



Mental Health

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For more generic Support pathways, including other Listening Services see the "General Support" signposting document.

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General Information

- **British Association for Counselling and Psychotherapy (BACP)** (info/FAQs) provides information on therapy, how to seek a therapist and directory for accredited therapists. If you're not sure whether therapy could help, what type of therapy you need or how to find a safe and effective counsellor or psychotherapist, they can help.
<https://www.bacp.co.uk/>
- **Mind** (info). Promotes the views and needs of people with mental health problems, and contains a lot of information and signposting.
<https://www.mind.org.uk/>
 - Guide to how to start reaching out, and options when seeking support for Mental Health.
<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/>
- **Mental Health Foundation** (info). A range of resources and information about mental health, specific conditions, supporting others, along with guides and publications.
<https://www.mentalhealth.org.uk/>
 - Eg. their tips for general mental wellbeing:
<https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips>
- **Mental Health Foundation** (info/signposting). Provides a range of research and information on mental health matters.
<https://www.mentalhealth.org.uk/>
- **Mental Health UK** (info/signposting). Information and guidance for people affected by any mental health issues
<https://mentalhealth-uk.org/>
- **NHS** - Find a local urgent mental health helpline (info/helpline). NHS urgent mental health helplines are for people of all ages. You can call for 24-hour advice and support - for you, your child, your parent or someone you care for. NHS webpages also contain information for mental health conditions that someone may be experiencing.
<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



- **NHS Talking Changes** (psychological therapies) helps put people into contact with talking therapies within County Durham and Darlington.
<https://durhamanddarlingtontalkingtherapies.org.uk/>
 - Self refer through the link above
- **ReThink Mental Illness** (info/support). Rethink Mental Illness supports people living with mental illness and their carers through advice, information, services, groups and campaigns.
<https://www.rethink.org/>
 - Advice phone line: 0808 801 0525
 - Monday-Friday (9:30am-4pm)
 - Email: info@rethink.org / advice@rethink.org
- **Qwell** (free digital support/peer support/self-help). An NHS-funded, anonymous digital service for talking with a BACP accredited practitioner, as well as forums and self-help resources.
<https://www.qwell.io/>
- **Richmond Fellowship** (support/housing/signposting). National mental health recovery charity offering range of services to support those with mental health, including supported housing, residential homes and employment support.
<https://www.richmondfellowship.org.uk/>
- **SANE** (info/support/helpline/email/advice). Emotional support, information and guidance for people affected by mental illness, their families and carers.
<https://www.sane.org.uk/>
 - Phone: 0300 304 7000
 - Everyday (4pm-10pm)
 - They offer callback services - for details please see <https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>
 - Email: support@sane.org.uk
- **TogetherAll** (info/support/peer support). Online mental health community, helping members to take control, get help and feel better. Includes online forums, live therapy in the UK, courses, and resources.
<https://togetherall.com/en-gb/>



Specific Mental Health Conditions

Anxiety

Generalised Anxiety Disorder (GAD) and Panic Attacks

- **Anxiety UK** (info/helpline/text/support/therapy). A charity for those affected by anxiety, stress and anxiety based depression.
<https://www.anxietyuk.org.uk/>
 - Phone: 03444 775 774
 - Monday-Friday (10:30am-4:30pm)
 - Text: 07537 416 905
 - Monday-Friday (10:30am-4:30pm)
- **Mind (info/signposting)**. Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/>
- **NHS (info)**. Information and support on dealing with panic attacks.
<https://www.nhsinform.scot/healthy-living/mental-wellbeing/anxiety-and-panic/how-to-deal-with-panic-and-anxiety/>
 - BSL:
<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/mental-health-and-wellbeing/how-to-deal-with-panic-attacks-bsl/>
- **No Panic** (info/helpline/support). Helps people suffering with panic attacks, phobias, obsessive compulsive disorders, and other related anxiety disorders including those trying to give up tranquilisers.
<https://nopic.org.uk/>
 - Phone: 0300 772 9844
 - Everyday, (10am-10pm)
- **Rootd** (app). A free app with paid upgrades to help stop, understand and overcome anxiety and panic attacks. Includes a panic-button, guided sleep breathing and anxiety journal.
<https://www.rootd.io/>



Phobias

- **TOP UK** (support/info/self-help). A UK registered charity which aims to help people who experience phobias, obsessive compulsive disorder and other related anxiety. They do this by running a network of self-help therapy groups.
<https://www.topuk.org/>

Social Anxiety

- **NHS** (info). A self-help guide for people with mild to moderate symptoms of social anxiety, using CBT principles.
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/social-anxiety-self-help-guide>

Bipolar Disorder

- **Bi-polar UK** (info/support/peer support line). A user led charity working to enable people affected by Bipolar disorder / manic depression to take control of their lives. There is a Durham support group that meet online on the 3rd Tuesday of each month at 12:30pm-1:30pm, accessed through the link below.
<https://www.bipolaruk.org/>
 - Phone: 0333 323 3880
 - Available everyday (9am-5pm) or book a slot through
<https://www.bipolaruk.org/support-line>
 - Email: info@bipolaruk.org
 - Durham Support group:
<https://www.bipolaruk.org/Event/durham-support-group-apr24>
- **International Bipolar Foundation** (info). Articles, educational materials, resources, videos, and stories. Note - hotlines signposted from this website are international, so may not be able to be used by people in the UK.
<https://ibpf.org/>

Depression

For listening services and other general support, see the General Support Signposting document.

- **NHS** (info). Information on depression in adults including symptoms and treatment in England. See above section for the urgent mental health helpline.
<https://www.nhs.uk/mental-health/conditions/depression-in-adults/>



- **Depression UK** (info/self help). Depression UK is a volunteer-run National Self-Help Organisation helping people cope with their depression.
<https://www.depressionuk.org/>
- **My Black Dog** (webchat). A charity that offers anonymous, peer to peer mental health support in England and Wales.
<https://www.myblackdog.co/>
 - Monday-Friday (5pm-10pm), Sunday (7pm-10pm)

Seasonal Affective Disorder

- **NHS** (info). Information about Seasonal Affective Disorder (SAD), including the symptoms, how it is diagnosed and how it is treated.
<https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/>

OCD

- **NOCD** (app/support). The app associated with this includes a comprehensive learning tool about OCD, ERP exercises, OCD community online and a personalised therapy plan.
<https://www.treatmyocd.com/>
- **OCD Action** (helpline/info/support groups). National charity focusing on OCD, with regular online support groups for anyone affected by OCD, including specific groups on perinatal OCD, LGBTQ+, men's OCD and Body dysmorphic disorder (BDD), parents and partners of people with OCD.
<https://ocdaction.org.uk/>
 - Phone: 0300 636 5478
 - Monday–Friday (9.30am–8pm), but most of the time there isn't someone there to answer straight away - leave a message with them.
 - Sign up to support groups through: <https://ocdaction.org.uk/online-support-groups/>
- **OCD-UK** (helpline/info/support). Supporting children and adults with OCD. Their phone line is staffed by volunteers and may not always be answered. They advise you to email if you can't get through.
<https://www.ocduk.org>
 - Phone: 03332 127 890
 - Monday-Friday (10am-4.45pm)
 - Email: support@ocduk.org



- **Rethink** - (info). Provides support and advice to those suffering from obsessive compulsive disorder (OCD), with information for friends and family.
<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/obsessive-compulsive-disorder-ocd/>
- **TOP UK** (support/info/self-help). A UK registered charity which aims to help people who experience phobias, obsessive compulsive disorder and other related anxiety. They do this by running a network of self-help therapy groups.
<https://www.topuk.org/>

Trauma and PTSD

- **ASSIST Trauma Care** (info/therapy). Provides information and therapy sessions for all types of trauma and stress disorders
<http://assisttraumacare.org.uk/>
- **NHS** - PTSD and CPTSD self-help guide (info). Self-help guide intended for people with mild-to-moderate symptoms of post-traumatic stress disorder (PTSD) or complex post-traumatic stress disorder (CPTSD).
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/ptsd-and-cptsd-self-help-guide>

Psychosis and Schizophrenia

- **NHS** - Information on Psychosis (info). Providing information, support and treatment options for those experiencing psychosis, or family and friends who want to learn more about the condition.
<https://www.nhs.uk/mental-health/conditions/psychosis/overview/>
- **NHS** - Information on Schizophrenia (info). The NHS provides useful information about schizophrenia, the symptoms, when to get medical advice and treating the disorder.
<https://www.nhs.uk/mental-health/conditions/schizophrenia/overview/>
- **Voice Collective** (info/support). UK-wide support for young people who hear voices, see visions, or have other sensory experiences or beliefs. Includes online peer groups.
<https://www.voicecollective.co.uk/>



Specific Circumstances

Advice on Supporting Others' Mental Health

- **BeThere** (info). An online educational resource to help you learn how to recognise when someone is struggling with their mental health and the best way to support them.
<https://bethere.org/Home>
- **YoungMinds** (info). Advice and information on how to support friends struggling with their mental health whilst also taking care of your own.
<https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health/>

Preparing for a GP Appointment

- **DocReady** (info). Prepare for mental health related GP visits.
<https://www.docready.org/#/home>

Hoarding

- **HoardingUK** (info/support) is a national charity dedicated to supporting people with hoarding behaviours. They offer a range of services including advocacy and Skype group sessions.
<https://hoardinguk.org/>

Support for Specific Identities

Disabled Individuals

- **Mencap** (helpline/email/form/info). Information and advice for people with a learning disability, their families and carers. Services include an online community.
<https://www.mencap.org.uk/>
 - Phone: 0808 808 1111 (Learning Disability Helpline)
 - Monday-Friday (10am-3pm)
 - Email: helpline@mencap.org.uk
 - Form: https://www.mencap.org.uk/contact/contact_mencap_direct



- **Scope** (helpline/email/info/BSL video chat). Scope's helpline provides free, independent and impartial advice and support on issues that matter to disabled people and their families.
<https://www.scope.org.uk/>
 - Phone: 0808 800 3333
 - Monday-Friday (9am-6pm), Saturday (10am-6pm)
 - Email: helpline@scope.org.uk
 - Textphone: dial 18001 then 0808 800 3333
 - Monday-Friday (9am-6pm), Saturday (10am-6pm)
 - BSL accessed through the website
- **Disability Plus** (info/paid therapy). A team of mental health counsellors and psychotherapists with personal experience or knowledge across a wide range of disabilities. Funding may be available to cover costs of sessions, so see website for more details.
<https://www.disabilityplus.co.uk/>

LGBTQ+ Individuals

- **Switchboard** (helpline/live chat/email) - a confidential, non-judgemental LGBTQ+-specific listening service
<https://switchboard.lgbt/>
 - Phone: [0800 0119 100](tel:08000119100)
 - Everyday (10am-10pm)
 - Live chat: <https://switchboard.lgbt/>
 - Email: hello@switchboard.lgbt
 - They aim to reply within 5 days.
- **Pink Therapy** (Therapist Directory). Online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTQIA+ spectrum from a non-judgmental standpoint, and are part of the LGBTQIA+ spectrum themselves.
<https://pinktherapy.com/>



Male Individuals

- **Andy's Man Club** (peer support). ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. There are several local groups in Sunderland and Newcastle.
<https://andysmanclub.co.uk/>

PoC Individuals

- **Asian Mental Health Helpline** (helpline) provides mental health support in many different languages (Gujarati, Punjabi, Hindi, Urdu, English). Operated by ReThink.
<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asi-an-mental-health-helpline/>
 - Phone: 0808 800 2073
 - Monday-Wednesday (4pm-7pm), Tuesday-Thursday (12pm-3pm)
- **Black, African and Asian therapy network (BAATN)** (Paid therapist directory). Home of the largest community of Counsellors and Psychotherapists of Black African Asian and Caribbean Heritage in the UK.
<https://www.baatn.org.uk/>
- **Black Minds Matter** (support/info/signposting) provides accredited black therapists for black individuals suffering from mental health issues, and culturally relevant mental health support and information.
<https://www.blackmindsmatteruk.com/home>
- **South Asian Therapists** (Therapist directory/info). Directory for culturally-sensitive therapists of South Asian heritage <https://southasiantherapists.org/find-a-therapist/>
- **The Empowerment group** (1:1 therapy) provides free therapy for people with Black African and Caribbean heritage in the UK.
<https://www.theempowermentgroup.co.uk/>



Religious Individuals

Christianity

- **Premier Lifeline** (helpline) provides emotional support for Christians.
<https://www.premierlifeline.org.uk/>
 - Phone: 0300 111 0101
 - Monday-Friday (9am-5pm)

Islam

- **Muslim Women's Network UK Helpline** (helpline/SMS/live chat/email/info). Helping Muslim women and girls with a helpline and counselling service
<https://www.mwnhelpline.co.uk/index.php>
 - Phone: 0800 999 5786
 - Monday-Friday (10am-4pm)
 - SMS: 07415 206 936
 - Monday-Friday (10am-4pm)
 - Email: info@mwnhelpline.co.uk
 - Live chat: <https://www.mwnhelpline.co.uk/index.php>
 - Monday-Friday (10am-4pm)
- **Muslim Youth Helpline** (helpline/webchat/email) offers free and confidential support and information by phone and online chat. They exist to help people with a Muslim faith in the United Kingdom who may need emotional support.
<https://www.myh.org.uk>
 - Phone: 0808 808 2008
 - Everyday (4pm-10pm)
 - Webchat: <https://myh.org.uk/how-we-can-help/chat-with-us/>
 - Everyday (4pm-10pm)
 - Email: help@myh.org.uk

Judaism

- **JAMI** (support/advocacy/counselling) guide Jewish people through the navigating mental health services, providing emotional support and expert advice, and provide professional, person-centred treatment and support for young people and adults with mental health needs, as well as for their families and carers.
<https://jamiuk.org/>
 - Refer through this form: <https://jamiuk.org/get-support/referral/>



- **Jewish Care Listening Line** (helpline). Staffed by trained volunteers who provide a non-judgemental listening ear for Jewish people.
 - Phone: 0800 652 9249
 - Monday-Thursday (12pm-12am), Friday (12pm-3pm)

Find accredited psychologists

See above PoC and LGBTQ+ sections for Therapist Directories specific to those groups.

- **BPS** (info) helps you find chartered psychologist in the area for your needs. These psychologists are not covered by the NHS.
<https://www.bps.org.uk/>
- **British Association for Behavioural and Cognitive Therapies** (info) has information on accredited BABCP CBT and AREBT therapists in the UK and Ireland. There is also information about what CBT is.
<http://www.babcp.com/Default.aspx>
- **Psychotherapy** (info) is a membership organisation with national registers of psychotherapists qualified to work with children and psychotherapeutic counsellors. They can help you find a therapist near Durham. All therapists comply with their standards and are UKCP accredited.
<https://www.psychotherapy.org.uk/find-a-therapist/>
- **SignHealth** (therapy in BSL). Offers a psychological therapy service delivered in British Sign Language.
<https://signhealth.org.uk/>