

Helpful resources by topic area cont.

ISMA (International Stress Management Association)

www.isma.org.uk
International umbrella organisation which works to promote stress prevention and wellbeing.

Mental Health Foundation workplace resources

www.mentalhealth.org.uk/tags/workplace
The Mental Health Foundation has developed a range of resources aimed at tackling mental health in the workplace. Includes the helpful guide 'Managing mental health in the workplace', produced with employee benefits specialist Unum.

MHFA England's Line Mangers' Resource

This freely available resource is full of tips on how to manage mental health in the workplace. At: <https://mhfaengland.org/line-managers-resource/>

Mindful Employer

www.mindfulemployer.net
Aims to increase awareness of mental health at work and provides easily accessible information to organisations and supports for staff.

Mind's guide to workplace mental health

www.mind.org.uk/workplace/mental-health-at-work
Mental health charity Mind's dedicated website section on workplace mental health provides guidance to help employers take care of themselves and their staff. Mind's Employers' Guide to Mentally Healthy Workplaces discusses what poor workplace wellbeing is, what a mentally healthy workplace looks like, and how to create mentally healthy workplaces. At: www.mind.org.uk/media/43719/EMPLOYERS_guide.pdf (Accessed 12/10/2016)

NICE guideline (NG13): Workplace health: management practices

Guideline by the National Institute for Health and Care Excellence covers how to improve the health and wellbeing of employees, with a focus on organisational culture and the role of line managers: At: www.nice.org.uk/guidance/ng13

Richmond Fellowship

www.richmondfellowship.org.uk
Provides for people with mental health issues, through supported housing and employment support services to help people find work or stay in work.

This is Me

www.thelordmayorsappeal.org/power-of-diversity/this-is-me/about
A City wide mental health campaign, first developed by Barclays as part of the Lord Mayor's 2016 Power of Diversity programme, run in partnership with Business Healthy and the City Mental Health Alliance and supported by City AM. Aims to reduce stigma around mental health in the workplace and raise awareness of wellbeing.

Time to Change's guide to workplace mental health

<http://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/support-managers>
Anti-stigma campaign Time to Change's dedicated website section. Provides guidance on many aspects of dealing with mental health in the workplace, including legal guidance and onwards signposting to additional resources.

Shaw Trust

www.shaw-trust.org.uk
The UK's largest third sector provider of employment services for disabled and disadvantaged people.

Family, parenting and relationships

Family Action

www.family-action.org.uk
Provides practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England, including a focus on parental mental health.

Family Links

www.familylinks.org.uk
Works to create an emotionally healthy, resilient and responsible society through training programmes. They train people to run parent groups in local communities and provide step by step guides for parents on their website.

Family Lives

www.familylives.org.uk
Provides help and support in all aspects of family life. Confidential helpline, and information on parenting.

Relate

www.relate.org.uk
Offer a range of services to help with couple and family relationships, including counselling and therapy focusing on relationship issues.

General advice, information and support

Citizen's Advice

www.citizensadvice.org.uk 03444 111 444 (National phone service). Free, independent information and advice for people on money, legal, consumer, housing and other problems. Website is searchable for local bureaux and has a dedicated web chat service.

Gov.uk

www.gov.uk
Information on all government services, including money, tax, benefits, disability, employment and carers' rights.

Health Talk

www.healthtalk.org
Provides information about health issues by sharing people's real-life experiences.

Men's Health Forum

www.menshealthforum.org.uk
Information focusing on male health issues, including projects focused on men's mental health.

NHS Choices

www.nhs.uk
Information on all health related issues, including symptoms, conditions, treatments and local NHS services. Dedicated section on mental health (under the 'Live Well' heading, or search for 'moodzone').

General mental health

Action for Happiness

www.actionforhappiness.org
Action for Happiness is not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Their vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others. Its website provides many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Mind

www.mind.org.uk
Wide range of services related to mental health. The national Mind organisation also acts as an umbrella organisation to many independent local Mind organisations, which provide different services across the country, e.g. therapy services, self-help groups and alternative therapies.

Rethink Mental Illness

www.rethink.org
Range of support, advice and information services relating to mental illness. Runs over 200 mental health services and 150 support groups across England, including therapy services.

Sane

www.sane.org.uk
In addition to running Saneline (see above), Sane also aims to improve the lives of anyone affected by mental illness through campaigning work, research and online support services.

Together for Mental Wellbeing

www.together-uk.org
Provides a range of specialist support services, including peer support services, accommodation based support, criminal justice mental health services and advocacy.

Learning disabilities

Mencap

www.mencap.org.uk
Works in partnership with people with a learning disability, their families and carers to provide a range of support services.

Hft

www.hft.org.uk
Provides personalised services for people with learning disabilities throughout England.

Generate

www.generate-uk.org
Aims to support the lives of people with a learning difficulty.

Lesbian, gay, bisexual and transgender (LGBT)

Lesbian, Gay, Bisexual and Transgender Switchboard

www.switchboard.lgbt
Confidential helpline support and referral services for the LGBT community, including online chat.

Stonewall

www.stonewall.org.uk
Supports all lesbian, gay, bi and trans people with a range of help and advice services and tackles issues related to discrimination.

Nutrition & mental health

Food for the Brain

www.foodforthebrain.org
Food for the Brain is a charitable foundation raising awareness of the importance of optimum nutrition in mental health. It works to inform organisations and empower individuals to change their diet and lifestyle and take greater control of their own mental health. It also runs the Brain Bio Centre, a not for profit clinic focusing on tailored nutrition support for people with mental health issues.

Older people

Age UK

www.ageuk.org.uk
Support for older people and those caring for them. Includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.

Alzheimer's Society

www.alzheimers.org.uk
Support services for anyone affected by dementia, including a helpline.

Dementia UK

www.dementiauk.org
Specialist one to one support and expert advice for people living with dementia, including nursing support through their team of Admiral Nurses and a helpline.