

List of Useful Websites and Organisations from MHFA England

Action for Happiness

www.actionforhappiness.org.uk

Action for Happiness is 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. It's website provides many resources and evidence-based ideas for actions we can take to feel happier and help reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Anna Freud Centre

www.annafreud.org

Telephone: 0207 794 2313

Email: info@annafreud.org

A children's mental health charity providing specialist help and training, as well as carrying out research.

YoungMinds

www.youngminds.org.uk

Telephone: 0808 802 5544 (Weekdays 9:30 – 16:00)

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

ChildLine

www.childline.org.uk

Telephone: 0800 1111

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

STEM4

www.stem4.org.uk

Email: enquiries@stem4.org.uk

STEM4 aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage.

Early Intervention Foundation

www.eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Mind

www.mind.org.uk

Telephone: 0300 123 3393 (Weekdays 9:30 – 17:00)

Text: 86463

Email: info@mind.org.uk

National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

Rethink Mental Illness

www.rethink.org

Telephone: 0300 5000 927 (Weekdays 9:00 – 16:00)

Email: info@rethink.org / advice@rethink.org

Rethink is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

Samaritans

www.samaritans.org

Telephone: 116 123 (any time)

Email: jo@samaritans.org

Address: Chris, PO Box 9090, Stirling, FK8 2SA

If you are deaf or hard of hearing use the single national minicom number 08457 90 91 92

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

The Royal College of Psychiatrists

www.rcpsych.ac.uk

The Royal College of Psychiatrists' website includes readable and well-researched information about mental health for the public, with information for parents, teachers and young people.

Time to Change

www.time-to-change.org.uk

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

The Association for Young People's Health (AYPH)

www.youngpeopleshealth.org.uk

Telephone: 0207 922 7715

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK, to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs.

Mental Health Foundation

www.mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues.

MindEd

<https://www.minded.org.uk>

MindEd is a free educational resources on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child, including e-learning resources for professionals and volunteers.

Wellness Recovery Action Plan (WRAP)

www.mentalhealthrecovery.com

NHS Choices

www.nhs.uk

The NHS Choices website has useful webpages containing information about all aspects of health. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

London Lesbian and Gay Switchboard

<https://switchboard.lgbt/>

National service for anyone needed support regarding their sexuality. Information, advice, listening and referral. 0300 330 0630

Muslim Youth Helpline

www.myh.org.uk

0808 808 2008 Freephone

Offers support to young Muslims in distress. Email support, helpline and online internet counselling.