

## **A-Z of NHS, charity and website resources providing support and information for a variety of mental health and wellbeing experiences, issues, and conditions.**

### **Addictions**

[www.nhs.uk/live-well/healthy-body/addiction-what-is-it/](http://www.nhs.uk/live-well/healthy-body/addiction-what-is-it/)

[www.addaction.org.uk](http://www.addaction.org.uk)

### **Anxiety**

[www.nhs.uk/mental-health/conditions/anxiety/](http://www.nhs.uk/mental-health/conditions/anxiety/)

[www.nhs.uk/mental-health/conditions/panic-disorder/](http://www.nhs.uk/mental-health/conditions/panic-disorder/)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Chronic pain**

[www.nhs.uk/Planners/yourhealth/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf](http://www.nhs.uk/Planners/yourhealth/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf)

### **Cultural diversity**

[www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities](http://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities)

<https://borderlinesupport.org.uk/support/bame>

[www.england.nhs.uk/supporting-our-nhs-people/support-now/support-for-our-diverse-colleagues/](http://www.england.nhs.uk/supporting-our-nhs-people/support-now/support-for-our-diverse-colleagues/)

### **Depression**

[www.nhs.uk/mental-health/conditions/clinical-depression/living-with/](http://www.nhs.uk/mental-health/conditions/clinical-depression/living-with/)

[www.depressionuk.org](http://www.depressionuk.org)

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

[www.apni.org](http://www.apni.org)

### **Eating disorders**

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/)

<https://mentalhealth-uk.org/help-and-information/conditions/eating-disorders/more-information/>

[www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-supportnow/helplines/](http://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-supportnow/helplines/)

### **General self-help**

[www.nhs.uk/mental-health/self-help/](http://www.nhs.uk/mental-health/self-help/)

[www.nhsemployers.org/howareyoufeelingnhs](http://www.nhsemployers.org/howareyoufeelingnhs)

### **LGBTQ+ support**

[www.england.nhs.uk/about/equality/lgbthealth/](http://www.england.nhs.uk/about/equality/lgbthealth/)

[www.urccp.org/article.cfm?ArticleNumber=69](http://www.urccp.org/article.cfm?ArticleNumber=69)

[www.switchboard.lgbt](http://www.switchboard.lgbt)

[www.stonewall.org](http://www.stonewall.org)

### **Psychosis conditions**

[www.nhs.uk/mental-health/conditions/schizophrenia/living-with/](http://www.nhs.uk/mental-health/conditions/schizophrenia/living-with/)

[www.nhs.uk/mental-health/conditions/psychosis/](http://www.nhs.uk/mental-health/conditions/psychosis/)

[www.nhs.uk/mental-health/conditions/bipolar-disorder/](http://www.nhs.uk/mental-health/conditions/bipolar-disorder/)

[www.hearing-voices.org](http://www.hearing-voices.org)

[www.app-network.org](http://www.app-network.org)

### **Self-harm**

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/)

[www.harmless.org.ukwww.selfinjurysupport.org.uk](http://www.harmless.org.ukwww.selfinjurysupport.org.uk)

### **Stress**

[https://mhfaengland.kokodigital.co.uk/frame\\_content.php](https://mhfaengland.kokodigital.co.uk/frame_content.php)

[www.hse.gov.uk/stress/](http://www.hse.gov.uk/stress/)

[www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress](http://www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress)

## **Substance misuse**

[www.nhs.uk/conditions/alcohol-misuse/](http://www.nhs.uk/conditions/alcohol-misuse/)

[www.nhs.uk/conditions/type-1-diabetes/alcohol-and-drugs/](http://www.nhs.uk/conditions/type-1-diabetes/alcohol-and-drugs/)

[www.nhs.uk/Service-Search/other-services/Mental%20health%20services%20for%20drug%20misuse/LocationSearch/338](http://www.nhs.uk/Service-Search/other-services/Mental%20health%20services%20for%20drug%20misuse/LocationSearch/338)

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

[www.ukna.org](http://www.ukna.org)

[www.adfam.org.uk](http://www.adfam.org.uk)

## **Suicide**

[www.nhs.uk/mental-health/get-urgent-help-for-mental-health/](http://www.nhs.uk/mental-health/get-urgent-help-for-mental-health/)

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/)

[www.thecalmzone.net](http://www.thecalmzone.net)

[www.samaritans.org/](http://www.samaritans.org/)

## **Young people and students**

[www.camhs-resources.co.uk/](http://www.camhs-resources.co.uk/)

[www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/](http://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/) [www.nhs.uk/mental-health/conditions/anxiety/anxiety-and-children/](http://www.nhs.uk/mental-health/conditions/anxiety/anxiety-and-children/) [www.studentminds.org.uk/](http://www.studentminds.org.uk/)

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.nightline.ac.uk](http://www.nightline.ac.uk)