

Helpful Resources cont.

IAPT (Improving Access to Psychological Therapies)
www.nhs.uk and search for IAPT for local services
IAPT is the NHS programme which supports rolling out NICE guideline recommended talking therapies to people experiencing depression and anxiety disorders. Usually provides two types of psychological therapy:

- High intensity therapy (usually cognitive behavioural therapy; for people with moderate and severe depression and anxiety) or
- Low intensity therapy (usually cognitive behavioural approaches, including guided self-help and psychoeducational groups; for people with mild to moderate depression and anxiety)

In some areas, self-referral to IAPT services is possible; in others referrals need to be made by a person's GP. IAPT services often also have employment services or links to other services such as housing, drugs and benefits advice.

UK Council for Psychotherapy

www.ukcp.org.uk
Leading professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors. Their website includes a searchable register of local therapists.

For counselling available for particular types of mental health issues or groups, please see the relevant headings below. Many charities providing mental health specific help run their own counselling services, often at reduced or sliding scale fees for people on low incomes.

Helpful resources by topic area

Abuse (domestic violence, child, sexual abuse)

NAPAC

www.napac.org.uk
The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.

NSPCC

www.nspcc.org.uk
Children's charity dedicated to ending child abuse and child cruelty. Runs Childline (see below) and also a dedicated helpline for adults concerned that a child might be at risk of abuse.

One in Four

www.oneinfour.org.uk
Supports people who have experienced child sexual abuse through long-term low cost therapy (one to one and in groups), advocacy and through education and workshops.

Rape Crisis

www.rapecrisis.org.uk
Supports anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. Runs local helplines and centres across England and Wales.

Refuge

www.refuge.org.uk
24/7 freephone domestic violence helpline: 0808 2000 247
Help and information about domestic violence: helpline in partnership with Women's Aid, safe houses, etc.

Survivors UK

www.survivorsuk.org
Help and support for men who have experienced sexual violence or abuse, including counselling and online and SMS chat support services run by professionals.

Women's Aid

www.womensaid.org.uk
24/7 freephone domestic violence helpline: 0808 2000 247
Working to provide life-saving services and build a future where domestic violence is not tolerated.

Addiction and substance misuse (alcohol, drugs, gambling)

Addaction

www.addaction.org.uk
Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

Adfam – Families, drugs and alcohol

www.adfam.org.uk
Information and support for families affected by drugs and alcohol. Runs helplines and local support groups across England, as well as training and information for drug and alcohol professionals.

Al-Anon Family Groups UK & Eire

www.al-anonuk.org.uk
Provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not, including range of self-help groups.

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk
Runs self-help groups across Great Britain for anyone who wants to change their drinking behaviours, based on 12 step model of recovery.

Alcohol Concern

www.alcoholconcern.org.uk
Works to help people understand the dangers of drinking too much and to advocate for better treatment.

Alcohol Health Network

www.alcoholhealthnetwork.org.uk
Aims to improve alcohol-related health in the workplace and in communities. Provides a range of alcohol harm reduction services, including employee and manager training, online health checks and counselling.

Cocaine Anonymous

www.cauk.org.uk
Runs self-help groups for those with substance use issues relating to cocaine, based on 12 step model of recovery.

Drink Aware

www.drinkaware.co.uk
Works to reduce alcohol misuse and harm in the UK. The website has free drink trackers and tools to assess your own drinking levels.

Drinkline

Phone: 0300 123 1110 (Freephone, 9am-8pm Mon-Fri; 11am-4pm Sat-Sun)
Free, confidential national helpline for people who are concerned about their own or someone else's drinking.

DrugScience

www.drugscience.org.uk
Independent, science-led drugs charity which provides objective information on drugs and drug harms to the public, educators and academics.

Dual Recovery Anonymous UK & Ireland

www.dualrecoveryanonymous.org
Runs self-help groups for those with dual diagnosis (a substance use issue alongside diagnosed mental health issue), based on 12 Step model of recovery.

Gamblers Anonymous UK

www.gamblersanonymous.org.uk
Runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change, based on 12 step model of recovery.

Marijuana Anonymous UK

www.marijuana-anonymous.org.uk
Runs self-help groups across the UK for those with substance use issues relating to marijuana, based on 12 step model of recovery.

Narcotics Anonymous UK

www.ukna.org
UK self-help groups for anyone affected by drug use who wants to change, based on 12-step model of recovery.

Talk to Frank

www.talktofrank.com
National drug education service established in 2003. Provides information on legal and illegal drugs for teenagers and adolescents.

UK SMART Recovery

www.smartrecovery.org.uk
Provides training to help people recover from any type of addictive behaviour, through a range of self-help meetings.

Anxiety

Anxiety UK

www.anxietyuk.org.uk
Aims to support everyone affected by anxiety. Offers talking therapies and self-help groups.

No Panic

www.nopanic.org.uk
Helps people with any kind of anxiety disorder. Specialises in self-help based recovery via their helpline and website resources.

OCD Action

www.ocdaction.org.uk
Provides support and information to those affected by OCD. Runs self-help groups across the country as well as online support groups and advocacy services.

OCD-UK

www.ocduk.org
Works with and for children and adults affected by obsessive compulsive disorder. Runs self-help services including telephone support groups, online chats and support forums.

Triumph over Phobia

www.topuk.org
Aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety to overcome their fears.

Armed Forces

ABF The Soldiers' Charity

www.soldierscharity.org
National charity of the British Army, provides support for every soldier or veteran and their families.

Combat Stress

www.combatstress.org.uk
Leading Veteran's mental health charity, provides treatment and support services for all ex service personnel, through a helpline, community support and dedicated treatment centres.

Help for Heroes

www.helpforheroes.org.uk 0808 2020 144
hidden.wounds@helpforheroes.org.uk
(mental health support service)
Provides direct support for wounded, injured and sick veterans and serving members of the Armed Forces and their families, including mental health support.

PTSD Resolution

www.ptsdresolution.org
Helps veterans, TA and reservists with military trauma. Coordinates a network of 200 accredited therapists with a focus in military PTSD.

The Royal British Legion

www.britishlegion.org.uk
Helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

SSAFA

www.ssafa.org.uk
Provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force, including free and confidential helpline support.