



**In a medical emergency: phone the Emergency Services on 999**

**If you are feeling distressed, or are concerned about someone else, the Samaritans provide confidential non judgmental emotional support, 24 hours a day. The Samaritans can be called on 116 123.**

Visiting your local GP is the best source of information if you need non-urgent help with a mental health problem. If you can't reach a GP during normal working hours (9am - 5pm) or are unable to access your GP ring NHS direct 111 for medical advice.

You can also visit your nearest A&E.

### **USEFUL LOCAL AND NATIONAL CONTACTS**

This is a list of organisations which work with all aspects of mental health. Some are recommended by the NHS, some have been used by our members, and some are ones for you to explore yourself.

<b>Alzheimer's Society</b> www.alzheimers.org.uk National Dementia Helpline 0300 222 11 22	<b>Information &amp; support on living with Alzheimer's or supporting someone with Alzheimer's, including online communities</b>
<b>Anxiety</b> www.anxiety.org.uk	<b>General website on various different aspects and forms of anxiety, where to get support and help</b>
<b>Autism</b> National Autistic Society www.autism.org.uk	<b>National charity website with a large amount of articles or support, information on where to get help, living with autism, getting a diagnosis and much more</b>
<b>Barnados</b> www.barnados.org.uk	<b>The world's largest children's charity. Barnardo's transforms the lives of the most vulnerable children across the UK through their services, campaigning and research expertise.</b>
<b>bipolar UK</b> www.bipolaruk.org.uk	<b>Support for people affected by bipolar</b>

<p><b>CALM</b>  <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>                      5pm-midnight, 365 days a year                      Nationwide: 0800 58 58 58                      London: 0808 802 58 58 <b>02 58 58</b>                      or online webchat</p>	<p>Helpline and web chat aimed at men aged 45 and under</p>
<p><b>childline</b>  <a href="http://www.childline.org.uk">www.childline.org.uk</a>                      0800 1111</p>	<p>Offers help and support to teenagers via phonedlines or web chat or email. If you ring you will be put through to a counsellor who can offer you free, confidential advice and information.</p>
<p><b>Citizens Advice Bureau</b>  <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>                      08444 77080</p>	<p>Provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.</p>
<p><b>Crisis</b>  <a href="http://www.crisis.org.uk">www.crisis.org.uk</a>                      0300 555 1000</p>	<p>National charity for homeless people.</p>
<p><b>Cruse Bereavement Care</b>  <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>                      0808 808 1677</p>	<p>Provides support to adults and children after the death of someone close through articles, telephone, email or face-to-face services.</p>
<p><b>Depression Alliance</b>  <a href="http://www.depressionalliance.org">www.depressionalliance.org</a></p>	<p>Offers a complete guide to depression.</p>
<p><b>Elefriends</b>  <a href="http://www.elefriends.org.uk">www.elefriends.org.uk</a>   <u><b>Urgent Help Tool:</b></u>  <a href="http://www.mind.org.uk/need-urgent-help/using-this-tool/">www.mind.org.uk/need-urgent-help/using-this-tool/</a></p>	<p>Provided by MIND, Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.</p>
<p><b>Friends In Need</b>  <a href="http://www.friendsinneed.co.uk">www.friendsinneed.co.uk</a></p>	<p>Part of MIND, Friends in Need is a way for people affected by depression to meet online and/or in their local area.</p>
<p><b>MQ</b>  <a href="http://www.mqmentalhealth.org">www.mqmentalhealth.org</a></p>	<p>Transforming mental health through research. They aim to create a world where mental illnesses are understood, effectively treated and one day made preventable.</p>

<p><b>Men's Health Support</b> www.menshealthforum.org.uk</p>	<p>Provides support by text, chat or email.</p>
<p><b>mind</b> www.mind.org.uk 0300 123 3393 Text: mind 86463</p>	<p>Mind offers advice, legal information and support across a range of mental health conditions. The line is open 9am - 6pm.</p>
<p><b>Mencap</b> www.mencap.org.uk</p>	<p>Charity that is the leading voice for people with a learning disability.</p>
<p><b>Mental Health Foundation</b> www.mentalhealth.org.uk</p>	<p>Provide information and support for everyone whether diagnosed or not.</p>
<p><b>No Panic</b> www.nopanic.org.uk 0844 9674848 Youth Helpline ages 13-20 0330 606 1174</p>	<p>No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers. No Panic also provides support for the carers of people who suffer from anxiety disorders.</p>
<p><b>OCD Action</b> www.ocduk.org 03332 127 890</p>	<p>National OCD charity, run by and for people with lived experience of OCD – provides information and support.</p>
<p><b>Papyrus</b> www.papyrus-uk.org</p> <p><b>For Urgent Help:</b> For confidential advice and support to help a person at risk, or if you are thinking about suicide, speak with our professional advisors at: <b>HOPELineUK on 0800 068 4141</b> <b>text 07786 209 697</b> <b>or email pat@papyrus-uk.org</b></p>	<p>Papyrus works with young people and suicide and they also have contact details of suicide bereavement organisations.</p> <p><b>Need help to kick off a life-saving conversation about suicide? Conversation Starters available to download on their website.</b></p>
<p><b>Rethink Mental Illness</b> www.rethink.org 0300 5000 927</p>	<p>Offers practical advice and support to those experiencing severe mental illnesses such as schizophrenia and to their carers and relatives.</p>

<p><b>Richmond Fellowship Mental Health Charity</b>  <a href="http://www.richmondfellowship.org.uk">www.richmondfellowship.org.uk</a>          01707 727726</p>	<p>Provides support through residential living, community focus, employment and more. Now part of Recovery Focus, a national group of charities making individual recovery a reality.</p>
<p><b>Samaritans</b>  <a href="http://www.samaritans.org">www.samaritans.org</a>          116 123</p>	<p>Whatever you're going through, you can call them FREE any time, from any phone on 116 123. They're here round the clock, 24 hours a day, 365 days a year.          If you need a response immediately, it's best to call them on the phone. This number is FREE to call. You don't have to be suicidal to call them.</p>
<p><b>SANE</b>  <a href="http://www.sane.org.uk">www.sane.org.uk</a>          0300 304 7000          4.30pm – 10.30pm daily</p>	<p>Leading UK mental health charity providing lots of online resources and national, out of hours Mental Health helpline offering specialist emotional support of information to anyone affected by mental illness, including family, friends and carers.</p>
<p><b>SupportLine</b>  <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>          01708 765200</p>	<p>Offer confidential emotional support to children, young adults and adults by telephone, email and post.</p>
<p><b>The Mix</b>  <a href="http://www.themix.org.uk">www.themix.org.uk</a>          0808 808 4994</p>	<p>For under 25s to discuss mental health and other topics via resources, online, apps, telephone and Crisis Messenger service.</p>
<p><b>Young Minds</b>  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>          0808 802 5544          opens 9.30 am- 4pm          Monday - Friday</p>	<p>Helplines and online support offering free, confidential phone support, including information and advice, to any adult worried about emotional problems, behaviour or mental health of a child or young person.</p>
<p><b>kooth</b>  <a href="http://kooth.com">kooth.com</a>          12pm-10pm Mon-Fri          6pm-10pm Sat and Sun</p>	<p>XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p>
<p><b>Healthwatch Essex</b>  <a href="http://www.essexyeah.org.uk">www.essexyeah.org.uk</a></p>	<p>Local services</p>

<b>Bar 'N' Bus</b> www.barnbus.org.uk 07779 305 684	Castle Point Area counselling for 11-18 year olds
<b>Colchester and Tendring Youth Enquiry Service</b> 01206 710771 (Colchester) 01255 434601 (Tendring)	24 hour answerphone based confidential, non-judgemental informal service for young people aged 11-25
<b>Brentwood Young People's Counselling Service</b> www.ypcs.org.uk 01277 230831	Offers a safe and confidential environment for young people who are ready to take the opportunity to look at their difficulties and life experiences.

## ITEM OF INTEREST

The film, *The Stranger On The Bridge*. This is the true story of a meeting between Jonny Benjamin and Mike. Mike was a stranger to Johnny, and talked him down as he prepared to jump from Waterloo Bridge. Johnny who had been diagnosed with Schizoaffective disorder then launched a campaign #FindMike.

This film tells their story.