

## Mental Wellbeing

### Psychological Therapies (Talking Therapies, Cognitive Behavioral Therapies)

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Trained practitioners to help you understand and find ways of tackling, coping and working out life's problems, including depression, anxiety, panic attacks, phobias, stress, obsessions, anger, difficulty coping and psychological problems in the context of long term conditions. A range of treatments options include books on prescription, group courses, guided self-help, Cognitive Behavioural Therapy (CBT) & Interpersonal Therapy.

- ☎ 023 8038 3920
- 🌐 [www.italk.org.uk](http://www.italk.org.uk)
- ☎ 0800 612 7000
- 🌐 [https://www.steps2wellbeing.co.uk/self\\_referral/](https://www.steps2wellbeing.co.uk/self_referral/)

### Reading Well – Books on Prescription

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Self-help books for managing common conditions. Please visit your local library or visit the website below.

- 🌐 [www.reading-well.org.uk](http://www.reading-well.org.uk)

### Mindfulness

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Meditation exercises to enable you to pay attention to the present moment, helping you become more aware of your thoughts & feelings. Proven to help stress, anxiety, depression, fatigue & sleep problems, addictions, relationship problems, and even physical problems like heart disease, hypertension and chronic pain.

- 🌐 [www.headspace.com](http://www.headspace.com)
- 🌐 [www.bemindful.co.uk](http://www.bemindful.co.uk)
- 🌐 [www.mindfulness.org](http://www.mindfulness.org)

### Mind

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Provide advice and support to empower anyone experiencing a mental health problem

- ☎ 0300 123 3393
- 🌐 [www.mind.org.uk](http://www.mind.org.uk)

### Mental Health Crisis

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For support in a mental health crisis and to prevent self-harm or suicide (in an emergency call 999 or 111)

- 🌐 [www.maytree.org.uk](http://www.maytree.org.uk)
- ☎ 020 7263 7070
- App [www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

### SHOUT

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What is Shout: 24/7 text service, Support to take you from a hot moment to feeling calmer, A safe space where you're listened to by a trained Crisis Volunteer, Our service is based on a tried and tested model of crisis support, 24/7 anonymous free conversation that won't show on your phone bill, Professional support creating a simple plan of action to manage your crisis.

- 🌐 <https://www.giveusashout.org/get-help/> Text For support in a crisis, **Text Shout to 85258**

### Hampshire Youth Access

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Advice and support for children and young people across Hampshire

- ☎ 02382 147 755
- 🌐 [www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)

### Relate

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Counselling, support and information for all relationships

- ☎ 0300 100 1234
- 🌐 [www.relate.org.uk](http://www.relate.org.uk)

### Samaritans

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Someone who will listen to you and will help you talk through your concerns, worries and troubles

- ☎ 116 123
- 🌐 [www.samaritans.org](http://www.samaritans.org)

### Cruse Bereavement Care

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Provide support and care after a bereavement

- ☎ 0808 808 1677
- 🌐 [www.cruse.org.uk](http://www.cruse.org.uk)

### Citizens Advice

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Offer free, independent, confidential and impartial advice to help people resolve numerous issues that may be affecting your mental wellbeing, including advices on benefits, work, finance, consumer, relationship, housing, discrimination, tax, education, healthcare and legal issues.

- ☎ 03444 111 444 (National)
- 🌐 [www.citahants.org](http://www.citahants.org)
- 🌐 [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

### Other Resources

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- 🌐 [www.patient.co.uk](http://www.patient.co.uk)
- 🌐 [www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)
- 🌐 [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)
- 🌐 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- 🌐 [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- 🌐 [www.youngminds.org.uk](http://www.youngminds.org.uk)
- 🌐 [www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)
- 🌐 [www.nopanic.org.uk](http://www.nopanic.org.uk)