

# Helpful resources by topic area cont.

## Physical first aid

### British Red Cross

[www.redcross.org.uk](http://www.redcross.org.uk)

One of the largest providers of accredited first aid training in the UK.

### St John Ambulance

[www.sja.org.uk](http://www.sja.org.uk)

Leading first aid charity, with an aim to teach everyone simple, life saving skills.

## Psychosis

### Action on Postpartum Psychosis

[www.app-network.org](http://www.app-network.org)

Network of women with lived experience of postnatal psychosis, professionals and academics in the field. Offers peer support to families affected by postnatal psychosis.

### Hearing Voices Network

[www.hearing-voices.org](http://www.hearing-voices.org)

Helps people who hear voices, see visions and experience tactical sensations and those who support them. Runs self-help groups and deliver training for professionals and the general public.

### Voice Collective

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

London wide project that supports children and young people who hear voices, see visions or have other unusual sensory experiences, and their parents/families.

## Refugees

### Refugee Council

[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

Works with refugees and asylum seekers. Provides specialist therapeutic services targeted to their needs.

## Research and policy

### Centre for Mental Health

[www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

The UK's leading authority in mental health research. Using research to change people's lives.

### Department of Health

[www.dh.gov.uk](http://www.dh.gov.uk)

Provides information on health and social care policy and guidance publications and statistics.

### DrugWise

[www.drugwise.org.uk](http://www.drugwise.org.uk)

Comprehensive resource of research information relating to drugs, alcohol and tobacco.

### Gov.uk policy information

[www.gov.uk/government/policies](http://www.gov.uk/government/policies)

Comprehensive range of reports on current government policy, including mental health related topics.

### Mental Health Foundation

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Improves the lives of those with mental health problems or learning difficulties through research, policy work and awareness campaigns like Mental Health Awareness Week.

### Public Health England

[www.phe.gov.uk](http://www.phe.gov.uk)

National public health agency. Its site provides public health research and policy publications.

### Royal College of Psychiatrists

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Professional medical body responsible for oversight of psychiatrists in the UK. Provides training, conducts research and sets standards for the profession, and information for the general public.

## Self-harm

### Harmless

[www.harmless.org.uk](http://www.harmless.org.uk)

User led organisation that provides a range of services about self-harm. Includes resources on alternative coping strategies.

### NSHN (National Self Harm Network)

Website: [www.nshn.co.uk](http://www.nshn.co.uk)

Offers an online moderated support forum for people affected by self-harm.

### selfharmUK

[www.selfharm.co.uk](http://www.selfharm.co.uk)

Project dedicated to supporting young people impacted by self-harm. Provides a safe space to talk, allows people to share their personal stories. Run by national charity Youthscape.

### Self injury Support

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Supports girls and women affected by self-injury or self-harm. Dedicated helpline, as well as text and email support for girls and young women under 24 years of age and self-help groups.

## Self-help apps and online resources

### Big White Wall

[www.bigwhitewall.com](http://www.bigwhitewall.com)

A safe online community of people who are anxious, down, or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Also available as an app.

### CBT Online

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Interactive site that teaches people cognitive behavioural therapy skills to prevent and cope with depression.

### Down Your Drink

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Free website allowing people to look more closely at their drinking and examine ways of cutting down. Developed by researchers at University College London and endorsed by Alcohol Concern.

### Elefriends

[www.elefriends.org.uk](http://www.elefriends.org.uk)

Run by mental health charity Mind, Elefriends aims to provide a safe, supportive online community where everyone can share experiences relating to mental ill health and get support from people with similar experiences.

### FearFighter™

<http://fearfighter.cbtprogram.com>

A NICE guideline approved, evidence-based online program for generalised anxiety, panic and phobia. Uses CBT principles.

### Get Self Help

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Free cognitive behavioural based self-help and therapy resources, including worksheets and self-help mp3s.

### Happyhealthy

[www.happyhealthyapp.com](http://www.happyhealthyapp.com)

Health app linking brief daily reflection exercises to allow people to make more mindful decisions about lifestyle, exercise, nutrition and sleep to manage mental wellbeing.

### Headspace

[www.headspace.com](http://www.headspace.com)

App based around teaching mindfulness meditation principles to improve wellbeing.

### Moodscope

[www.moodscope.com](http://www.moodscope.com)

Web-based mood tracking and management platform.

### Moodpanda

[www.moodpanda.com](http://www.moodpanda.com)

Mood panda is an app-based platform allowing people to track their moods.

### Sleepio

[www.sleepio.com](http://www.sleepio.com)

App for sleep management combining cognitive behavioural principles and the latest in sleep research.

### Stay Alive App

[http://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

Suicide prevention pocket app for the UK, developed by Grassroots Suicide prevention. Allows users to create a list of resources and strategies to stay safe from suicide and links into crisis support available.

### Wellbeing Podcasts

[www.mentalhealth.org.uk/podcasts-and-videos](http://www.mentalhealth.org.uk/podcasts-and-videos)

The Mental Health Foundation has created a series of free audio podcasts to improve wellbeing, including on guided relaxation, mindfulness practise and overcoming fear and anxiety.

### Wellness Recovery Action Planning (WRAP®)

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

Provides information on using WRAP® as part of mental health recovery approaches.

### WorkGuru

[www.workguru.org](http://www.workguru.org)

Web-based stress management programme providing tools to build resilience and manage stress in a workplace setting.

## Self-help books

### 10 Keys to Happier Living – A Practical Handbook

King, V. London: Headline Publishing Group; 2016  
A readable, insightful and practical book covering the key areas we can take action in to enhance our happiness and psychological wellbeing and help reduce and prevent depression and anxiety. It provides a menu of evidence-based ideas for practical actions we can take in our daily lives and explains why these matter.

### Beating the Blues

Tanner, S. & Ball, J. Sydney: Southwood Press; 1991  
A very readable step-by-step self-help programme for depression using cognitive-behavioural therapy.

### Coming Through Depression: A Mindful Approach to Recovery

Bates, T. Newleaf; 2011

A practical guide to recovery from depression using mindfulness-based approaches.

### The Compassionate Mind

Gilbert, P. Constable; 2010

By the inventor of compassion-focussed therapy, this book explores how developing compassion for self-help and others can contribute to mental wellbeing and build resilience.

### A Head Full of Blue

Johnstone, N. London: Bloomsbury; 2003

A personal account of the effects of suffering from depression, anxiety disorder and alcoholism.

### I Had a Black Dog: his name was depression

Johnstone, M. Robinson; 2007

A graphical exploration/comic book providing an insight into what it is like to experience depression.