

Skye and Lochalsh Citizens Advice Bureau

# Skye and Lochalsh Mental Health Provisions Catalogue

Support and information sources for people affected by or worried about mental health



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1.

## Introduction

In Skye and Lochalsh it is sometimes difficult to understand where to go and who to speak to when looking for support regarding mental health. Here we have catalogued a number of these resources available to people in Skye and Lochalsh, some local and some national support networks that people can use to find guidance and information on a range of mental health issues.

To help you in finding the support you need provided in a way that best suits you, we have listed these provisions by different forms of contact. This means that some organisations may be named more than once for the various different ways of contacting them for support.

All information provided in this catalogue is subject to change and was correct at the time of printing.

## 2.

### Skye and Lochalsh Resources

Skye and Lochalsh has a range of support networks available for people who suffer from mental health issues. Due to the geography of our area, support options are mainly situated in the “main” towns of the island, though some provisions do offer services to people’s homes or a flexible approach to meetings dependant on client need.

It is understandable, in the small communities in which we live, that some people may fear discrimination and worry about approaching services directed for people with mental health issues. All services take this into account and run strict privacy and confidentiality policies to protect their clients and their personal information.

## 2.1

### Not for Profit Organizations

#### **Advocacy Highland**

Provide support and advice to people with mental health issues in regards to feeling heard and understood in health services.

Phone: 01463 233460

Website: [www.advocacy-highland.org.uk](http://www.advocacy-highland.org.uk)

Highland Email: [info@advocacy-highland.org.uk](mailto:info@advocacy-highland.org.uk)

#### **Al Anon**

Al-Anon Family Groups hold regular meetings where members speak and gain peer support from others who understand the experiences of living with alcoholism.

Kyle meetings – 6-7pm every Monday at the Church of Scotland Hall, Church Road, Kyle.

Email: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

#### **Alzheimer Scotland, Skye and Lochalsh Services**

Providing information, advice and support for people with early onset dementia, home support services and Day care services.

Day Care Group available in Portree Monday, Tuesday, Thursdays and Fridays fm 10:30am to 3:30pm.

Day Care Group available in Dornie Tuesday, Thursday and Fridays 10:30am to 3:30pm

Phone: 01478 613450

Website: <http://www.alzscot.org/pages/regions/skye.htm>

E-mail: [SkyeServices@alzscot.org](mailto:SkyeServices@alzscot.org)

#### **Befrienders Highland**

Safe, supported friendship offered to anyone 18+ who has experienced mental health problems and/or isolation.

Phone: 01463 235675

Website: [www.befriendershighland.org.uk](http://www.befriendershighland.org.uk)

Email: [distance@befriendershighland.org.uk](mailto:distance@befriendershighland.org.uk)

#### **Birchwood Highland**

Birchwood provide a dedicated recovery centre open to anyone in the Highlands by self referral or referral through other services (e.g. CPN, GP etc.) The centre provides dedicated respite care for people experiencing mental health difficulties with a dedicated team of staff and can accommodate up to 23 single people.

Address: Birchwood Highland recovery Centre, Muirfield Lane, Inverness, IV2 4AX

Telephone: 01463 716 600

Website: <http://www.birchwoodhighland.org.uk/>

Email: [Annabel.mowat@birchwoodhighland.org.uk](mailto:Annabel.mowat@birchwoodhighland.org.uk)

### **Care and Repair Services**

Offer advice, support and practical assistance to people who are of an older age or have a disability on a range of housing needs.

Phone: 01478 612 035

Fax: 01478 613 377

### **Counselling Care Skye and Lochalsh**

Offering counselling services for a range of issues for adults, young people and children in Skye and Lochalsh. The service runs on a donation basis dependant on income however no one is turned away from the service for lack of funds. All counsellors are trained to diploma level and are accredited by either COSCA (Counselling & Psychotherapy in Scotland) or BACP (British Association for Counselling & Psychotherapy).

Administration Address: c/o Kyle Medical Practice, Lochalsh Health Centre, Station Road, Kyle of Lochalsh, IV40 8AE  
Telephone: 01599 530 930

### **Family First**

Family First offer support and advice to families around the Highlands who find themselves struggling with the varying role of parenthood. This support can be one to one or in a group setting.

Portree:

Phone: 01478 613154

Mobile: 07778 438 455

Email: [familyfirstskye2@gmail.com](mailto:familyfirstskye2@gmail.com)

Broadford:

E-mail: [familyfirstskye@gmail.com](mailto:familyfirstskye@gmail.com)

Website: [www.careandlearningalliance.co.uk/Family-Support.asp](http://www.careandlearningalliance.co.uk/Family-Support.asp)

### **Hug (Highland User Group)**

Bringing together people with mental health issues from around the Highlands to help ensure coherent and suitable services for users as well as campaigning for mental health rights and anti-discrimination.

Address: HUG, SPIRIT Advocacy, Cromwell Villa, 23 Lotland Street, Inverness, IV1 1ST

Telephone: 01463 719 366

Email: [Hug@advocacy.org.uk](mailto:Hug@advocacy.org.uk)

### **Rag Tan 'n' Textile LTD**

Working with people with mental health issues by teaching traditional textile skills in a therapeutic environment.

Address: Rag Tag. Broadford Industrial Estate, Broadford

Telephone: 01471 822 043

Email: [hello@ragtagskye.org](mailto:hello@ragtagskye.org)

Website: <http://www.ragtagskye.org/>

### **Skye and Lochalsh Mental Health Association**

Am-Fasgadh is a mental health drop-in centre situated in Portree, with outreach services to South Skye areas. They offer support, guidance and belonging to any person in Skye and Lochalsh with mental health issues.

Telephone: 01478 613533

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

Email: [admin@slmha.co.uk](mailto:admin@slmha.co.uk)

Website: <http://www.skyeyoungcarers.co.uk/>

### **Skye and Lochalsh Young Carers**

Providing support, respite and guidance to young people (under 18) who also care for a family member.

Address: Victoria Cottage, Hedgefield Road, Portree, Isle of Skye, IV51 9GF

Telephone: 01478 613 617

Email: [mjagger@slccf.fsnet.co.uk](mailto:mjagger@slccf.fsnet.co.uk)

### **SLCA (Skye and Lochalsh Council on Alcohol)**

Offering information, guidance and a dedicated counselling service for people affected by alcohol problems.

Counselling is offered through social work or health centres and are conducted in a confidential and professional manner. Referrals can be made personally or through another support agent (e.g. GP's, health visitors, CPNs).

Donald Beaton, Manager

Telephone: 01478 612633

Email: [donald.beaton@btconnect.com](mailto:donald.beaton@btconnect.com) /

## 2.2

### Public Contacts

#### **Community Mental Health Team**

The local mental health team for Skye and Lochalsh

Address: Portree Community Hospital, Fancy Hill, Portree

Telephone: 01478 614216

#### **Highland Mental Health Officer**

The local mental health officer for Skye and Lochalsh

Address: Broadfrod Service Point, Old Corrie Industrial Estate, Broadford

Telephone: 0141 820 174

#### **New Craigs Psychiatric Hospital**

A 234 bed healthcare campus that provides mental health care for people in the Highlands.

Address: New Craigs Psychiatric Hospital, Leachkin Road, Inverness, Inverness-shire, IV3 8NP

Telephone: 01463 704 000

#### **Osprey House**

A purpose built centre providing drug and alcohol treatment.

Address: Osprey House, Raigmore Avenue, Inverness, Inverness-shire, IV2 3DZ

Telephone: 01463 716 888

#### **Social Work**

Local contact for adult social services.

Address: Tigh na Drochaid, Bayfield, Portree, IV51 9EW

Telephone: 01478 613113



### 3.

## Websites

The internet can offer a wide range of support, advice and information for various mental health issues. Many national and local charities rely on the internet as a gateway to source information and advice to the public and professionals about updated practices, research and treatments for mental health problems as well as crisis prevention and awareness. It can often feel confusing and overwhelming when someone is first diagnosed with a mental illness, but by staying informed and up to date on the latest information and support many people find they have a better understanding of their specific illness and how to cope with their issues.

It must be advised that with the ever changing spectrum of mental illness and the constant research and progression in mental health awareness and treatments, some websites may be slower in their updating of information than others. The information provided must be taken at face value and not used as a tool for diagnosis or specific care treatments. For specific care for an individual it is always best to seek professional medical advice.

## 3.1

### Informative

Many websites offer a range of information about mental health issues and how best to manage and control symptoms and treatment options. The internet is a wide platform to find up to date research and campaigns for mental health awareness and anti stigma works. Many charities work hard to provide in depth websites that offer a range of information and resources for people with mental illness, their family and support networks.

#### **Adfam**

Providing information and advice for families affected by drugs and alcohol.

Website: <http://www.adfam.org.uk/>

#### **Al-Anon Family Group**

A charity dedicated to supporting family and friends affected by a loved one's alcohol addiction.

Website: <http://www.al-anonuk.org.uk/>

#### **Alcoholics Anonymous**

National advice for people suffering from an alcohol problem/dependency.

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

#### **Alcohol Focus Scotland**

Working to reduce the impact of alcohol on individuals, families and communities in Scotland. Providing resources and information on alcohol related topics and up to date news.

Website: <http://www.alcohol-focus-scotland.org.uk/>

#### **Alzheimer Scotland**

The leading Scottish charity for people and carers of those suffering from dementia.

Website: <http://www.alzscot.org/>

#### **Be Real**

Encouraging and supporting people to feel confident and happy with their bodies.

Website: <http://www.berealcampaign.co.uk/>

### **Bipolar Scotland**

Providing information and advice for people affected by bipolar/manic depression and those who care for them.

Website: <http://www.bipolarscotland.org.uk/>

### **Blue Cross**

Support and information for those adversely affected by the loss of a pet.

Website: <http://www.bluecross.org.uk/>

### **Breathing Space**

Providing information and resources for people experiencing low mood and anxiety.

Website: <http://breathingspace.scot/>

### **Child Bereavement UK**

Supporting families and people suffering the loss of a baby or child of any age, or know a child who is dying, or when a child is facing bereavement.

Website: <http://www.childbereavementuk.org/>

### **Combat Stress**

Mental health charity for veterans and their families offering confidential advice to service and ex service men, women and their families.

Website: <http://www.combatstress.org.uk/>

### **Cruse Bereavement Care Scotland**

Support and information for people who have experienced bereavement.

Website: <http://www.crusescotland.org.uk/>

National Website: <http://www.cruse.org.uk/>

### **EPI (Early Psychosis Intervention)**

A website run from British Columbia but has a lot of information and advice for people who experience, or know someone who is experiencing, psychosis.

Website: <http://www.earlypsychosis.ca/>

### **Hope Again**

A sister sight of Cruse Bereavement directed at supporting young people through loss and grief.

Website: <http://hopeagain.org.uk/>

### **HOPELine**

Practical advice and information for young people under 35 years old and/or friends, family members and professionals who are concerned a young person may be at risk of suicide.

Website: <http://new.papyrus-uk.org/more/hopelineuk>

### **MGEDT (Men Get Eating Disorders To)**

Promoting anti discrimination for men with eating disorders as well as offering support and information to sufferers, their family and carers.

Website: <http://mengetedstoo.co.uk/>

### **Men's Health Forum Scotland**

Providing information and resources on improving mental health and wellbeing for men in Scotland.

Website: <http://www.mhfs.org.uk/>

### **Men's Advice Line**

Advice and support for men experiencing domestic violence.

Website: <http://www.mensadvice.org.uk/>

### **Men's Minds Matter**

A not for profit organisation which aims to bring awareness to the experience of being male whilst developing ways of helping and supporting men and boys in the UK.

Website: <http://www.mensmindsmatter.org/>

### **Mental Health Foundation**

Providing up to date advice, research and guidance for people suffering from mental health issues.

Website: <http://www.mentalhealth.org.uk/our-work/>

### **NCMH (National Centre for Mental Health)**

Conducting and sharing research on the causes and treatments of mental health issues, with a range of resources and information available.

Website: <http://ncmh.info/>

## **NCT**

The UK's largest charity for parent's offers two exclusive help and support to new and old parents in the difficult transitions that pregnancy, birth and parenting entail.

Website: <http://www.nct.org.uk/>

## **OCD Action**

A charity run to help support and provide information to sufferers of OCD and associated disorders, and their loved ones. They also offer dedicated advocacy support.

Website: <http://www.ocdaction.org.uk/> (details on advocacy support, including referral form)

## **Premier lifeline**

A Christian based charity offering prayer and support to those of faith suffering from an emotional or spiritual crisis.

Website: <http://www.premier.org.uk/>

## **Rape Crisis Scotland**

The Scottish Charity for support and information for those who have suffered sexual violence.

Website: <http://www.rapecrisisscotland.org.uk/>

## **Respect Phone Line**

Dedicated charity to support the perpetrators of domestic violence and to help them recovery from their issues.

Website: <http://respectphoneline.org.uk/>

## **Rethink**

Providing practical advice and information on topics ranging from benefit and money issues to types of therapy and medication. (Legal advice for England only.)

Website: <http://www.rethink.org/>

## **Self Injury Support**

A dedicated national charity to help support girls and young women affected by self-injury or self harm.

Website: <http://www.selfinjurysupport.org.uk/>

## **SAMH (Scottish Association for Mental Health)**

Providing help and information for people in Scotland affected by mental health issues.

Website: <http://www.samh.org.uk/>

## **SOBS UK (Survivors of Bereavement by Suicide)**

A National charity supporting people through the bereavement of a loved one by suicide (18+)

Website: <http://uk-sobs.org.uk/>

## **Students Against Depression**

Providing information and advice to young people affected by depression and mental illness.

Website: <http://studentsagainstdepression.org/>

## **Support in Mind Scotland**

Supporting and empowering those affected by mental health illness, including family, carers and supporters.

Website: <http://www.supportinmindscotland.org.uk/>

## **The Royal College of Psychiatrists**

Provide up to date advice and information on a range of mental health issues from a clinical perspective.

Website: <http://www.rcpsych.ac.uk/>

## **Why Not Find Out**

Providing information and advice to help people make informed decisions about legal highs.

Website: <http://www.whynotfindout.org/>

## **YoungMinds**

Supporting parents caring for a young person under 25 with emotional or mental health problems.

Website: <http://www.youngminds.org.uk/>

## 3.2

### Supportive

Website support comes in a range of different forms, from forum based peer support to live chat options. Many people find that having somewhere they can speak openly and honestly about their mental health issues and gaining compassion, advice and support for those problems from people suffering similar experiences, helps greatly in the management of their mental health condition. Online chat options offer people the ability to gain immediate advice and emotional support when they may not feel comfortable contacting other forms of support (e.g. help lines).

It must be advised that with online community forums are not as confidential or safe as other forms of support available. Users must be aware that by posting on the internet they are opening themselves up to possibly upsetting, triggering or unhelpful posts from other members. It is best to make sure that you feel you are in a safe enough place to deal with these possibilities before posting online, and remember to always protect your privacy and never give personal details such as your address to anyone you don't know. More information about staying safe online can be found at [http://safe.met.police.uk/internt\\_safety/get\\_the\\_facts.html](http://safe.met.police.uk/internt_safety/get_the_facts.html) .

#### Quick Guide

- (F) – Forum support
- (C) – Live chat support
- (S) – Self help

#### Anxiety UK

National charity offering support and information to suffers of anxiety and related conditions as well as their loved ones. Live chat available Monday – Friday 9:30am – 5:30pm, registration not needed.

Website: <http://www.anxietyuk.org.uk/>

#### B-eat

The national charity to support people, and their loved ones, who suffer from eating disorders. Their website hosts online support which includes monthly “chat” groups, a peer support message board (moderated) and one to one support chats. Registration is required for their message board and group chat services.

Website: <http://www.b-eat.co.uk/> (F) (C)

#### CALM (Campaign Against Living Miserably)

A national charity specifically to support men with mental health issues. Their webchat is available from 5pm – 11pm with no registration required.

Website: <https://www.thecalmzone.net> (C)

## **Childline**

A free and confidential support for children wishing to speak about any issue, mental health included, with links to message board, online one to one chat, and problem page available through their website. Registration is required to use these services.

Website: <http://www.childline.org.uk/> (F) (C)

## **Depression Alliance**

A national charity to help people combat depression and the loneliness associated with it. A dedicated forum helps people from around the country connect and discuss similar interests, hobbies as well as mental health issues. Registration is required for forum access.

Website: <http://www.depressionalliance.org/>

Forum: <https://friendsinneed.co.uk/> (F)

## **Family Lives UK**

Dedicated parenting charity to support parents through various issues such as bullying and child mental health. Registration is required for access to their forum.

Website: <http://www.familylives.org.uk/> (F)

## **FRANK**

Confidential advice about drugs, drug use and drug abuse. Live chat available through website everyday 2pm-6pm, no registration required.

Website: <http://www.talktofrank.com/> (C)

## **Gamblers Anonymous**

A national charity supporting people with gambling addictions. Support is offered through online web help, online chats and forum where registration is required.

Website: <http://www.gamblersanonymous.org.uk/> (F) (C)

## **Hearing Voices Network**

Offering information, support and understanding to people who hear voices and the people who support them. A forum community is available where registration is required.

Website: <http://www.hearing-voices.org/> (F)

## **Mental Health World**

A forum based on peer support and information sharing, helping people with mental health issues find community and support. Forum and live chat facilities are available which require registration to access.

Website: <http://www.mentalhealth-world.org.uk/> (F) (C)



## **Mind**

Mind are a large mental health charity that offers an equally large amount of information and support through their website. They run a supportive forum through their website (elefriends) which offers peer support and advice, registration required.

Website: <http://www.mind.org.uk/>

Forum: <http://www.elefriends.org.uk/> (F)

## **Miscarriage Association**

A national charity for the support of women, their partners and family and friends who have suffered from a miscarriage/s. Their website links to their support forum which requires registration to access.

Website: <http://www.miscarriageassociation.org.uk/> (F)

## **Narcotics Anonymous**

A dedicated charity for people, and their loved ones, affected by drug addictions. Their support forum is available through their website and requires registration to access.

Website: <http://ukna.org/> (F)

## **Sands (Stillbirth and neonatal death charity)**

Charity supporting anyone affected by the death of a baby before, during or shortly after birth. Their support forum, which requires registration to access, is available through their website.

Website: <http://www.uk-sands.org/> (F)

## **SANE**

A website full of useful advice and information with links to their support forum which offers peer support and advice to people suffering from mental health issues. Registration is required for access to their forum.

Website: <http://www.sane.org.uk/> (F)

## **Survivors UK**

A charity run to offer help and support for men affected by childhood sexual abuse and/or rape. Support is offered through a web based chat available Monday and Tuesday 6pm-9pm, Wednesday 12pm – 2:30pm and 6pm – 9pm, Thursday 12pm-2:30pm

Website: <http://www.survivorsuk.org/> (C)

## **Bipolar UK**

Information and support for people suffering from a Bipolar Spectrum Disorder and those who support them. Their forum is available through their website and requires registration to access.

Website: <http://www.bipolaruk.org.uk/> (F)

### **Dentist Fear Central**

Providing support, information and advice to people suffering from fear and anxiety about dental procedures and dentistry. Their forum is available through their website and requires registration to access.

Website: <http://www.dentalfearcentral.org/> (F)

### **Moodjuice**

This site is designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems. The site offers information on organisations, services and other self-help materials such as Self-help Guides that can offer advice, support and information. No registration is required to use this service.

Website: <http://www.moodjuice.scot.nhs.uk/> (S)

## 4.

### Social Media

Social media can offer a strong gateway of support if you are struggling with mental health issues. From sharing your experience, learning better coping skills to finding support and friendship from similar people all around the world. Social media has opened up a new way of accessing information and support for those suffering from mental illness, their family and loved ones.

However, social media is not as confidential or safe as other forms of support available. Users must be aware that by posting on the internet they are opening themselves up to possibly upsetting, triggering or unhelpful posts from other members. It is best to make sure that you feel you are in a safe enough place to deal with these possibilities before posting online, and remember to always protect your privacy and never give personal details such as your address to anyone you don't know. More information about staying safe online can be found at [http://safe.met.police.uk/internet\\_safety/get\\_the\\_facts.html](http://safe.met.police.uk/internet_safety/get_the_facts.html) .

When used appropriately, the online mental health community helps bridge the gap between isolation and inclusion, helping many people become more informed of their conditions as well as helping them feel they are not alone with their issues.

## 4.1

# Twitter

Twitter has grown into a huge social network used by millions of people every day and the online mental health community has adapted this platform to share up to date information and direct support to each other. Here we catalogue different accounts and hashtags available to follow and tweet in regards to mental health support.

## Informative

There are many twitter accounts that offer support to people with mental health issues by sharing information and guidance on self-care and personal recovery. Following these tweeters and hashtags will help you stay in contact and gain information on a wide range of mental health issues, some specifically and some more generally.

**@Alzscot** – The leading charity in Scotland for people suffering from dementia, their friends and loved ones.  
**#alzscot**

**@AnxietyUnited** – A free social network, blogging platform and resource centre to encourage sufferers of mental health to share and engage with others.

**@AnxietyUK** – The UK's leading charity on anxiety disorders and phobias providing access to therapies and support.

**@beatED** – official twitter for the UK's eating disorder charity, supporting people affected by eating disorders, their family members and friends, and campaigning on their behalf.

**@bigwhitewall** – information and safe, anonymous support directly offered through twitter (not monitored 24/7)

**@CombatStress** – Official Twitter for the leading charity for British Veterans with mental health problems.

**@CharitySANE** – Official twitter for the UK charity SANE, provide support, information and campaigning to reduce stigma for people with mental health issues.

**@CruseCare** – Cruse Bereavement Care is a national UK charity which provides support when someone dies.

**@DementiaUK** – Official twitter for Dementia UK providing support, information and guidance for family carers and people with dementia.

**@DepressionAll** – Official twitter page for Depression Alliance supporting people with depression around the UK

**@FollowBDT** – Online community set up by Ruby Wax in association with the SANE charity, to offer support and guidance to anyone affected by mental illness.

**@itgetsbrighter** – A platform for people struggling with mental health issues to share their experiences and messages through **#itgetsbrighter**

**@Menhealuk** – organisation that helps to set up and support groups for men with mental health issues, campaigns against stigma and provides wellbeing information.

**@MHF\_tweets** – Official twitter for the Mental Health Foundation – the UK Charity for everyone’s mental health.

**@Mhtodaymag** – Twitter feed for Mental Health Today Magazine providing links to support and advice on various mental health issues.

**@MrJohnnyBenjamin** - Mental health campaigner and vlogger (video blogger) sharing personal insight and campaigning to raise awareness and acceptance for mental health.

**@Pandas\_uk** – PANDAS is the leading UK charity in supporting families suffering from pre (antenatal) and postnatal depression **#ItsOKNotToBeOK**

**@Patientslikeme** – A patient network that improves lives and a real-time research platform that advances medicine.

**@PsychCentral** – Psyche Central is the Internet’s leading independent mental health and psychology network, overseen by professionals. Support articles and information regarding various mental health problems.

**@rcpsych** – Official twitter for The Royal College of Psychiatrists: Improving the lives of people affected by mental health

**@Rethink\_** - Official twitter account for the Rethink mental health charity, campaigning for a better life for everyone affected by mental illness.

**@samaritans** – official twitter for the UK charity Samaritans, no direct support offered through twitter but various articles and information shared. (**@sams\_Scotland** – Scottish Samaritans)

**@SAMHtweets** – official twitter for SAMH, the Scottish Association for Mental Health, Scotland's leading mental health charity.

**@DementiaUK** – Official twitter for Dementia UK providing support, information and guidance for family carers and people with dementia.

**@YoungMindsUK** – official twitter for the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

## Supportive

Twitter has a global network of people with a range of mental health issues and this network has started reaching out and talking about their experiences, practical coping skills and information on mental health issues. Twitter chats have become a popular way for people to reach out to others to share their experiences and gain support from others. To join a twitter chat it is advised to use websites such as <http://www.tchat.io/> or <http://twubs.com/> as this allows you to stay tuned to the specific chat you are participating in without distraction from other tweets or updates.

### **#AEDchat** (The Academy of Eating Disorders Chat)

Run and created by The Academy of Eating Disorders **@aedweb** this chat focuses on the treatment, support and offering information on various eating disorders. The chat is held monthly on Fridays at 5PM GMT with invited professional guests speaking on various issues regarding eating disorders.

### **#AskAshOCD** (Obsessive Compulsive Disorder and related disorders chat)

Run and created by **@AshleyCurryOCD** this chat focuses on support, awareness and information for OCD and related disorders. Chats are run at 9PM GMT and often have a discussion topic to follow. This hashtag can be used outwith these times to help connect to a wide network of people who suffer from OCD and related disorders and the creator often shares helpful and informative information on a range of articles and information on mental health awareness and support.

### **#BPDchat** (Borderline Personality Disorder Chat)

Run by **@OfficialBPDchat** and created by **@BPDffs** and **@brokenmind**. This chat focuses on discussion and support for people with or supporting someone with Borderline Personality Disorder. Chats are run each Sunday at 9pm GMT and often have a topic discussion.

### **#EBMHchat** (Evidence-Based Mental Health chat)

Run by **@EBMentaHealth** with editors **@MillwardHolly** and **@And\_Capriani**. This chat focuses on evidence based practices in mental health and often has expert clinicians and academics from around the world joining the discussion from **@EBMHexpert**. These chats are more informative than supportive, and discuss a range of mental health issues and practices in mental health.

### **#MHchat** (Mental Health Chat)

Run and created by **@MHchat** this chat focuses on discussing and supporting a range of mental health issues. Discussions range from latest research and development of mental health care, focus group on various case studies and the development of alternative therapy/supportive approaches to discussing the implications of mental health on the individual. Chats often include a wide range of professional input and guest chatters. Weekly chats are held on Wednesdays at 8PM GMT.

### **#MHStigma** (Mental Health Stigma)

Run and created by **@nursefriendly** a registered nurse and **@Giasison** a registered doctor, this chat aims at discussing and tackling mental health stigma as well as addressing various mental health issues and raising awareness through sharing people's experiences with discrimination and stigma. Many health professionals from around the world involve themselves with the chat and share information and opinions. Chats are run on Fridays at 2AM GMT but discussions are ongoing

### **#OCDchat** (Obsessive Compulsive Disorder Chat)

Run and created by **@IOCDF** (International OCD Foundation) this chat allows users to discuss aspects of OCD and related disorders with medical professionals as well as find support, information and guidance on these issues. Chats are run on the third Tuesday of every month at 2AM GMT though discussions continue through the **@IOCDF** twitter page and hashtag out with these hours.

### **#PNDHour** and **#PNDchat** (Post-Natal Depression chat)

Run and created by **@PNDandMe** this chat focuses on offering women who suffer from perinatal mental health issues support, information and advice (this support is offered to all women, with an official diagnosis of PND or those who feel they need support through parenting) as well as raising awareness of the importance of perinatal mental health care. Chats are run every Wednesday at 8pm GMT through the hashtag **#PNDhour** with discussion topics and are often joined by various clinicians and professionals in mental health and healthcare. The hashtag **#PNDchat** can be used outside of to connect and discuss issues relating to maternal mental health and post-natal depression.

### **#SexAbusechat** (Sexual Abuse Chat)

Run and created by Rachel Thompson **@RachelintheOC** (author and survivor) and Bobbi Parish **@TruthisHers** (therapist and survivor) this chat focuses on discussing the experiences and recover journey of sexual abuse survivors. Chats are run weekly on Wednesdays at 2AM GMT however the hashtag remains active out with these hours. Further information can be found from the host chat twitter **@SexAbuseChat**.

### **#Studentchat** (Student chats)

Run and created by **@StudentMindsOrg** this chat focuses on discussing the mental health issues of students around the UK, from exam stress to discussing mental health problems with friends. Chats are run monthly on a Tuesday at 7PM GMT with dates advertised through their twitter account.



## 4.2

# Facebook

Facebook is a social networking sight that millions of people use every day to stay in contact with friends, family and loved ones, but it's new "group" and "page" features have opened up a new way for the mental health community to stay connected, share information and continue to support each other.

## **Informative**

**Action for Happiness** - <https://www.facebook.com/actionforhappiness>

Action for Happiness is a movement of people taking action to create a happier society.

**Anxiety UK** - <https://www.facebook.com/anxietyuk>

Anxiety UK works to relieve & support those living with anxiety disorders by providing information & support via an extensive range of services.

**British Psychological Society** - <https://www.facebook.com/OfficialBPS>

The British Psychological Society is the representative body for psychology and psychologists in the UK.

**The Academy of Eating Disorders** - <https://www.facebook.com/AcademyforEatingDisorders>

The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment and prevention.

**Evidence Based Mental Health** - <https://www.facebook.com/Evidence.Based.Mental.Health>

Evidence-Based Mental Health is a quarterly journal that surveys a wide range of international medical journals, applying strict criteria for the quality and validity of research.

**International OCD Foundation** - <https://www.facebook.com/IOCDF>

An international non-profit organization for people with Obsessive Compulsive Disorder (OCD) and related disorders, as well as their families, friends, and mental health professionals.

**Mental Health Foundation** - <https://www.facebook.com/mentalhealthfoundation>

The Mental Health Foundation is the leading UK charity working in mental health.

**Mind** - <https://www.facebook.com/mindforbettermentalhealth>

Mental Health charity supplying up to date information and news on various conditions, treatments and research.

**PND and Me** - <https://www.facebook.com/pndandmeblog>

Connects & Supports those affected by Perinatal Mental Illness

**Rethink** - <https://www.facebook.com/RethinkCharity>

Rethink Mental Illness - challenging attitudes, changing lives, mental health charity based in England leading the way to a better life for everyone affected by mental illness.

**Samaritans** - <https://www.facebook.com/samaritanscharity>

Showing the work of Samaritans in the UK and Ireland.

**Student Minds** - <https://www.facebook.com/studentminds.org.uk>

The UK's student mental health charity. Running a network of university groups changing student mental health on campus.

**The Academy of Eating Disorders** - <https://www.facebook.com/AcademyforEatingDisorders>

The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment and prevention.

**The CALM zone** - <https://www.facebook.com/theCALMzone>

The campaign against living miserably is a male suicide prevention charity.

**Time to Change** - <https://www.facebook.com/timetochange>

UK Charity working to end the stigma and discrimination experienced by people with mental health problems.

## Supportive

Facebook has many groups and pages open to supporting people with their mental health issues. Many find this community support helps them get through a difficult day, reach out and open up about their problems and find friendship and acceptance.

**BELIEVE Mental Health Support** - <https://www.facebook.com/groups/contactBELIEVEadmin>

BELIEVE is a support group directed at people with mental health issues, people that want to know more about it and to help spread awareness.

**Depression, Anxiety and Mental Health Support** - <https://www.facebook.com/groups/Depressionanxietymentalhealth>

A support group dedicated to positively advising and informing members on various mental health related issues.

**Mental Health Support & Friendship** - <https://www.facebook.com/groups/1455063034772787/>

A group to help and support people living with mental illness, or care for those who do.

**Positive Psychology** - <https://www.facebook.com/groups/positivepsychology>

Group to discuss Positive Psychology, the scientific study of the strengths and virtues that enable individuals, organizations, and communities to flourish.

**The Miscarriage Association (Private)** - <https://www.facebook.com/groups/8033009179/>

A place to share your experiences of miscarriage, molar or ectopic pregnancy where the posts won't appear on your friends' newsfeeds (though, due to the way Facebook works, they may see that you've joined or that you're a member of this group).

**The Miscarriage Association (Open)** - <https://www.facebook.com/groups/8033009179/>

A place to share your experiences of miscarriage, molar or ectopic pregnancy. This group is open so posts may appear on your friend's newsfeeds.

## 4.3

### Other Media

There are various forms of social media and media platforms around the internet and the mental health community is using these and adapting them to promote support, information and raise awareness for mental health issues around the world.

#### Websites and Accounts

##### Action for Happiness

Action for Happiness is a movement of people taking action to create a happier society.

Youtube Channel: <https://www.youtube.com/channel/UCPXVA29dh6o-2X089o5TzhA>

Google+ account: <https://plus.google.com/+actionforhappiness>

##### Evidence Based Mental Health

Evidence-Based Mental Health is a quarterly journal that surveys a wide range of international medical journals, applying strict criteria for the quality and validity of research.

Youtube channel: [https://www.youtube.com/channel/UChkvTjxrnBeX76CGZ-fAl\\_w](https://www.youtube.com/channel/UChkvTjxrnBeX76CGZ-fAl_w)

Google+ account: <https://plus.google.com/u/0/108111217737573344481/posts>

##### Johnny Benjamin

Mental health campaigner and vlogger (video blogger) sharing personal insight and campaigning to raise awareness and acceptance for mental health.

Youtube: <https://www.youtube.com/user/johnjusthuman>

##### Mind

Mental Health charity supplying up to date information and news on various conditions, treatments and research.

Youtube channel: <https://www.youtube.com/user/MindWebteam>

Google+ account: <https://plus.google.com/+MindWebteam/>

##### Rethink

Rethink Mental Illness - challenging attitudes, changing lives, mental health charity based in England leading the way to a better life for everyone affected by mental illness.

Youtube channel: <https://www.youtube.com/channel/UChys7c5jVb2wf1yhUmVAAVg>

Google+ account: <https://plus.google.com/+rethink/>

### **The Academy of Eating Disorders**

The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment and prevention.

Youtube channel: <https://www.youtube.com/channel/UCJdjVELGnfTYXCX5bCZ920A>

Google+ account: <https://plus.google.com/+AedwebOrg/about?fd=1>

### **The National Institute of Mental Health**

The National Institute of Mental Health (NIMH) is the largest scientific organization, in the world, dedicated to mental health research.

Youtube channel: <https://www.youtube.com/user/NIMHgov>

Google+ account: <https://plus.google.com/+NIMHgov/>

### **Time to Change**

Campaign to get people talking about mental health to help change attitudes for the better.

Youtube channel: <https://www.youtube.com/channel/UCW1pPkl39VQHvSUE72ayF-Q>

Google+ account: <https://plus.google.com/116968615563442610353/>

### **Young Minds**

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Youtube channel: <https://www.youtube.com/channel/UCBrcD2CYLBN8v9c7fxRqQAw>

Google+ account: <https://plus.google.com/100943920977635052760/>

## Android and Iphone Apps

### Apple iTunes

#### **Stress check by AIIR Consulting LLC**

Stress Check is a stress test developed by clinical psychologists with expertise in Stress Management. This research-based assessment tool provides users with an overall stress score that illuminates their current level of stress and provides useful descriptions and actionable recommendations.

Compatibility: Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimised for iPhone 5.

#### **Complete Relaxation Lite: Guided meditation... by Zenoki Ltd**

This App uses the latest relaxation techniques to help users relax their body and minds from high stress situations and thoughts.

Compatibility: Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimised for iPhone 5.

#### **Mental Illness: Facts ... by Michael Quach**

This useful app discusses the most important topics in mental health and provides information and guidance on a wide range of mental health issues.

Compatibility: Requires iOS 6.1 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

#### **Drug Addiction: Drugs Handbook & Prescription Medications Reference Guide by Michael Quach**

This useful app discusses the most important topics in drug abuse and addiction and provides information and guidance on a wide range of drugs and their effects.

Compatibility: Requires iOS 6.1 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimised for iPhone 5.

## Google Play

### **What's Up? By Jackson Temptra**

What's Up? is a free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with issues such as depression, anxiety, anger, and stress.

Requires Android 2.3.3 and up.

### **WellMind by Blue Steps Solutions by blue steps solutions**

WellMind is a free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. The app includes advice, tips and tools to improve mental health and boost wellbeing.

Requires Android 2.3.3 and up

### **Worry Box – Anxiety Self-Help by Excel at Life**

A free app that allows you to store away worries, listen to relaxing audio and provides self help articles and suggestions to help deal with unnecessary or excessive worry.

Requires Android 2.0 and up.

### **Self-Help Anxiety Managment by the University of the West of England**

SAM is an app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible and practical resource.

Requires Android 4.0.3 and up

## 5.

### Helplines

Probably the most well known of support services are specific helplines for people to call when struggling, in distress or in crisis. To ensure that people can contact them in the way that best suits them most helplines offer a range of ways to contact them, from telephone numbers to text options.

It is advised that users understand whether or not their phone service provider allows free calls, as some mobile phone networks still charge for “free” numbers. This information can be found through your service provider.



## 5.1

### Telephone Numbers

One of the most traditional forms of support available are helplines, which offer confidential advice and support to people when they need it. Often these are the first form of support people are guided to when suffering from mental illness or crisis. The volunteers answering calls are always trained to a professional level and will do their utmost to help support someone through whatever issue they feel they need help with.

#### **Alcoholics Anonymous**

National advice line for people suffering from an alcohol problem/dependency.

Telephone: 0845 769 7555 Charges may apply

#### **Al-Anon Family Group**

A charity dedicated to supporting family and friends affected by a loved one's alcohol addiction

Telephone: 020 7403 0888 (Everyday 10am – 10pm) Charges Apply

#### **Alzheimer Scotland**

The leading Scottish charity for people and carers of those suffering from dementia offers support through a dedicated helpline.

Telephone: 0808 808 3000 (Monday – Sunday 24/7) Free

#### **Anxiety UK**

National charity offering support and information to sufferers of anxiety and related conditions as well as their loved ones.

Telephone: 08444 775 774 (Monday – Friday 9:30am – 5:30pm) Charges Apply

#### **APNI (Association for Post Natal Illness)**

Charity to support those affected by post natal illness.

Telephone: 0207 386 0868 (Monday – Friday 10am – 2pm) Charges Apply

#### **B-eat**

The national charity to support people, and their loved ones, who suffer from eating disorders.

Telephone (Adult 18+): 0845 634 1414 (Monday and Wednesday 12pm – 8:30pm. Tuesday, Thursday, Friday 12pm – 5pm) Charges may apply

Telephone (Youthline under 25): 0845 634 7650 ((Monday and Wednesday 12pm – 8:30pm. Tuesday, Thursday, Friday 12pm – 5pm) This service can also call you back, text "call back" to 07786 201820. Charges may apply.

### **Blue Cross**

Support and information for those adversely affected by the loss of a pet.

Telephone: 0800 096 66066 (Monday – Sunday 8:30am- 8:30pm) Free

### **Breathing Space**

A free and confidential phone line for people suffering from depression or low mood and in need of someone to talk to.

Telephone – 0800 83 85 87 (Open Monday – Thursday 6pm-2am, Friday 6pm – Monday 6am) Free

### **CALM (Campaign Against Living Miserably)**

A national charity specifically to support men with mental health issues.

Telephone: 0800 58 58 58 (Everyday 5pm – 12am) Free

### **Child Bereavement UK**

Supporting families and people suffering the loss of a baby or child of any age has died, or is dying, or when a child is facing bereavement.

Telephone: 0800 02 888 40 (Monday – Friday 9am – 5pm) Free

### **Childline**

A free and confidential support for children wishing to speak about any issue, mental health included.

Telephone: 0800 1111 (24/7) Free

Telephone (for adults worried about a child): 0808 800 5000 (24/7) Free

### **Combat Stress**

Mental health charity for veterans and their families offering confidential advice to service and ex service men, women and their families.

Telephone: 0800 138 1619 (24/7) Free

### **Cruse Bereavement Care Scotland**

For people who have experienced bereavement of any kind.

Telephone: 0845 600 2227 Free (Answer machine service available) Charges may apply

National helpline: 0844 477 9400 (Monday-Friday 9:30 – 5pm, Tuesday – Thursday 9:30-8pm) Charges Apply

### **Family Lives UK**

Dedicated parenting charity to support parents through various issues such as bullying and child mental health. Their helpline can also be contacted via Skype.

Telephone: 0808 800 2222 (Monday – Friday 9am – 9pm, Saturday and Sunday 10am – 3pm) Free

### **FRANK**

Confidential advice about drugs, drug use and drug abuse.

Telephone: 0300 123 6600 (24/7) Charges apply

Textphone: 0300 123 1099 (24/7) Charges apply

### **Hope Again**

A sister sight of Cruse Bereavement directed at supporting young people through loss and grief.

Telephone: 0808 808 1677 (Monday – Friday 9:30-5pm) Free

### **HOPELine**

A confidential helpline staffed by trained professionals providing non-judgemental support, practical advice and information to young people under 35 years old or friends, family members, professionals concerned a young person may be at risk of suicide.

Telephone: 0800 068 41 41 (Monday – Friday 10am – 10pm, Saturday – Sunday 2pm – 5pm) Free

### **Know the Score**

A dedicated carity to provide support and on hand information about drugs to those who are concerned or need support.

Telephone: 0800 587 5879 (Monday – Sunday 8am – 11pm) Free

### **Men's Advice Line**

Advice and support for men experiencing domestic violence.

Telephone: 0808 801 0327 (Monday – Friday 9am – 5pm Free)

### **Mind**

Mind are a large mental health charity that offer a large amount of information and support through their website. They also offer a number of help lines for people with mental health issues.

Mind Infoline (information and advice for people with mental health issues)

Telephone: 0300 123 3393 (Monday-Friday 9am-6pm) Charges Apply

[Legal Advice Line](#) (providing legal advice in regards to mental health)

Telephone: 0300 466 6463 (Monday – Friday 9am-6pm) Charges Apply

[Blue Light Infoline](#) (information specifically for personnel m, volunteers of the emergency services and their families.)

Telephone: 0300 303 5999 (Monday – Friday 9am-6pm) Charges Apply

### **Miscarriage Association**

A national charity for the support of women, their partners and family and friends who have suffer, or are suffering from miscarriage.

Telephone: 01924 200 799 (Monday – Friday 9am – 4pm) Charges Apply

### **Narcotics Anonymous**

A dedicated charity for people and their loved ones affected by drug addictions.

Telephone: 0300 999 1212 (Monday – Sunday 10am – 12am) Charges May Apply

### **NCT**

The UK's largest charity for parent's offer's two exclusive help lines to support new and old parents in the difficult transitions that pregnancy, birth and parenting entail. The first help line offers one to one support with a trained advisor, the second offers help from a volunteer who has experienced similar issues.

Telephone (helpline): 0300 330 0700 (Monday, Wednesday, Thursday, Friday 9am -7pm and Tuesday 9am – 6pm) Charges Apply

Telephone (Shared Experience): 0300 330 0700 (Monday – Friday 9am – 7pm) Charges apply.

### **OCD Action**

A charity run to help support and provide information to suffers of OCD and associated disorders, and their loved ones.

Telephone: 0845 390 6232 (Monday – Friday 9:30 – 5pm) Charges may apply

### **Premier lifeline**

A Christian based charity offering prayer and support to those of faith suffering from an emotional or spiritual crisis.

Telephone: 0300 111 0101 (Everyday 9am – 12am) Charges Apply

### **Rape Crisis Scotland**

The Scottish Charity for support and information for those who have suffered sexual violence. There is also a locally run Rape Crisis Centre for the Western Isles with a dedicated helpline.

National helpline: 08088 01 03 02 (Everday 6pm – 12am) Free  
Minicom – 0141 3153 3091

#### **Deaf support:**

Telephone: 0141 331 2715 (Tuesday 1:30pm – 5pm) Charges apply  
Free calls via Sign on Screen (run by [www.deafconnections.co.uk](http://www.deafconnections.co.uk))

#### **Local Contact:**

Telephone: 01851 709965 (Monday – Wednesday 10am-9pm, Thursday – Friday 10am – 4pm and 6pm – 9pm)

### **PANDAS (Pre and Postnatal Depression Advice and Support)**

Supporting families suffering from pre (antenatal) and postnatal illnesses and offering sufferers, their families and carers support and advice to help aid their recovery

Telephone: 0843 28 98 401 (Monday – Sunday, 9am – 8pm) Charges may apply

### **Respect Phone Line**

Dedicated charity to support the perpetrators of domestic violence and to help them recovery from their issues.

Telephone: 0808 802 4040 (Monday – Friday, 9am – 5pm) Charges may apply

### **Rethink**

A confidential advice line (non-emotional support) providing practical advice and information on topics ranging from benefit and money issues to types of therapy and medication. (Legal advice for England only.)

Telephone: 0300 5000 927 (Monday – Friday 10am – 2pm) Charges Apply

### **Samaritans**

A confidential and non judgmental emotional support 24 hours a day by telephone or email.

Telephone: 08457 90 90 90 (24/7) Free

### **Sands (Stillbirth and neonatal death charity)**

Charity supporting anyone affected by the death of a baby before, during or shortly after birth.

Telephone: 020 7436 5881 (Monday – Friday 9:30am – 5:30am and Tuesday and Thursday evenings 6pm – 10pm)  
Charges Apply

### **SANE**

A website full of useful advice and information with links to their support forum which offers peer support and advice to people suffering from mental health issues. SANE run their confidential SANEline helpline for anyone affected by mental illness.

Telephone: 0300 304 7000 (everyday 6pm – 11pm) Charges Apply

### **Self Injury Support**

A dedicated national charity to help support girls and young women affected by self-injury or self harm.

Telephone: 0808 800 8088 (Tuesday and Wednesday 7pm – 10pm, Thursday 3pm – 6pm) Charges apply

### **SOBS UK (Survivors of Bereavement by Suicide)**

A National charity supporting people through the bereavement of a loved one by suicide (18+)

Telephone: 0300 111 5065 (Monday – Sunday 9am-9pm) Charges Apply

### **YoungMinds**

A helpline designed to support parents caring for a young person under 25 with emotional or mental health problems.

Telephone: 0808 802 5544 (Monday – Friday 9:30am – 4pm) Free

## 5.2

### Text

Text support offers the confidential advice and guidance that telephone support provides with the added benefit of the privacy of text messaging. This allows people to gain the support they need when they possibly don't have the opportunity to have a conversation verbally with someone. Texts are answered by trained volunteers who provide non-judgmental support to people in emotional distress.

#### **Combat Stress**

Mental health charity for veterans and their families offering confidential advice to service and ex service men, women and their families.

Text: 07537 404 719 Standard rates

#### **FRANK**

Confidential advice about drugs, drug use and drug abuse.

Text: 82111 (24/7) Charges apply

#### **HOPELine**

A confidential helpline staffed by trained professionals providing non-judgemental support, practical advice and information to young people under 35 years old or friends, family members, professionals concerned a young person may be at risk of suicide.

Text: 07786 20 96 97 (Standard Network Rates)

#### **Mind**

Mind are a large mental health charity that offer a large amount of information and support through their website. They offer a range of text message support options.

**Mind Infoline** (information and advice for people with mental health issues)

Text: 86463 (Monday – Friday 9am-6pm) Standard network rates

**Blue Light Infoline** (advice and information specifically for personnel and volunteers of the emergency services and their families.)

Text: 8499 (Monday – Friday 9am – 6pm) Standard Network Rates

#### **Rape Crisis Scotland**

The Scottish Charity for support and information for those who have suffered sexual violence.

Text: 07537 400702 Charges apply

## **SANE**

A website full of useful advice and information with links to their support forum which offers peer support and advice to people suffering from mental health issues. SANE also run their confidential SANEline helpline for anyone affected by mental illness. They offer a Textcare service where you can arrange to receive support during a certain time (for example, over the weekends when access to support is more difficult) or before a certain event (for example, before an appointment.) This support is organized through their website.

Website: <http://www.sane.org.uk/>

## **Self Injury Support**

A dedicated national charity to help support girls and young women affected by self-injury or self harm.

Text: 0780 047 2908 (Monday – Sunday 7pm – 9pm) Charges Apply

## **Survivors UK**

A charity run to offer help and support for men affected by childhood sexual abuse and/or rape.

Text: 020 3322 1860 (Monday and Tuesday 6pm-9pm, Wednesday 12pm – 2:30pm and 6pm – 9pm, Thursday 12pm-2:30pm) Charges Apply



## 5.3

### Email

Email support offers people a way of reaching out in a way where they can think about the issues they're facing, and concisely explain these to an independent and non-judgemental person for support and advice. It allows people time to think of what they exactly need help with completely, without being distracted by the flow of a verbal conversation or the character limits of a text message. The volunteers answering emails are all trained to support people in mental health distress or crisis.

#### **Alcoholics Anonymous**

National advice line for people suffering from an alcohol problem/dependency.

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

#### **Anxiety UK**

National charity offering support and information to sufferers of anxiety and related conditions as well as their loved ones.

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

#### **B-eat**

The national charity to support people, and their loved ones, who suffer from eating disorders.

Email (Adult 18+): [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Email (Youthline under 25):: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

#### **Blue Cross**

Support and information for those adversely affected by the loss of a pet.

Email: [pbssmail@bluecross.org.uk](mailto:pbssmail@bluecross.org.uk)

#### **Child Bereavement UK**

Supporting families and people suffering the loss of a baby or child of any age has died, or is dying, or when a child is facing bereavement.

Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

## **Childline**

A free and confidential support for children wishing to speak about any issue, mental health included, links to email support found through website.

Website: <http://www.childline.org.uk/>

## **Combat Stress**

Mental health charity for veterans and their families offering confidential advice to service and ex service men, women and their families.

Email: [combat.stress@rethink.org](mailto:combat.stress@rethink.org)

## **Cruse Bereavement Care Scotland**

For people who have experienced any kind of bereavement.

Email: [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

National Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

## **FRANK**

Confidential advice about drugs, drug use and drug abuse.

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

## **Hope Again**

A sister sight of Cruse Bereavement directed at supporting young people through loss and grief.

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

## **HOPELine**

A confidential helpline staffed by trained professionals providing non-judgemental support, practical advice and information to young people under 35 years old or friends, family members, professionals concerned a young person may be at risk of suicide.

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## **Mind**

Mind are a large mental health charity that offer a large amount of information and support through their website. They also offer a range of advice emails for people with mental health issues.

**Mind Infoline** (information and advice for people with mental health issues)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

**Legal Advice Line** (providing legal advice in regards to mental health)

Email: [Legal@mind.org.uk](mailto:Legal@mind.org.uk)

**Blue Light Infoline** (advice and information specifically for personnel and volunteers of the emergency services and their families.)

Email: [bluelightinfoline@mind.org.uk](mailto:bluelightinfoline@mind.org.uk)

## **Miscarriage Association**

A national charity for the support of women, their partners and family and friends who have suffer, or are suffering from miscarriage.

Email: [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)

## **OCD Action**

A charity run to help support and provide information to sufferers of OCD and associated disorders, and their loved ones. They also offer dedicated advocacy support.

Email: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

## **PANDAS (Pre and Postnatal Depression Advice and Support)**

Offering advice and support to individuals, their families and carers by offering advice and help to aid their recovery. Email support is available through their website.

Website: <http://www.pandasfoundation.org.uk/>

## **Rape Crisis Scotland**

The Scottish Charity for support and information for those who have suffered sexual violence.

Email: [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

## **Respect Phone Line**

Dedicated charity to support the perpetrators of domestic violence and to help them recovery from their issues.

Email: [info@espectphoneline.org.uk](mailto:info@espectphoneline.org.uk)

## **Samaritans**

A confidential and non judgmental emotional support 24 hours a day by telephone or email.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Sands (Stillbirth and neonatal death charity)**

Charity supporting anyone affected by the death of a baby before, during or shortly after birth.

Email: [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

### **Self Injury Support**

A dedicated national charity to help support girls and young women affected by self-injury or self harm. Details on email support available through website.

Website: <http://www.selfinjurysupport.org.uk/>

### **SOBS UK (Survivors of Bereavement by Suicide)**

A National charity supporting people through the bereavement of a loved one by suicide (18+) They also offer a dedicated email support for those affected by suicide who are also, or their loved one was also, part of the Lesbian, Gay, Bisexual, transgender or questioning community.

Email: [sobs.support@hotmail.com](mailto:sobs.support@hotmail.com)

(LGBTQ) Email: [suzziholden@yahoo.co.uk](mailto:suzziholden@yahoo.co.uk) or [jackiecarter12706@yahoo.co.uk](mailto:jackiecarter12706@yahoo.co.uk)

### **Men's Advice Line**

Advice and support for men experiencing domestic violence.

Email: [info@mensadviceline.org](mailto:info@mensadviceline.org)

## 6.

### Conclusion

Resources available in Skye and Lochalsh will always be limited due to the geography of the area, whether that be local provisions where clients are reliant on public transport to attend, or internet access that may be difficult or expensive for clients to obtain. There is also the willingness to engage with support networks, as many clients may feel unwilling, uncomfortable or anxious about engaging with services that provide a more direct one to one support or are provided on a group basis.

Hopefully, through this catalogue, it can be observed that mental health provisions vary greatly and do not simply rely on the well known telephone helplines or overstretched public services. Many people with mental health issues are now joining together in a community that spans continents to raise awareness, share experiences and information and help support each other to recovery and better mental health.

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All information provided in this catalogue is subject to change and was  
correct at the time of printing.

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Email: [adviser@skyecab.casonline.org.uk](mailto:adviser@skyecab.casonline.org.uk)

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Opening Hours Portree Office:  
Monday 10am - 1 pm, 2pm - 4:30pm  
Tuesday 10am - 1 pm, 2pm - 4:30pm  
Wednesday 10am - 1 pm  
Thursday 10am - 1 pm, 2pm - 4:30pm

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**Kyle Outreach:**  
Wednesday 10am-12.30, 1.30-4pm Drop In  
**Broadford Outreach:**  
Friday 9am-1pm, 2pm - 5pm By Appointment

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