

Helpful Resources

The following listing of helpful resources and organisations is intended as a useful guide for information purposes only. Due to the breadth and depth of existing statutory and voluntary sector organisations, it is beyond the scope of this manual to list every single one. Inclusion/exclusion from these resources therefore does not signify that MHFA England endorses/does not endorse the activities of a particular organisation. MHFA England is not responsible for the information or services provided by external organisations.

We recommend that Mental Health First Aid Champions research local services and supports available, as these may vary greatly based on locality.

Crisis support and helplines

If you, or someone you know is in mental health crisis and needs medical help fast:

- Ring 999 to contact emergency services
- Go to your nearest Accident and Emergency (A&E) department

If it is not a medical emergency, but you still need urgent help:

- Ring 111 for professional health advice 24/7 and 365 days a year and guidance on where to access appropriate health services
- Make an appointment with your GP

Crisis and emotional support helplines for everyone

The following helplines provide emotional and crisis support for everyone affected by mental ill health:

Samaritans

Phone: 116 123

(Freephone, 24 hours a day, 7 days a week)

Email: jo@samaritans.org

Website: www.samaritans.org

Provide emotional support for people 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgemental support.

SaneLine

Phone: 0300 304 7000

Website: www.sane.org.uk/what_we_do/support/helpline/

Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

The Helplines Partnership also has a comprehensive listing of organisations in the UK that provide helplines, which is searchable by topic: www.helplines.org

Mental health information helplines for everyone

The following helplines provide advice and information on mental health, but can't provide emotional or crisis support:

Mind Infoline

Phone: 0300 123 3393

(Local call rates, 9am-6pm, Mon-Fri)

Text: 86463

Information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

Rethink Advice and Information Service

Phone: 0300 5000 927 (Local call rates, 9.30am-4pm)

Practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice and carers' rights.

Finding a therapist

Counsellors, psychologists and psychotherapists are listed in the Yellow Pages. The following organisations also have searchable national lists of therapists:

British Association for Behavioural and Cognitive Psychotherapies

www.babcp.com

Multi-disciplinary interest group for people involved in the practice and theory of behavioural and cognitive psychotherapy.

British Association for Counselling and Psychotherapy Register

www.itsgoodtotalk.org.uk

Searchable website of accredited counsellors and psychotherapists, which also includes information on different types of therapy available.

British Psychological Society

www.bps.org.uk

Promotes excellence and ethical practice in the science, education and practical applications to psychology.

Counselling Directory

www.counselling-directory.org.uk

Free, confidential directory of trained, professional counsellors and therapists in the UK. You can check if a counsellor found through this website is also registered with one of the professional/accreditation bodies listed in this section. Alternatively, you can get in touch with the relevant professional body directly once you have found a named professional to check the details of their registration.