Matter UK is a fully registered charity operating in the UK; connecting Black individuals and families with free mental health services- by professional Black therapists to support their mental health. Our vision is to make mental health topics more relevant and accessible for all Black people in the U.K., removing the stigma and remodelling the services to be relevant for the Black community.

*In their #Timetotalk series, the charity produced a 9 point guideline - **How to Encourage Conversations on Mental Health in Black Households** - as a resource to facilitate conversations on mental health in the Black community.*

Campaign Against Living Miserably (CALM) | www.thecalmzone.net

We're the Campaign Against Living Miserably (CALM) and we're taking a stand against suicide. That means standing against feeling shit, standing up to stereotypes, and standing together to show life is always worth living.

125 lives are lost every week to suicide. And 75% of all UK suicides are male. We exist to change this.

We do it by provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide.

Childline | www.childline.org.uk

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

Citizens Advice | www.citizensadvice.org.uk

We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

Mental Health Foundation | www.mentalhealth.org.uk

Prevention is at the heart of what we do. Our knowledge, informed by rigorous research and practical based study, has been pioneering change for more than 70 years and we aren't afraid to challenge the status quo or tackle difficult or under researched issues.

MIND | www.mind.org.uk

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Rethink Mental Illness | www.rethink.org

As experts in mental illness, we know that with the right support and information people severely affected by mental illness can have a good quality of life. That's why our aim is to meet each person's individual needs and make sure everyone living with a mental illness is treated with dignity and respect.

Samaritans | www.samaritans.org

Every 10 seconds, Samaritans responds to a call for help.

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives. We offer listening and support to people and communities in times of need.

Shout 85258 | www.giveusashout.org

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 1,000,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support.

As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

The Mix | www.themix.org.uk

Life's tough, we know that. It can throw a lot your way and make it hard to know what the hell to do with it all.

So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome.

We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

YoungMinds | www.youngminds.org.uk

We are the UK's leading mental health charity for young people

16personalities | www.16personalities.com

We've developed many tools and assessments to help you explore how your personality traits affect various aspects of your life.

Compiled as part of Elijah, The Tishbite - Let's Talk About Mental Health - WORKBOOK
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