

Mental health self-help resources and support organisations

There are a wide range of self-help resources available in a variety of different formats. Below are some examples of resources you may find helpful. The details of some local and national support organisations are also listed.

Please note applications and online resources may be free to access or have subscription charges or the option of within app purchases- please ensure you are happy with the terms and conditions of any resources accessed.

Websites

<https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/>

NHS Self Help Leaflets covering a wide range of mental health conditions (Produced by Cumbria, Northumbria and Tyne and Wear NHS Foundation Trust)

www.counselling.co.uk- British Association for Counselling and Psychotherapy

www.getselfhelp.co.uk- Cognitive Behavioural Therapy (CBT) self help and therapy resources

Kooth.com- Online counselling and emotional well-being platform for young people

www.livinglifetothefull.com- Free online courses covering low mood, stress and resiliency

<https://moodgym.com.au>- Self-help resource to help with managing symptoms of depression and anxiety

www.selfharm.co.uk- Supporting young people impacted by self-harm

Applications (apps)

Buddhify app- Meditation and mindfulness app (also kids version available)

Deep Relax app- Meditation, mindfulness and breathing exercises app

Feeling Good- Positive mindset app

Headspace app- Meditation and mindfulness app

MindShift app- Designed to help teens and young adults cope with anxiety

MoodKit app- Cognitive Behaviour Therapy (CBT) to help people with anxiety or depression to improve their mood

SAM app- Help with understanding and managing anxiety

Stop breath think app- Meditation and mindfulness (also kids version available)

Support organisations and other resources

Cruse Bereavement Care- Bereavement support for children, young people and adults

www.cruse.org.uk

0808 808 1677

IAPT- Support for patients suffering from depression, anxiety, panic attacks or phobias
01947899270

Kidscape- Bullying support
www.kidscape.org.uk

Mind- Support with mental health issues

<http://swrmind.org.uk>

01723356562

Also hold one-to-one clinics at Whitby Group Practice- Please ask at reception to arrange an appointment

No Panic- Charity that helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders

www.nopanic.org.uk

08449674848

North Yorkshire Mental Health Helpline

<http://www.northyorks.gov.uk/mental-health>

0333 0000309

Papyrus UK- Charity for the prevention of young suicide

Papyrus-uk.org

0800 0684141

Samaritans

<https://www.samaritans.org/>

116 123 (free from any phone)

Scarborough Survivors- Mental health and well-being hub supporting the Borough of Scarborough
01723 500222

Winston's wish- bereavement support for children and young people

www.winstonswish.org

Whitby All-Sorts- Facilitated group to support the mental well-being of anyone aged 16 or over living in the Whitby area

Whitby Spa Pavilion, YO21 3EN

01723500222

YoungMinds- children and young people's mental health charity

Youngminds.org.uk

Reading

There are various self-help books available from your local library

www.northyorks.gov.uk

01609533800