

Mental wellbeing, helpful tips

Your GP is the gateway to other services. They will refer patients on to medical specialists, practitioners and other therapists as appropriate. And an NHS programme called Improving Access to Psychological Therapies (IAPT) makes it easier for people to access therapies such as cognitive behavioural therapy (CBT) and counselling. Details for your local IAPT services can be found on the IAPT website: www.iapt.nhs.uk This all sounds positive, BUT, in recent years there have been cuts to many mental health services across the UK and waiting lists for treatment can be very long. For a guide to the NHS mental health services go to: www.nhs.uk

Other sources of help and support

There are many organisations beyond the NHS who may be able to help you maintain, or get back to, good mental health. These include:

-  **Anxiety UK** offers support, advice and information on a range of anxiety and anxiety-based depression conditions. www.anxietyuk.org.uk Call: 08444 775 774, Mon-Fri 9:30am - 5.30pm
Text Service: 07537 416 905
-  **Autism West Midlands** have a very useful leaflet on 'Managing stress and anxiety. A guide for parents and carers of children with autism.' Download here goo.gl/9klqCq
Call: 0121 450 7582 / 0303 03 00 111
-  **Carers UK** www.carersuk.org
Call: 0808 808 7777
-  **Cerebra** work to improve mental health and wellbeing in children and produce information leaflets and guides for parents. www.cerebra.org.uk Call: 01267 244200
-  **Childline** dedicated helpline for children and young people. www.childline.org.uk
Call: 0800 1111
-  **Hafal** works with people affected by mental illness across Wales. www.hafal.org
Call: 01792 816 600/832 400
-  **Mental Health Foundation** is UK-wide and has a wide range of free resources. www.mentalhealth.org.uk/publications
Tel: 020 7803 1100 (London). 0141 572 0125 (Glasgow). 0131 243 3800 (Edinburgh) 02921 679400 (Cardiff).
-  **Mind** a booklet has been produced and can be downloaded for carers, 'How to cope as a carer'. It provides practical information on coping strategies, self-help resources as well as useful contacts. Download here: goo.gl/g4DXgt
Mind InfoLine 0300 123 3393
Mind BlueLight Line 0300 303 5999
-  **National Autistic Society** www.autism.org.uk Call: 0808 800 4104

-  **Rethink** provide support for all people affected by severe mental health problems. www.rethink.org. Call: 0300 5000 927
-  **Samaritans** whatever you're going through, you can call them for free any time, from any phone on 116 123. Or email jo@samaritans.org. Or write to them at Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA
-  **SANE** works to improve the quality of life for everyone affected by mental illness. www.sane.org.uk Call: 0300 304 7000 between 6pm and 11pm daily.
-  **SCOPE** has accessible mental health resources which may be useful for talking about mental health issues with someone who has learning difficulties. www.scope.org.uk Call: 0808 800 3333
-  **SAD** for help on how to cope with Seasonal Affective Disorder. www.sad.org.uk
-  **The National Institute of Mental Health** is a US-based website but it has a huge range of information about mental health and mental illness. www.nimh.nih.gov
-  **Time to Change** works to end the stigma around mental health problems. www.time-to-change.org.uk
-  **Together-UK** helps people with mental health issues to lead independent lives. www.together-uk.org
Call: 020 7780 7300 general enquiries line
-  **turn2me** provides free online mental health help at www.turn2me.org
-  **Young Minds** are committed to improving the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk
Call: 020 7089 5050



And finally, our team of TSA Advisers are here to help and support you and will tell you about services which may be able to help you. See the outside back cover for their contact details.