

See Me National Signposting Directory

A Range of Information, Self-help, Empowerment and Self- Advocacy Websites and Apps

★ Young People specific

Websites

Service	Description	Contact
The Advocacy Project	The Advocacy Project provides a free and confidential service that is independent of the NHS and Social Work. Independent advocacy can benefit those living at home, in care or in hospital.	http://www.theadvocacyproject.org.uk/ Phone: 0141 420 0961 (Mon-Fri 9am – 5pm)
Anxiety UK	National charity for those affected by anxiety , stress and anxiety based depression.	www.anxietyuk.org.uk Infoline: 03444 775 774 (Mon-Fri 9.30am – 5.30pm) Text: 07537 416 905
Beat	The UK's eating disorder charity supporting people affected by eating disorders, their family members and friends, and campaigning on their behalf.	www.b-eat.co.uk Helpline: 0808 801 0677 ★ Youthline: 0808 801 0711 Studentline: 0808 801 0811
Bipolar Scotland	Information, support and advice for those with bipolar disorder / manic depression and those who care for and about them; and promoting self-help throughout Scotland, and inform and education about the conditions.	www.bipolarscotland.org.uk – website contact form Call: 0141 560 2050
Breathing Space	Breathing Space is a free, confidential phone line for anyone in Scotland feeling low, anxious or depressed .	www.breathingspace.scot Call: 0800 83 85 87 (Mon-Thurs 6pm – 2am; Fri-Mon 6pm – 6am)
Carers Trust Scotland	Provides comprehensive information and support for carers.	www.carers.org/scotland Call: 0300 123 2008
Carers UK	As above	www.carersuk.org Call: 0808 808 7777
Childline ★	Free, national helpline for children and young people to get support about anything they're worried about and find ways to cope .	www.childline.org.uk/ - online contact form and 1-2-1 counsellor webchat Call: 0800 1111
Citizens Advice Direct	Provider of information and advice on a wide range of issues including debt, employment, welfare and consumer advice.	www.citizensadvice.org.uk Advice Line: 0808 800 9060
Get Self Help	This website provides CBT self-help and therapy resources , including worksheets and information sheets and self-help mp3s.	www.getselfhelp.co.uk

Hearing Voices Network	HVM offer information, support and understanding to people who hear voices and those who support them. This includes local Hearing Voices Groups where people with shared experience come together to support one another.	www.hearing-voices.org
LifeSIGNS	LifeSIGNS is the user-led small charity creating understanding about self-injury ; guiding people who hurt themselves towards new ways of coping when they're ready for the journey. <i>Note. Website has the potential to be triggering but contains a great deal of information and support.</i>	www.lifesigns.org.uk
Living Life to the Full	Free online courses covering low mood, stress and resiliency . Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.	www.lltff.com
Mental Welfare Commission for Scotland	Scottish regulator for mental health services. Comprehensive information on the rights and entitlements of service users and carers	www.mwscot.org.uk Advice line: 0131 313 8777 (professionals); or 0800 389 6809 (service users /carers only)
Mind	Mind provide advice and support to empower anyone experiencing a mental health problem . They campaign to improve services, raise awareness and promote understanding. Mind is based in England and Wales.	www.mind.org.uk <u>Mind Infoline</u> For information on types of mental health problems, where to get help, medication and alternative treatments, advocacy. Call: 0300 123 3393 / Text: 86463 /Email: info@mind.org.uk <u>Legal Line</u> For legal information and general advice on mental health related law. Call: 0300 466 6463 / Email: legal@mind.org.uk (Mon-Fri 9am-6pm)
The Mix ★	Information, support, apps and tools for young people under 25 years old.	www.themix.org.uk/ - 1-2-1 Chat and Crisis Messenger Call: 0808 808 4994
Mood Gym	Based in Australia, moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety .	www.moodgym.com.au/
NHS Inform	NHS inform is for anyone in Scotland looking for quality assured health and care information . Interactive tools include self-help guides for common illnesses and injuries, Scotland's Service Directory	www.nhsinform.scot/

	containing health and wellbeing support organisations and thousands of NHS services in Scotland, an Info for Me tool that helps you to gather, save, publish and share your own health information.	
NHS 24 111	NHS24's 111 service provides urgent health advice out of hours , when your GP Practice or Dentist is closed.	www.nhs24.scot Call: 111 (Mon-Thurs 6pm – 8am; Fri 6pm to 8am Mon)
No Panic	Support for sufferers of panic attacks and OCD. - Breaking chains of anxiety.	www.nopanic.org.uk Call: 0800 138 8889 (Daily, 10am – 10pm)
OCD Action	Support for people with obsessive compulsive disorder. Includes information on treatment and online resources.	www.ocdaction.org.uk Call: 0845 390 6232 (Mon-Fri 9.30am – 5pm)
OCD-UK	Service user led charity supporting children and adults affected by Obsessive Compulsive Disorder . This organisation provides information and advice to people living with OCD.	www.ocduk.org Advice Line: 03332 127 890 – for queries about OCD
PAPYRUS	Providing advice and information to young people experiencing suicidal thoughts	www.papyrus-uk.org HOPEline: 0800 068 4141 (Mon-Fri 10am – 5pm & 7pm – 10pm; Weekends 2pm-5pm)
Relate	Relate offers counselling services for every type of relationship nationwide – relationship counselling , family counselling, sex therapy, children and young people, education and learning.	www.relate.org.uk - webcam counselling, live chat and message Telephone Counselling, to book an appointment: 0300 003 0396 (Mon-Thurs 8am – 10pm; Fri 8am – 6pm; Sat 9am – 5pm)
Rethink Mental Illness	Support and advice for people living with a mental health condition; including education, employment and available financial assistance (England only)	www.rethink.org Call: 0300 5000 927 (Mon-Fri 10am – 2pm)
Samaritans	Samaritans offers a safe place for people to talk any time, in their own way about whatever's getting to you . Free telephone service.	www.samaritans.org Call: 116 123 Email: jo@samaritans.org
Scottish Recovery Network	SRN focuses making recovery for people with mental health problems real. Website includes a wide range of SRN and non-SRN research, publications, videos, podcasts and personal stories.	www.scottishrecovery.net
Self-harm UK	Information and support for people who self-harm .	www.selfharm.co.uk/ - where you can sign up to receive 1:1 email support for a period of time, online peer support via Alumina and access to Live sessions weekly.
Something Fishy	Raising awareness and providing support to people with eating disorders , and their loved-ones. Provides support and information on different eating disorders.	www.something-fishy.org/
Support in Mind	Support in Mind Scotland seek to support	www.supportinmindscotland.org.uk

and empower all those affected by **mental illness**, including family members, carers and supporters. Offers information on mental health and contact information for local services and groups. Infoline: 0131 662 4359

SAMH (Scottish Association for Mental Health)

Scottish charity providing help, information and support around **mental ill health** and campaigning on behalf of people with mental health problems. SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, homelessness, addictions and employment services among others.

www.samh.org.uk

Information Service: 0141 530 1000

Young Minds 

An organisation based in England looking at a lot of the issues **young people with mental health problems** face. Excellent personal blogs and articles.

www.youngminds.org.uk

Parents Helpline: 0808 802 5544

For urgent help for young people - contact YoungMinds Crisis Messenger: text YM to 85258

Apps

Service	Description	Contact
Buddhify	A popular meditation app, focussing on mobile or on-the-go meditation, which you can do wherever you are and whatever you're doing.	www.buddhify.com/
CBT Diary	This free CBT app offers self-help methods and tools of cognitive-behavioural therapy (CBT) to challenge irrational thinking.	www.play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en
DBT 112	This free app offers over 150 different suggests on skill exercises for Mindfulness , Emotional Control, Manage relationships and Distress Tolerance. Dbt112 can never replace professional help, but can serve as a tool for DBT training.	www.play.google.com/store/apps/details?id=se.annadroid.Dbt112&hl=en_GB
Doc Ready	Dos Ready supports people having difficulties with their mental health to get ready for their first time visit to a doctor to discuss their mental health. Includes information, advice and a checklist toolkit.	www.docready.org
Mindkit - Five Ways to Wellbeing	Aims to help people feel happier and healthier by encouraging them to do simple things under the headings of Connect, Be Active, Take Notice, Keep Learning and Give. It allows people to reflect on their wellbeing, set activities to help improve their wellbeing and track their progress - all from the comfort of a phone. (Available for IOS as well)	www.mindkit.org.uk/5-ways-to-wellbeing/
Headspace	A popular meditation app, free download for a ten day mindfulness programme (which you keep so can use the ten days any time) and paid if you want more.	www.headspace.com/
Mindlogr	Private video recording platform for people to record their thoughts to learn, grow and effectively create more meaning in their lives. Also logs other information (with user permission), such as weather, fitness and health (via API to platforms like Fitbit and Nike+ Fuelband), and other extra information.	www.mindlogr.com
Moodkit	This is an expensive app at £13 but claims to help improve your mood .	www.itunes.apple.com/us/app/moodkit-mood-improvement-tools/id427064987
Moodscope	Measure your mood each day by flipping 20 cards with emotions such as "nervous" and "alert" to a score from 0-3 depending on how strongly you feel it. Moodscope turns your scores into a percentage and tracks on a graph you can add notes to and see what triggers both good and bad days. You can have your scores emailed to a friend or family member as well.	www.moodscope.com/

MOMO ★	MOMO offers apps to help children and young people express themselves and communicate with professionals in their lives – such as social workers, teachers, support workers – making sure each and everyone is heard.	www.mindofmyown.org.uk/
Recovery Record	This is an eating disorder recovery app, free for people experiencing eating disorders to download. It has lots of features including; food diary, food reminder and mood rating option. Includes quotes and activities.	www.recoveryrecord.co.uk
SAM App	SAM helps you to understand what causes your anxiety , monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. Also offers “Social cloud” feature to enable you to share your experiences with SAM community while protecting your identity.	www.sam-app.org.uk/
Smiling Mind	Free mindfulness app for everyone. (Also sells resources for schools and workplaces.)	www.smilingmind.com.au/
1 Million Reasons to Live	Suicide prevention Tumblr: Simple reminders to appreciate anything and everything. "Enjoy the little things, for one day you will realize they were the big things."	http://1000000reasons.tumblr.com/