

Mental Wellbeing

The BCA acknowledges the importance of Mental Wellbeing among our Members and recognises and has put together this guidance, which we hope will be useful.

The BCA will signpost support and additional services and encourage Member to Member contact to support one another.

The BCA insists that the confidential nature of any individual's circumstances is paramount and must be respected by everyone, especially to remove stigma and to promote recovery.

To this extent, the BCA would like to extend a helping hand to all those in the caring community in need of support and hope that you will find the information, links and signposts below useful. Some of these links are area specific and we hope to be able to add to this with details for organisations in other parts of the country in due course.

LINKS & SIGNPOSTS

<https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/>

<https://nationalcounsellingsociety.org/counselling-directory>

particular to Covid

<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing>

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

<https://www.redcross.org.uk/get-help/coronavirus/support-line>

<https://www.thehelphub.co.uk/>

Self-referral for NHS therapy <https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20%28IAPT%29/LocationSearch/10008>

Free online self-help course- no referral

<https://courses.lttf.com/>

NHS online - need GP referral

<https://www.beatingtheblues.co.uk/>

https://www.sleepstation.org.uk/nhs_options/

List of helplines

<https://helplines.org/helplines/>

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

Out of hours services

<https://www.thecalmzone.net/>

<https://giveusashout.org/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<p>Lancashire & South Cumbria NHS Foundation Trust</p>	<p>Go to the website for information</p> <p>www.lscft.nhs.uk/crisis Mental health Crisis Line Tel: 0800 953 0110</p> <p>Wellbeing Helpline & Texting Service (offers emotional support, chat about your mental health or if you are lonely) Tel: 0800 915 4640 or text "Hello" to 07860 022846</p>
<p>Anxiety</p>	<p>www.anxietyuk.org.uk</p> <p>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 helpline and text.</p> <p>www.ocdaction.org.uk</p> <p>OCD Action is the national charity focusing on Obsessive Compulsive Disorder (OCD). We provide support and information to anybody affected by OCD.</p>

Depression	<p>www.depressionalliance.org Depression Alliance has set up Friends in Need as a way for people affected by depression, or supporting someone with depression, to talk online and meet up.</p> <p>www.thecalmzone.net CALM – Campaign Against Living Miserably – support for young men 0800 58 58 58 5pm to midnight 365 year</p> <p>www.depressionalliance.org/information/advice-family-and-friends Support for family and friends of people experiencing depression</p>
Mental Health	<p>www.mind.org.uk Two helplines one for mental health information and one legal advice. A-Z of mental health conditions and advice on using mental health services. Elefriends on line community for those with mental health problems</p> <p>https://www.nhs.uk/oneyou/every-mind-matters/</p>
Carers Helpline	<p>The Carers Help and Talk (Chat) line is available 24 hours a day 365 days per year. The line is manned by Carers who have an understanding of caring for a person with a mental health condition Chat Line Number: 0333 103 9747</p>
Self Help	<p>www.nhs.uk/Tools/Pages/Toolslibrary Interactive tools, smartphone apps and podcasts, covering a range of physical and emotional health issues.</p> <p>www.bigwhitewall.com Safe online community for support and resources.</p>

<p>Suicide</p>	<p>www.samaritans.org A UK charity offering support to people who are suicidal or despairing, and are on hand 24 hours a day, every day of the year: New telephone number 116 123 (from Sept/Oct 2015)</p> <p>www.papyrus-uk.org Provide confidential help and advice to young people and anyone worried about a young person. Helpline 0800 068 4141 text 07786209697 email pat@papyrus-uk.org Mon Friday 10am to 10pm and Sat/Sunday 2pm to 5pm</p> <p>www.thecalmzone.net CALM – Campaign Against Living Miserably - Dedicated to prevention of male suicide 0800 58 58 58 5pm to midnight 365 year</p>
<p>Befriending service</p>	<p>Lancashire Volunteer Partnership have started a telephone befriending service for anyone needing support during this time. They can also signpost people on who identify as needing extra help with their shopping etc.</p> <p>Please use the link below if someone needs referring or they can call between 8am and 4pm.</p> <p>https://lancsvp.org.uk/referrals-3/community-support-referral-form/</p>
<p>Supportive website</p>	<p>https://www.time-to-change.org.uk/ https://www.healthierlsc.co.uk/MakingEveryContactCount https://www.mecclink.co.uk/lancashire-and-south-cumbria/?utm_source=healthierlsc&utm_medium=web-link-text&utm_campaign=mecc https://togetherall.com/en-gb/</p>

Acting Chair – Russell Myers

30/12/2020