

Bereavement

Bereavement Advice Centre

www.bereavementadvice.org

Supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

Child Bereavement UK

www.childbereavementuk.org

Supports families and educates professionals about childhood death and bereavement. Runs a helpline and individual, couple's and family support sessions and groups across the country.

The Compassionate Friends

www.tcf.org.uk

Bereaved parents, siblings and grandparents providing peer support for others who are bereaved.

Cruse Bereavement Care

www.cruse.org.uk

Support, advice and information when someone dies. Helpline, bereavement counselling and facilitated self-help groups across the country.

Dying Matters

www.dyingmatters.org

Aims to help people talk more openly about dying, death and bereavement.

Lullaby Trust

www.lullabytrust.org.uk

Specialist support for bereaved families and anyone affected by a sudden infant death.

Survivors of Bereavement by Suicide

www.uk-sobs.org.uk

Supports those bereaved by suicide through helpline, via email and self-help groups.

Winston's Wish

www.winstonswish.org.uk

Leading childhood bereavement charity. Support for bereaved children, families and professionals.

Bipolar disorder

Bipolar UK

www.bipolaruk.org

Supports individuals with bipolar disorder, families and carers. Provides national self-help support groups, online support and employment support.

Carers

Carers Trust

www.carers.org

Works to support carers through information, respite care services and online peer support, including a dedicated community for young carers under 18.

Carers UK

www.carersuk.org

Provides advice on caring related issues, including financial and practical matters, and runs online peer support community of UK carers.

Creativity and mental health

Core Arts

www.corearts.co.uk/

Based in Hackney, London. Uses arts and creativity to support people with mental health issues.

Creative Response

www.creativeresponsearts.org

Uses both visual and performance related arts as a catalyst in a therapeutic environment to support people with mental health or substance use issues.

Sound Minds

www.soundminds.co.uk

Aims to transform the lives of people experiencing mental ill health through participation in wide range of arts activities.

Tempo Wellbeing

www.tempowellbeing.co.uk

Runs specialist singing workshops to improve mental health.

Crime victims

Victims' Information Service

www.victimsinformationsservice.org.uk

Free nationwide service which helps people find local support after a crime takes place.

Victim Support

www.victimsupport.org.uk

Supports people affected by crime or traumatic events. Confidential free helpline for anyone affected by crime as well as emotional and practical support, including advice on legal proceedings.

Debt

Money Advice Service

www.moneyadvice.org.uk

Free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats.

National Debtline

www.nationaldebtline.org

Independent charity which provides free, confidential specialist advice on managing financial debt via a helpline, online information and free web chats.

Stepchange

www.stepchange.org

Free advice on problem debt and debt management.

Depression

Association for Postnatal Illness

www.apni.org

Support for women who experience postnatal depression, including peer support services.

Charlie Waller Memorial Trust

www.cwmt.org.uk

Trust in memory of a young man who took his own life due to depression. Educates young people on the importance of staying mentally well and how to do so.

Depression UK

www.depressionuk.org

Self-help organisation that offers support to everyone affected by depression.

PANDAS Foundation

www.pandasfoundation.org.uk

Support for everyone affected by perinatal mental health issues (including perinatal depression and psychosis), and their partners. Phone, online communities and in person support groups.

Eating Disorders

ABC (Anorexia & Bulimia Care)

www.anorexiabulimiacare.org.uk

Provides ongoing care, emotional support and practical guidance for anyone affected by eating disorders.

Beat

www.b-eat.co.uk

Supports anyone affected by eating disorders. Helplines for adults and young people, online support and peer support groups across the country.

MGEDT (Men Get Eating Disorders Too!)

www.mengetedstoo.co.uk

Raises awareness of eating disorders in men. Peer support services for affected men.

Employment and mental health

ACAS (Advisory, Conciliation and Arbitration Service)

www.acas.org.uk

Free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law, including conciliation services.

BITC (Business in the Community)

www.bitc.org.uk

Business network with members working together to tackle a wide range of issues essential to building a fairer society and more sustainable future. Has a toolkit resource helpful for all organisations looking to embed a wellbeing strategy into their organisation. At: <http://wellbeing.bitc.org.uk/all-resources/toolkits/mental-health-employers> (Accessed 21/04/2017)

The City Mental Health Alliance

www.citymha.org.uk

Coalition of organisations that have come together to create an environment in the City of London where mental health is discussed in the same way as physical health. Championed by senior business leaders, it is closely supported by MHFA England and Mind.

DoH guidance on workplace adjustments for mental health

At: www.nhshealthatwork.co.uk/images/library/files/Government%20policy/Mental_Health_Adjustments_Guidance_May_2012.pdf (Accessed 21/04/2017)

The Department of Health published this advice on providing reasonable adjustments for mental health conditions, outlining examples of adaptations and good practice on applying any adjustments.

Education Support Partnership

www.educationsupportpartnership.org.uk

Provides free confidential counselling for teachers, including online chat services.

Fit For Work

www.fitforwork.org

Voluntary service offering the wider working population access to occupational health (OH) advice and support. Employers can refer employees who've been off work for four weeks or more a free 'fit for work' assessment. Website includes an employer's guide and a stress risk assessment tool.

Government policy and guidance

A full list of governmental policy and guidance documents, including those relating to disability support schemes for the workplace like Access to Work, is available from: www.gov.uk/government/policies/employment (Accessed 13/03/2017)

Health in Construction Leadership Group

www.healthinconstruction.co.uk

Works with construction CEO's to improve health within the sector, with a current focus on mental health. Brings together contractors, clients, the Health and Safety Executive, professional bodies, trade associations and trade unions.

HSE management standards indicator tool

Available from: <http://www.hse.gov.uk/stress/standards/pdfs/indicatortool.pdf> (Accessed 09/03/2017)

Comprehensive risk management tool for assessing and monitoring work-related stress, created by the Health and Safety Executive.