

Helpful resources by topic area cont.

Living with a Black Dog: How to take care of someone with depression while looking after yourself

Johnstone, M. Robinson; 2009

A graphical exploration/comic book providing an insight into what it is like to care for someone who experiences depression.

Mindfulness: A Practical Guide to Finding Peace in a Frantic World

Williams, M. & Penman, D. Piathus; 2011

Based on Mindfulness Based Cognitive Therapy (MBCT) this self-help book teaches simple meditation strategies to break the cycle of depression, stress and anxiety.

Mind Over Mood: Change How You Feel by Changing the Way You Think

Greenberger, D. & Padesky, C.A. Guildford Press; 2015

A self-help guide to overcoming emotional distress using cognitive behavioural therapy techniques.

The Mindful Way Through Anxiety: Break Free from Chronic Worry and Reclaim Your Life

Orsillo, S. M. Guildford Press; 2011

A mindfulness-based self-help approach to anxiety.

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

Williams, M. Guildford Press; 2007

A mindfulness-based self-help approach to depression.

Overcoming Anxiety: A self-help guide using Cognitive Behavioural Techniques

Kennerley, H. Robinson; 2014

A self-help guide to anxiety based on cognitive behavioural therapy.

Overcoming Depression: A self-help guide using Cognitive Behavioural Techniques

Gilbert, P. Robinson; 2009

A self-help manual for depression based on cognitive-behavioural therapy.

Overcoming Obsessive Compulsive Disorder: A self-help guide using Cognitive Behavioural Techniques

Veale, D. Robinson; 2009

A self-help manual for obsessive-compulsive disorder based on cognitive-behavioural therapy

Overcoming Panic and Agoraphobia: A self-help guide using Cognitive Behavioural Techniques

Silvoe, D. Robinson; 2009

A self-help manual for panic disorder based on cognitive-behavioural therapy.

Overcoming Social Anxiety and Shyness: A self-help guide using Cognitive Behavioural Techniques

Butler, G. Robinson; 2009

A self-help guide to social anxiety based on cognitive behavioural therapy.

Overcoming Traumatic Stress: A self-help guide using Cognitive Behavioural Techniques

Wetmore, A. Robinson; 2009

A self-help guide to PTSD based on cognitive behavioural therapy.

Quiet the Mind: An Illustrated Guide on How to Meditate

Johnstone, M. Robinson; 2012

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

Stigma

Time to Change

www.time-to-change.org.uk

National anti-stigma campaign, run by leading mental health charities Mind and Rethink Mental Illness.

Suicide prevention

ASIST (Applied Suicide Intervention Skills Training)

<https://www.livingworks.net/programs/asist/>

2-day training course that teaches people suicide intervention.

CALM (Campaign Against Living Miserably)

www.thecalmzone.net

Works to prevent male suicide in the UK. Dedicated support line and online webchat for men in emotional distress or crisis. Challenges a culture that prevents men from seeking help.

Grassroots

www.prevent-suicide.org.uk

Suicide prevention charity offering training and consultancy, including the #StayAlive app for those at risk of suicide or worried about someone else. Providers of ASIST training.

Papyrus

www.papyrus-uk.org

For the prevention of young suicide. Runs HOPELineUK, a dedicated suicide prevention hotline for anyone up to the age of 35 who may be feeling suicidal, or anyone concerned about a young person.

Young people

Anna Freud Centre

www.annafreud.org

Children's mental health charity providing specialist help and training and carrying out research.

Childline

www.childline.org.uk/

24/7 helpline: 0800 1111

Free confidential counselling and emotional support for children and young people. Online chat services with a counsellor also available.

Place 2 Be

www.place2be.org.uk

Provides emotional and therapeutic services in primary and secondary schools.

Kooth

www.kooth.com

Free online support for young people delivered by qualified counsellors via chat based services.

STEM4

www.stem4.org.uk

Aims to improve teenage mental health through early help.

The Mix (formerly Get Connected)

www.getconnected.org.uk

Free, confidential helpline service for young people under 25. Help can be accessed by phone, email or webchat, and it also runs a free telephone counselling service.

YoungMinds

www.youngminds.org.uk

Works to improve the emotional wellbeing and mental health of children and young people. Operate a parent helpline (see website) for any parents concerned about their child's mental health.

Local help

Use this space to make a note of services and organisations in your area