

Mental health help and support services

- **Time to Change**

Time to Change is an anti-stigma campaign, which began in October 2007, run by the leading mental health charities Mind and Rethink Mental Illness. Their aim is to encourage people to talk about mental health issues and empower people with mental health problems to feel confident talking about the issue without facing discrimination.

They have a wide range of projects, engaging people in all sectors and communities, encouraging them to start a dialogue and hopefully leading to a change in behaviour.

- **Heads Together**

The Duke and Duchess of Cambridge and Prince Harry are spearheading a new campaign with a team of charity partners to end stigma around mental health. Heads Together brings together charity partners that are tackling stigma, raising awareness, and providing vital help for people with mental health challenges. They want to help people feel comfortable with their everyday mental wellbeing and have the practical tools to support their friends and family. Heads Together has been chosen as the 2017 Virgin Money London Marathon Charity of the Year.

The partners include –

- * **Anna Freud Centre** – campaigning for and creating mental health services built around the needs and experiences of children, young people and their families and not around the institutions who deliver them.
- * **Best Beginning** – supporting the mental health of pregnant women and new mothers. They are committed to helping parents build their knowledge and resilience and also to have confidence to seek help as soon as they need it.
- * **Campaign Against Living Miserably (CALM)** – a national charity dedicated to preventing male suicide by helping men who are down or in crisis, promoting culture change so that any man considering suicide feels able to seek help and campaigning for better understanding of suicide and prevention.
- * **Contact** – a collaboration of leading military charities, support organisations, the NHS, the Ministry of Defence, UK Psychological Trauma Society and top academics working together to make the most effective mental health support easily accessible to Service personnel, ex-Service personnel and their families.
- * **Mind** – supports millions of people every year through their helpline, information services and online communities. They also have a network of local Minds ([More details?](#)) providing face-to-face services tailored to communities across England and Wales.
- * **Place2Be** – provides in-school support to improve the emotional wellbeing of pupils, families and school staff, and expert training for professionals working with children. The charity helps children cope with emotional challenges.
- * **The Mix** – the result of the recent merger of two of the UK's leading youth support charities, YouthNet and Get Connected. It currently reaches 1.7 million people under 25 in the UK. It offers multi-issue support, with a particular focus on mental wellbeing and creates opportunities through volunteering.
- * **YoungMinds** – the UK's leading charity championing the wellbeing and mental health of children and young people. YoungMinds creates change so that children and young people can cope with adversities, find help when needed, and succeed in life.

- **Samaritans**

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

- **Rethink Mental Illness Advice Line**

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs [Rethink services and groups](#) across England and Northern Ireland.

- **Saneline**

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

- **Childline**

ChildLine is a private and confidential service for children and young people up to the age of nineteen.

- **Elefriends**

Elefriends is a supportive online community run by Mind.

- **Mental Health Foundation**

Improving the lives of those with mental health problems or learning difficulties.

- **Together**

Supports people through mental health services.

- **The Centre for Mental Health**

Working to improve the quality of life for people with mental health problems.

- **Depression Alliance**

Provides information and support to those who are affected by depression via publications, supporter services and a network of self-help groups.

- **British Association for Counselling and Psychotherapy (BACP)**

Through the BACP you can find out more about counselling services in your area.

- **Breakthrough**

Breakthrough is a small national service user-led organisation that concentrates its efforts on the identification and dissemination of positive practice in mental health, as well as promoting the art of people who have had mental health problems. There are over one hundred and twenty virtual galleries on the Breakthrough website, along with news and events in the arts and health world.

- **PANDAS Foundation**

PANDAS Foundation vision is to support every individual with pre (antenatal), postnatal

depression or postnatal psychosis in England, Wales and Scotland. They campaign to raise awareness and remove the stigma. They provide a Help Line and Support Groups offer online advice.

- **Citizens Advice**

Gives free confidential information and advice to help people sort out their money, legal, consumer and other problems. Offers support for children and young people.

- **Very Important Kids website**

Created by **YoungMinds** for young people affected by mental health problems. Here you can get advice, share experiences and feed into the work they do.

- **Nightline**

Listening, support and information service run by students for students.

- **Anxiety UK**

Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

- **Counselling Directory**

A free, confidential directory of trained, professional counsellors and therapists in the UK.