

Schizophrenia

Mind is a leading mental health charity in England and Wales. It provides advice and support to empower anyone experiencing a mental health problem. The charity campaigns to improve services, raise awareness and promote understanding. The Mind infoline provides information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. They are also able to provide details of local help and support. Contact

them by phone on 0300 123 3393 0300 123 3393 FREE between 9am and 6pm, Monday to Friday
www.mind.org.uk

YoungMinds is committed to improving the emotional wellbeing and mental health of children and young people. Visit www.youngminds.org.uk for information, support and advice. Concerned parents can also call the Parents' Helpline on

0808 802 5544 0808 802 5544 FREE (Monday to Friday between 9.30am and 4pm).

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. They can provide practical advice and information about issues such as therapy and medication, benefits, debt, criminal justice and your rights under the Mental Health Act, as well as operating support groups across England. For advice and

support call the Rethink Information and Advice Line on 0300 5000 927 0300 5000 927 FREE (Monday to Friday from 10am to 1pm) or go online to www.rethink.org

Mental Health Foundation is a leading UK mental health research, policy and service improvement charity. They are committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives. They help people to survive, recover from and prevent mental health problems. Visit www.mentalhealth.org.uk

SANE provides emotional support and information to anyone affected by mental illness. Their services are completely confidential and whatever your problems or concerns, you will receive non-judgemental emotional support. There are 3 main

ways to reach them: Helpline: 0845 767 8000 0845 767 8000 FREE (available 6pm – 11pm every day)

Email or **Support Forum**

Website: www.sane.org.uk

Anxiety

No Panic is a voluntary charity, providing support to sufferers of Panic Attacks, Anxiety Disorders, Phobias and Obsessive

Compulsive Disorder. Contact their help line on 0800 138 8889 0800 138 8889 FREE , 10am to 10pm everyday or log onto nopanic.org.uk

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and

understanding via an extensive range of services. Contact them by phone on 08444 755 774 08444 755 774 FREE or visit www.anxietyuk.org.uk

Anxiety Alliance is run by former anxiety sufferers, so they fully understand the physical feelings and negative emotions that sufferers experience. Through their helpline they can offer confidential and impartial advice and support. Factsheets, self-help booklets, relaxation tapes and CDs are also available to members. You can contact the helpline on 0845 296

7877 0845 296 7877 FREE , every day of the week (including weekends) between 10am and 10pm or log onto www.anxietyalliance.org.uk for more information.

Bipolar

Bipolar UK is a national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers. Contact them by phone on 020 7931 6480 020 7931 6480 FREE , by emailing info@bipolaruk.org.uk or visit www.bipolaruk.org.uk

Depression

Action on Depression work in Scotland to provide information and support services to those affected by the condition. To mark Depression Awareness week they have launched a new campaign entitled "Never Judge a Book..." to challenge existing stereotypes about the illness.

Further information on how Action on Depression can help you can be obtained by visiting www.actionondepression.org or by emailing info@actionondepression.org

FamilyLine's free confidential helpline can support you if you are experiencing issues concerning depression or mental health. We will listen to your worries and concerns while you talk through them in confidence. Our helpline is open 0900 to

1700 Monday to Friday 0808 800 5678 0808 800 5678 FREE or email us at: help@familyline.org.uk

Depression Alliance works specifically with people who experience depression and anxiety. They provide support and understanding to those who are affected, including friends and family of sufferers. They operate a national network of self-help groups, an online support forum and publish a quarterly magazine to ensure that nobody suffers alone. They also campaign to raise awareness and reduce stigma about depression.

Information pack request line: 0845 123 23 20 0845 123 23 20 FREE

Email: information@depressionalliance.org

www.depressionalliance.org

Eating Disorders

Beat is a national charity providing information, help and support for people with eating disorders and their families Beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people

beat their eating disorder. Contact them by phone on 0845 634 1414 0845 634 1414 FREE , Monday to Friday between 10:30am and 8:30pm and on Saturdays between 1pm and 4:30pm, or the Youth Helpline, up to the age of 18 on

0845 634 7650 0845 634 7650 FREE , Monday to Friday between 4:30pm and 8:30pm and Saturdays between 1pm

and 4:30pm, or log onto www.b-eat.co.uk There is also a text service on 07786 201820 07786 201820 FREE .

Anorexia and Bulimia Care (ABC) provides personal advice and support to anyone affected by anorexia, bulimia, binge eating and all kinds of eating distress. They support sufferers and their family and friends towards full recovery. Contact the

Helpline on 03000 11 12 13 03000 11 12 13 FREE (Parent Helpline: Option1; Sufferer Helpline: Option 2) or log onto www.anorexiabulimiacare.org.uk

The National Centre for Eating Disorders aims to treat compulsive eating, anorexia, bulimia and weight problems by

means of support, prevention and training. Contact them by phone on 0845 838 2040 0845 838 2040 FREE , or go online to www.eating-disorders.org.uk

OCD

OCD Action is a national charity for people with Obsessive Compulsive Disorder (OCD) and related disorders. OCD Action exists to provide information, advice and support for people with OCD, plus their families, friends, carers and interested

professionals. Contact their support and information helpline on 0845 390 6232 0845 390 6232 FREE , or log onto www.ocdaction.org.uk

OCD-UK is a service user led charity, independently working with and for almost one million children and adults whose lives are affected by Obsessive-Compulsive Disorder (OCD). Their vision is one of a society where everyone affected by Obsessive-Compulsive Disorder should receive the most appropriate, and the highest quality standards of care, support and treatment. For more information, visit www.ocduk.org

Personality Disorder

Emergence is a service user-led organisation supporting all people affected by personality disorder including service users, carers, family and friends and professionals. Visit www.emergenceplus.org.uk

Suicide

If you're a young person and you're considering suicide, or you feel depressed or like you're not coping with life, **HOPELineUK**, provided by the organisation **PAPYRUS**, is a confidential helpline service staffed by trained professionals

who can give support, practical advice and information. You can call the helpline on 0800 068 41 41 0800 068 41

41 FREE , email pat@papyrus-uk.org or text 07786 209 697 07786 209 697 FREE . Lines are open Monday to Friday from 10am until 5pm and again from 7pm until 10pm, and between 2pm until 5pm at the weekend. PAPYRUS can also offer help and advice if you're concerned about someone you know.

You'll also find them online at <http://www.papyrus-uk.org>

CALM, the campaign against living miserably is a charity aimed at preventing male suicide in the UK. For information and

support, visit www.thecalmzone.net, or call their helpline on 0800 58 58 58 0800 58 58 58 FREE between 5pm and midnight seven days a week. Calls are anonymous, confidential, free from a landline and will not appear on itemised bills.

Samaritans is available for anyone struggling to cope round the clock, every single day of the year. They provide a safe

place to talk where calls are completely confidential. Call 08457 90 90 90 08457 90 90 90 FREE or visit www.samaritans.org

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation of those bereaved by the suicide of

a close relative or friend. Contact them by phone on 0844 561 6855 0844 561 6855 FREE , 9am to 9pm every day, or log onto <http://www.callhelpline.org.uk>

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. They can be contacted on 0844 477 9400 0844 477 9400 FREE Mon to Fri 9:30 – 5pm, or log onto www.cruse.org.uk

Other links:

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>

http://www.youngminds.org.uk/training_services/young_minds_in_schools/wellbeing/pupils_emotional_wellbeing

<http://www.bbc.co.uk/news/education-23195837>