**Mental Health Resources**

Please find attached a number of resources and contact details for people and organisations that can provide support in living with mental health issues. This list is far from exhaustive, so please let us know if you have found some other resources and we can add it to the list.

**PLEASE NOTE: DO NOT REPLY TO THIS EMAIL – THE INBOX IS RARELY CHECKED.**

**If you need to contact the surgery, please ring 02920 757025**

HELP IN A CRISIS

If you feel you are suffering a mental health crisis, you may not know where to turn. The following organisations are here to help you (in addition to your GP).

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| --- | --- | --- | --- |
| The Samaritans | “We offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.” | 116 123 | <https://www.samaritans.org/> |
| CALL Helpline | Confidential listening and support service. Offers emotional support and information on mental health and related matters. Anyone concerned about their own mental health or that of friends can access the helpline. | 0800 132 737 | <http://callhelpline.org.uk/Default.asp> |
| Out of hours GP | If you have a mental health emergency and feel you need to see or speak to the emergency GP out of hours.  | **02920 444 500** | <http://www.cardiffandvaleuhb.wales.nhs.uk/urgent-out-of-hours-service> |
| A&E | If you have taken an overdose, or seriously self harmed yourself, you should go to A&E immediately |  |  |

SELF HELP INFORMATION

One of the most important steps in managing mental illness is understanding why you might be feeling the way you are. The internet is filled with information and finding the right help and advice can seem overwhelming at times. The following websites provide good quality advice, and may be a good place to start.

(As websites change from time to time, please let us know if the links no longer work, so we can update this e-leaflet).

|  |  |
| --- | --- |
| Self help leaflets, related to a range of mental health issues | <https://web.ntw.nhs.uk/selfhelp/> |
| Stepiau - Information about a range of mental health issues and services in Cardiff. | <http://www.stepiau.org/self-help> |
| Patient information leaflets via Patient.co.uk | <https://patient.info/depression> |
| Self-help guides for those suffering from depression, anxiety, anger, panic, chronic pain, phobias, OCD, PTSD, addiction, and also for carers who require support due to associated stress from being a carer. | <http://www.moodjuice.scot.nhs.uk> |
| Reading therapy – books available via Cardiff library especially chosen to help people with mental health issues.  | [http://www.nhsdirect.wales.nhs.uk/pdfs/WG 16567 A4 Booklist WEB.pdf](http://www.nhsdirect.wales.nhs.uk/pdfs/WG%2016567%20A4%20Booklist%20WEB.pdf) |

OPEN ACCESS COURSES

The Primary Mental Health Support Service offers a range of educational open access courses relating to mental health problems.

Up to date details can be found on their website:

<http://www.stepiau.org/open-access-courses>

**Counsellors**

Counselling is available free in the surgery by highly skilled counsellors, via a referral from the GP. However, waiting lists for this service tend be several months long, so some patients seek counselling privately (for which they have to pay).

The following websites provide a selection of counsellors working locally, but this list is not exhaustive and we can sadly not vouch for any of the counsellors listed, as we not met them.

|  |  |
| --- | --- |
| Cardiff Concern – low cost counselling service | <https://www.cardiffconcern.org.uk/about> |
| YCS Counselling – low cost counselling service | <http://www.ycscounsellingwales.co.uk/welcome> |
| It’s Good to Talk  | [http://www.itsgoodtotalk.org.uk/therapists/nearest/Cardiff,%20Cardiff,%20UK/all/all/all/all/all/all/20/miles](http://www.itsgoodtotalk.org.uk/therapists/nearest/Cardiff%2C%20Cardiff%2C%20UK/all/all/all/all/all/all/20/miles) |
| Counselling Directory | <http://www.counselling-directory.org.uk/region_87.html> |
| Cardiff Mind | <http://www.cardiffmind.org/services/counselling> |

**Mental Health Charities**

A number of charities work with people to overcome mental health difficulties. These can provide support and advice, and it is therefore checking out their websites or giving them a call.

|  |  |  |
| --- | --- | --- |
| Cardiff Mind**02920 402040** | Offer community activities, support, housing-related support, counselling and volunteering opportunities | [www.cardiffmind.org](http://www.cardiffmind.org) |
| Depression UK**01903 814942** | National Self-Help Organisation that helps people cope with their depression, offers friendship opportunities, pen-pal letter/email schemes, private facebook friendship and support groups, and local group meetings and support services. | <http://depressionuk.org/> |

**Financial and housing issues**

The following organisations are specialise in helping with welfare issues.

|  |  |  |
| --- | --- | --- |
| Money Advice Service0300 5005000 | Free impartial financial advice | [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) |
| Citizen’s Advice Bureau0844 4772020 | Provides free, independent, confidential advice on wide range of issues including benefits, legal issues and housing.  | <https://www.citizensadvice.org.uk/wales/> |
| The Friendly Trust02920 225200 | Financial advice and help to those with mental health problems or vulnerable adults who are struggling to manage their money | [www.friendlytrust.org.uk](http://www.friendlytrust.org.uk) |

**Online CBT**

CBT (cognitive behavioural therapy) is an important type of treatment for many mental health issues, and several companies have developed online courses. Some of these you pay for, but this may be a suitable alternative to face to face therapy for some people.

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| --- | --- | --- |
| Living Life To The Full | Free online courses covering low mood, anxiety and stress, and how to develop life skills to tackle these. | [**www.llttf.com**](http://www.llttf.com) |
| Serenity Programme | Computerised CBT developed in Wales.  | <http://serene.me.uk/info-about.php> |
| Beating the Blues | Online CBT course | <http://www.beatingtheblues.co.uk> |

**Support for specific problems**

|  |  |  |
| --- | --- | --- |
| E-DAS**0300 300 7000** | Single access point for **drug and alcohol problems** in Cardiff | <http://www.e-das.wales.nhs.uk/home> |
| Shelter Cymru**0345 075 5005** | Housing advice & support for those experiencing/facing **homelessness or eviction** | <https://sheltercymru.org.uk/get-advice/advice-near-you/cardiff/> |
| Cruse Bereavement**02920 226166** | Counselling for those suffering with **bereavement** issues | <https://www.cruse.org.uk/Cardiff-and-The-Vale-area> |
| New Pathways**01685 379 310** | **Rape** crisis and **sexual abuse** support services | <http://www.newpathways.org.uk/> |
| Cardiff Women’s Aid (RISE)**02920 460566**  | Supporting those who have been affected by **domestic violence**  | <http://www.welshwomensaid.org.uk> |
| 24 hour National Domestic Violence Helpline**0808 2000 247** | Supporting those who have been affected by **domestic violence**  |  |
| BAWSO**0800 7318147** | Support to **victims of domestic abuse** or **hate crime.** Support for **Black and ethnic minority people** suffering domestic abuse | [**www.bawso.org.uk**](http://www.bawso.org.uk) |
| BEAT – eating disorder service**0808 801 0677** | Helpline offering support for those with **eating disorders**, peer support groups and online support and chat groups. | [**www.b-eat.co.uk**](http://www.b-eat.co.uk) |

**Books**

The following books are recommended by doctors and counsellors working in the surgery.

* **The Chimp Paradox**

Steve Peters

* **The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness.**

Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn.

* **I Had a Black Dog**

Matthew Johnstone.

* **The Happiness Trap**

Russ Harris

* **The Reality Slap**
* Russ Harris

You may also wish to look at the following list, which are available in Cardiff libraries and deal with a variety of mental health issues.

<https://gweddill.gov.wales/docs/dhss/publications/130815booklistency.pdf>