



## Mental Health Self Help Resources

### General:

- [www.mind.org.uk](http://www.mind.org.uk) - General information about all things mental health
- [www.patient.co.uk](http://www.patient.co.uk) - Patient information leaflets about multiple mental health conditions
- [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) - Managing specific symptoms and life difficulties
- [www.blurtitout.org](http://www.blurtitout.org) - Help for self and others with depression
- [www.selfhelpguides.ntw.nhs.uk/somerset](http://www.selfhelpguides.ntw.nhs.uk/somerset) - A library of self-help guides

### Therapies:

- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) - Information about cognitive behavioural therapy
- [www.headspace.com](http://www.headspace.com) - Guided meditation
- [www.somersetalkingtherapies.nhs.uk](http://www.somersetalkingtherapies.nhs.uk) - Somerset Talking Therapies – self referral
- [www.lltff.com](http://www.lltff.com) - Self-help and CBT courses

### Young people:

- [www.youngminds.org.uk](http://www.youngminds.org.uk) - Specifically for children and adolescents
- [www.kooth.com](http://www.kooth.com) - On-line support/chat on a range of topics for young people
- [www.papyrus-uk.org](http://www.papyrus-uk.org) - prevention of young suicide

### Phone apps:

- Stay alive
- Headspace, Calm
- Distract

### Urgent and Crisis Help:

- Crisis/Home Treatment Team - 01278 720292
- Samaritans - 116 123
- Mindline - 0300 123 3393
- Papyrus – 0800 068 41 41 (suicide prevention for young people under 35)