Mental Health

General Information

- Mental Health Podcasts (info)
  https://www.mixcloud.com/PurpleRadio99/playlists/lets-get-mental/
- Mind (info) helps those suffering with their mental health, and for those who wish to support someone else who may be struggling.
  http://www.mind.org.uk/
- Sane (info/helpline/email/text) provides lots of information on mental health and support. https://www.sane.org.uk/how-we-help/emotional-support
- Samaritans (helpline/email) provides mental health support on any given subject.

Finding accredited psychologists

- Talking Changes (psychological therapies) helps put people into contact with talking therapies within County Durham and Darlington.
  https://www.talkingchanges.org.uk/what-happens-next/
- BPS (info) helps you find chartered psychologist in the area for your needs. These psychologists are not covered by the NHS. https://www.bps.org.uk/
- British Association for Behavioural and Cognitive Therapies (info) has information on accredited BABCP CBT and AREBT therapists in the UK and Ireland. There is also information about what CBT is.
  http://www.babcp.com/Default.aspx
- British Association for Counselling and Psychotherapy (info/ FAQs) provides information on therapy, how to seek a therapist and directory for accredited therapists. http://www.itsgoodtotalk.org.uk/
- Psychotherapy (info) helps you find a therapist near Durham
  https://www.psychotherapy.org.uk/find-a-therapist/
- Online Therapy Done by Actual Therapists (info) provides support for finding online therapy https://www.e-therapy.uk/search/therapist

Options for Specific Mental Health Conditions

Depression

- Students Against Depression (info) has information about anxiety, depression, OCD and further resources for emotional support.
  http://www.studentsagainstdepression.org/

OCD

- OCD Uk (info/helpline/email/support groups/discussion forums) provides emotional support, information and advice for those with OCD. http://www.ocduk.org/
- Royal College of Psychiatrists (info) provides information and a **list of other relevant organisations / helplines** that may be relevant at the bottom of the page. http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/obsessivecompulsivedisorder/obsessivecomplusivedisorder.aspx

Imposter syndrome

- Verywellmind (info) has information on imposter syndrome https://www.verywellmind.com/imposter-syndrome-and-social-anxiety-disorder-4156469

ADHD

- NHS (info) provides guidance of how ADHD can present itself, as well as means of treatment and living with the disorder https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/symptoms/
- Verywellmind (info) has guides on strategies for dealing with and mainting your wellbeing through ADHD. https://www.verywellmind.com/understanding-adhd-and-what-it-feels-like-20480

Demographic-Specific

PoC support

- Black Minds Matter (free mental health services) provides black therapists for black people suffering from mental health issues. This can help you self-refer. https://www.blackmindsmatteruk.com/enquiry-about-therapy
- The Empowerment group (1:1 therapy) provides free therapy for black people in the UK. https://www.theempowermentgroup.co.uk/
- Asian Mental Health Helpline (helpline) provides mental health support in many different languages (Gujarati, Punjabi, Hindi, Urdu, English) https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/

Religious Identity

- Muslim Community Helpline (helpline) https://muslimcommunityhelpline.org.uk/
- Muslim Women's Network (helpline) https://www.mwnhelpline.co.uk/
- Premier Lifeline (helpline) provides emotional support for Christians. https://www.premierlifeline.org.uk/who-we-are

LGBT Identity

- Switchboard (helpline/email/webchat) https://switchboard.lgbt/

Disability support

- Scope (helpline/BSL video-chat /email) https://www.scope.org.uk/helpline/#:~:text=Scope's%20helpline%20provides%20free%2C%20independent,18001%20then%200808%20800%203333.