

<u>SIGNPOSTING FOR DRUGS AND ALCOHOL</u>			
<u>addaction.org.uk</u>			
Services for people who are dependent on drugs and alcohol, and their families.			
<u>adfam.org.uk</u>			
Support and information for family and friends for people with drug or alcohol problems.			
<u>alcoholics-anonymous.org.uk</u>			
National network of local alcoholics to help recover from alcoholism.			
<u>alcoholics-anonymous.org.uk</u>			
National network of local alcoholics to help recover from alcoholism.			
<u>talktofrank.com</u>			
Offers free confidential drug information and advice 24 hours a day.			

<u>SIGNPOSTING FOR DEPRESSION</u>			
<u>NHS Choices - nhs.uk</u>			
<u>Provides a wealth of information on treatments for depression available through the NHS.</u>			
<u>SAMH - Scottish Association for Mental Health - mentalhealth.org.uk</u>			
<u>Support for anyone with mental health problems or learning disabilities</u>			
<u>Depression UK - depressionuk.org</u>			
<u>A self-help organisation made up of individuals and local groups.</u>			
<u>Mind- mind.org.uk</u>			
<u>Promotes the views and needs of people with mental health problems.</u>			
<u>Samaritans - samaritans.org</u>			
<u>A 24-hour telephone helpline for people struggling to cope.</u>			
<u>https://www.nhs.uk/oneyou/every-mind-matters/</u>			
<u>Support for all mental health concerns</u>			

SIGNPOSTING FOR ANXIETY				
NHS Choices - nhs.uk				
<u>Provides a wealth of information on treatments for anxiety available through the NHS.</u>				
Anxiety UK - anxietyuk.org.uk				
<u>Advice and support for people living with anxiety.</u>				
Fearfighter - fearfighter.com				
<u>A computer-based CBT programme for people who struggle with phobias or feelings of panic or anxiety.</u>				
https://www.nhs.uk/oneyou/every-mind-matters/				
Support for all mental health concerns				

<u>SIGNPOSTING FOR PTSD</u>					
<u>NHS Choices - nhs.uk</u>					
Provides a wealth of information on treatments for PTSD available through the NHS.					
<u>ASSIST trauma care - assisttraumacare.org.uk</u>					
Information and specialist help for people with PTSD and anyone supporting them.					
<u>Combat Stress- combatstress.org.uk</u>					
Treatment and support for British Armed Forces Veterans who have mental health problems.					
<u>Rape Crisis - rapecrisis.org.uk</u>					
Providing a range of services for women and girls who have experienced abuse, domestic violence and sexual assault.					
<u>Disaster Action - disasteraction.org.uk</u>					
Information and support for people affected by major disasters in the UK and overseas.					
<u>Victim Support - victimsupport.org.uk</u>					
Providing support and information to victims or witnesses of crime					

<u>SIGNPOSTING FOR SELF HARM</u>				
<u>Harmless - harmless.org.uk</u>				
Provides a range of services for people who self-harm and their friends and families				
<u>National Self Harm Network - nshn.co.uk</u>				
Survivor-led, closely monitored forum for people who self-harm and their friends and families.				
<u>Mind - mind.org.uk</u>				
Promotes the views and needs of people with mental health problems, including self-harm.				
<u>NHS Choices - nhs.uk</u>				
Provides a wealth of information on treatments for self-harm.				
<u>YoungMinds Parents Helpline - youngminds.org.uk</u>				
Advice and support helpline for anyone worried about a child or young person under 25.				
<u>Childline - childline.org.uk</u>				
Online, on the phone, anytime				

SIGNPOSTING FOR SUICIDE					
Samaritans- samaritans.org					
Offering emotional support for everyone, 24 hours a day					
CALM (Campaign Against Living Miserably) thecalmzone.net					
Listening services, information and support for men at risk of suicide.					
Papyrus HOPELINEUK - papyrus-uk.org					
Confidential support for under-35s at risk of suicide and others who are concerned about them.					
NHS Choices - nhs.uk/conditions/suicide					
Comprehensive help and information relating to suicide, including links to external websites.					
Elefriends - elefriends.org.uk					
Mind's supportive online community providing confidential help on mental health problems, including suicide.					
Maytree Suicide Respite Centre - maytree.org.uk					
Offers free respite stays for people in suicidal crisis.					

SIGNPOSTING FOR EATING DISORDERS				
B-EAT - b-eat.co.uk				
Beat is the UK's leading charity supporting anyone affected by eating disorders.				
NHS Choices - nhs.uk/eatingdisorders				
Comprehensive information and guidance relating to eating disorders.				
National Centre for Eating Disorders - eating-disorders.org.uk				
Everything you need to know about eating disorder treatments, information and professional training.				
Anorexia and Bulimia Care - anorexiabulimiacare.org.uk				
Providing on-going care, emotional support and practical guidance for anyone affected by eating disorders				
SEED - seedeatingdisorders.org.uk				
A group of ordinary people with first-hand experience of eating disorders.				

SIGNPOSTING FOR PERSONALITY DISORDERS					
NHS Choices - nhs.uk					
Provides information on personality disorders and treatments which are available through the NHS.					
National Institute for Health and Care Excellence - nice.org.uk					
Produces guidelines on best practice in health care, including recommended treatments for Borderline Personality Disorder (BPD).					
Mind - mind.org.uk					
Provides a wealth of information and advice relating to personality disorders.					
The National Association for People Abused in Childhood (NAPAC) - napac.org.uk					
A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services.					

SIGNPOSTING FOR BIPOLAR DISORDER				
Bipolar UK - bipolaruk.org				
Support for people with bipolar disorder and their families and friends.				
National Institute for Health and Clinical Excellence (NICE) - nice.org.uk				
National guidelines on treatments for bipolar disorder.				
Royal College of Psychiatrists - rcpsych.ac.uk				
The professional medical body responsible for supporting psychiatrists.				
SANE - sane.org.uk				
A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems.				
Rethink rethink.org				
A charity which provides advice, information and services for a range of mental health conditions.				
NHS Choices - nhs.uk				
Provides information on treatments for bipolar disorder available through the NHS.				

SIGNPOSTING FOR PSYCHOSIS				
Hearing Voices network - hearing-voices.org				
Information and support for people who hear voices and local support groups.				
Royal College of Psychiatrists - rcpsych.ac.uk				
The professional medical body responsible for supporting psychiatrists.				
National Institute for Health and Clinical Excellence (NICE) - nice.org.uk				
Guidelines on professional treatments for psychosis.				
National Paranoia Network - nationalparanoianetwork.org				
Information and support for people who experience paranoid thoughts.				
Voice collective - voicecollective.co.uk				
Supports children and young people who experience psychotic symptoms and offer support for their families.				
Young Minds - youngminds.org.uk				
Support for young people affected by mental health, including psychosis.				

SIGNPOSTING FOR SCHIZOPHRENIA				
Hearing Voices network - hearing-voices.org				
Information and support for people who hear voices and local support groups				
SANE - sane.org.uk				
A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems.				
Living With Schizophrenia - livingwithschizophreniauk.org				
A charity website managed by people with personal experiences of the condition.				
National Paranoia Network - nationalparanoianetwork.org				
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