

# Mental Health Support Groups External Group Directory for England, Scotland and Wales

## Mental Health General

[www.mentalhealthmatters.com](http://www.mentalhealthmatters.com) - A national organisation which provides support and information on employment, housing, community support and psychological services

[www.rethink.org](http://www.rethink.org) - National mental health charity: information, services & a strong voice for everyone affected by mental illness - challenging attitudes and changing lives

[www.samaritans.org](http://www.samaritans.org) - Emotional support for anyone feeling down or struggling to cope with 24/7 phone support

[www.mind.org.uk](http://www.mind.org.uk) - Mind is a leading national UK charity with many regional branches with an extensive collection of information about mental health and related topics

[www.sane.org.uk](http://www.sane.org.uk) - SANE is a leading UK mental health charity improving quality of life for anyone affected by mental illness - including family friends and carers

[www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/) - Charity improving the lives of those with mental health problems or learning disabilities. Research, service development and information

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk) - A charity helping people living with manic depression or bipolar disorder

[www.depressionalliance.org](http://www.depressionalliance.org) - Information, support and self-help groups

[www.depressionuk.org](http://www.depressionuk.org) - A self-help organisation made up of individuals and local groups

[www.joinmq.org](http://www.joinmq.org) - MQ: Transforming Mental Health is a new charity with big ambitions. We believe that research will ultimately improve quality of life for the billions of people

[www.time-to-change.org.uk](http://www.time-to-change.org.uk) - An anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness

[www.iapt.nhs.uk](http://www.iapt.nhs.uk) - 'Improving Access to Psychological Therapies' programme. Self-referral to mental health services and therapy

<http://www.stress.org.uk> - Information and support in managing Stress and guides to improve mental wellbeing and resilience

## 24/7 Helplines

[www.samaritans.org](http://www.samaritans.org) - 24/7 phone Emotional support for anyone feeling down or struggling to cope - Free UK helpline : 116 123 - (except Ireland)

[www.sane.org.uk](http://www.sane.org.uk) - SANE help line is open 7 days a week between 6-11pm (0300 304 7000)

[www.turn2me.org](http://www.turn2me.org) - Online Support Groups are facilitated by mental health professionals and Online Counselling is provided by professional Counsellors/Psychologists.

## Social Wellbeing Support

[www.turning-point.co.uk/mental-health.aspx](http://www.turning-point.co.uk/mental-health.aspx) - We understand that mental health and wellbeing varies for each person, so we always focus on you as an individual

[www.together-uk.org](http://www.together-uk.org) - Together is a national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives

[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk) - Aim to help to create a society in which people with mental health problems enjoy . Mental health charity working for a better life for everyone experiencing mental health conditions

[www.remploy.co.uk/info/.../workplace\\_mental\\_health\\_support\\_service](http://www.remploy.co.uk/info/.../workplace_mental_health_support_service) - Services supporting persons with mental health in the workplace and also career support

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk) - United Response provides a range of support services for people with learning disabilities, mental health needs or physical disabilities

[www.combatstress.org.uk](http://www.combatstress.org.uk) - Mental welfare society in the UK that helps ex-service personnel suffering from psychological injuries and mental health problems

## Communities: Mental Health Support

[www.somalilandmentalhealth.com](http://www.somalilandmentalhealth.com) – Mental Health support for the Somalian community

<http://inspiredminds.org.uk/> - Aid people who suffer from psychological illnesses. Work predominantly with people from an Islamic faith, as research showed a lack of support in this group but this is not exclusive. We do not disregard any persons of differing backgrounds

[www.mkmentalhealthresources.com](http://www.mkmentalhealthresources.com) – Milton Keynes Mental Health Resources

## Panic and Anxiety Disorders

[www.nopanic.org.uk](http://www.nopanic.org.uk) - Support for sufferers of panic attacks, phobias, obsessive compulsive disorder, general anxiety disorder and tranquilliser withdrawal

[www.anxietycare.org.uk](http://www.anxietycare.org.uk) - Provides helpline and support to those suffering from anxiety

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - Provides information and support to people suffering from various anxiety disorders

## Post-Traumatic Stress Disorder (PTSD)

[www.ptsduk.org](http://www.ptsduk.org) – UK charity for everyone with Post Traumatic Stress Disorder

[www.firstlighttrust.co.uk](http://www.firstlighttrust.co.uk) – FirstLight Trust Help People To Deal With PTSD

[www.mind.org.uk/...support/types.../post-traumatic-stress-disorder-ptsd](http://www.mind.org.uk/...support/types.../post-traumatic-stress-disorder-ptsd) - Mind

## Suicide Prevention and Support for Survivors and Family

[www.samaritans.org/](http://www.samaritans.org/) - UK largest national charity for suicide prevention, support with mental health crisis and mental health conditions

[www.allianceofhope.org](http://www.allianceofhope.org) - Grief Support When a Loved One Dies by Suicide

[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) - Survivors of Bereavement by Suicide

[www.survivorsofsuicide.com/](http://www.survivorsofsuicide.com/) - A Group supporting survivors of suicide and those affected by suicide

## Men's Mental Health

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk) – Our mission is to help older men avoid mental health issues

[www.menheal.org.uk](http://www.menheal.org.uk) - A website for all men who suffer from depression or anxiety

[www.consciousageing.org/men-beyond-50](http://www.consciousageing.org/men-beyond-50) – Supporting mental health in older men

[www.thecalmzone.net](http://www.thecalmzone.net) - CALM is the Campaign Against Living Miserably, for men aged 15-35

<http://www.kim-inspire.org.uk/kim-4-him/> - Men who are experiencing mental health problems in Wales

[r.scott9@ntlworld.com](mailto:r.scott9@ntlworld.com) or 01446 746191 - Tynewydd Men

## Young Adults and Children (up to age 25)

[www.place2be.org.uk/](http://www.place2be.org.uk/) - support and education for schools and young persons

[www.youngminds.org.uk](http://www.youngminds.org.uk) - YOUNGMINDS: Children and young people's wellbeing and mental health. ... charity committed to improving the emotional wellbeing and mental health of young persons

[www.studentminds.org.uk](http://www.studentminds.org.uk) - Student Minds - the UK's Student Mental Health Charity. We run a network of student groups on campuses across the UK providing support

[www.papyrus-uk.org](http://www.papyrus-uk.org) - Young suicide prevention society.

<http://avow.org/en/wrexham-carers-service/> - Young Adult Carers support services in Wrexham

## Addiction (Drugs and Alcohol)

[www.ukna.org](http://www.ukna.org) – support with Drug addiction -

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) – support for those with alcohol dependency

## Obsessive Compulsive Disorder (OCD)

[www.ocdaction.org.uk](http://www.ocdaction.org.uk) - OCD Action is the largest UK charity focusing on Obsessive Compulsive Disorder.

[www.ocduk.org](http://www.ocduk.org) - Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources

## Eating Disorders

[www.b-eat.co.uk](http://www.b-eat.co.uk) – Help for those with eating disorders

[www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk) - a group made up of ordinary people who have had first hand experience of eating disorders in one form or another

[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk) - We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders

[www.anad.org](http://www.anad.org) - ANAD Eating Disorder Support Groups. Support Groups for Individuals and Families struggling with Eating Disorders

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) - The NEDA Support Groups have now become the Centre for the Study of Anorexia and Bulimia (CSAB) Support Groups

## Post Natal Depression

<http://www.pandasfoundation.org.uk/> - Support for pre and post natal depression

[www.tommys.org](http://www.tommys.org) - Post natal depression support and information

[www.tamba.org.uk](http://www.tamba.org.uk) – Post natal depression support and information

[www.mothersformothers.co.uk](http://www.mothersformothers.co.uk) – Support group run by persons who have experienced Post Natal depression

[www.pni.org.uk](http://www.pni.org.uk) – Support to those with, experiencing, or is supporting post natal depression

<https://www.facebook.com/groups/birthstorylisteners/> - Birthstories – Wales offers low-level peer support for Mums who have had a difficult or distressing experience of childbirth & who may be struggling with symptoms of PTSD or PND

## Gambling Addiction

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk) – support with gambling addiction

## Dementia and Alzheimer's

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) - Provides information on dementia, including factsheets and helplines

[www.dementiauk.org](http://www.dementiauk.org) - Helping Families Face Dementia

<https://www.atdementia.org.uk> - The UK's leading care and research charity for people with dementia

## Domestic Abuse and Rape

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) – Support for Men and Women who are victims of Rape

[www.refuge.org.uk](http://www.refuge.org.uk) – Support and advice for those dealing with Domestic Violence

[www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk) - Wrexham Women's Aid - women and their children who have suffered or who are suffering from physical, mental or sexual abuse

[www.aafda.org.uk](http://www.aafda.org.uk) - To provide emotional and specialist practical support to families after fatal domestic abuse through listening, informing, guiding, advocating and enabling in Wales

[www.respond.org.uk](http://www.respond.org.uk) - Respond uses psychotherapy, advocacy, campaigning and other support to work with children and adults with learning disabilities who have experienced abuse or trauma

## Bereavement

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk) - Help line for bereaved people and those caring for bereaved people

## Carers Support

[www.carersuk.org](http://www.carersuk.org) - Information and advice on all aspects of caring

[www.avow.org/en/wrexham-carers-service/](http://www.avow.org/en/wrexham-carers-service/) - Wrexham YAC – Young Adult Carers

## Relationships

[www.relate.org](http://www.relate.org) - Help with marital or relationship problems

## Regional Mental Health Services and Support - Wales

[www.mentalhealthwales.net](http://www.mentalhealthwales.net) – Wales Mental Health support Network

[www.nhsdirect.wales.nhs.uk/](http://www.nhsdirect.wales.nhs.uk/) - NHS for Wales

[www.timetochangewales.org.uk](http://www.timetochangewales.org.uk) – Ending the stigma and discrimination of mental health conditions

[www.publicmentalhealth.org](http://www.publicmentalhealth.org) – All Wales Mental Health Promotion Network.

[www.wamhinpc.org.uk](http://www.wamhinpc.org.uk) - promoting Primary Mental Health Care Services across Wales

[www.hafal.org](http://www.hafal.org) - Hafal is a Welsh mental health charity supporting those affected by serious mental illness in Wales

<http://www.kim-inspire.org.uk/kim-4-him/> - Men who are experiencing mental health problems

<http://www.parabl.org.uk/> - Parabl provides short-term therapeutic support for individuals facing common mental health problems or challenging life events

[www.gofal.org.uk](http://www.gofal.org.uk) - A support group for people suffering from depression or anxiety in the Barry area of the Vale of Glamorgan

[www.advancebrighterfutureswrexham.co.uk](http://www.advancebrighterfutureswrexham.co.uk) - Advance Brighter Futures vision: to ensure that no individual experiencing mental health problems ever feels like they are on their own

<http://www.mind.org.uk/information-support/local-minds/> - Cardiff Mind is a Company Limited by Guarantee and a Registered Charity. We aim to provide a range of community based services for people who have or are experiencing mental health issues.

<http://www.stepiau.org/> - Stepiau is a new service developed by the Primary Mental Health Support Service (PMHSS) for Cardiff and the Vale of Glamorgan

[www.cavamh.org.uk](http://www.cavamh.org.uk) - The Primary Mental Health Support Service recommends Cardiff and Vale Action for Mental Health - a charity working to improve Mental Health and Wellbeing in Cardiff and The Vale of Glamorgan

[www.callhelpline.org.uk](http://www.callhelpline.org.uk) – Welsh mental health telephone support services

[www.aberconwymind.org.uk](http://www.aberconwymind.org.uk) – open door referral to access mental health care

<http://www.valeofclwydmind.org.uk/> - Mind (Vale of Clwyd) Offer individuals experiencing enduring mental health problems the opportunity to meet with others socially

[www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk) - Wrexham Women's Aid - women and their children who have suffered or who are suffering from physical, mental or sexual abuse

## Regional Mental Health Services and Support - Scotland

<https://www.samh.org.uk> - SAMH is the Scottish Association for Mental Health - Scotland's leading mental health charity

[www.healthscotland.com](http://www.healthscotland.com)

[www.breathingspacescotland.co.uk/](http://www.breathingspacescotland.co.uk/) - Breathing Space is a free, confidential phone line service for any individual who is experiencing low mood or depression

<http://www.nhs24.com/> - NHS 24 works in partnership with local NHS Boards out-of-hours services

[www.seemescotland.org](http://www.seemescotland.org) - See Me is an alliance of five mental health organisations and funded by the Scottish Government. Our vision is to end mental health stigma and discrimination

[www.wellscotland.info](http://www.wellscotland.info) - Mental health information site with priority areas, news and research information

[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk) - Support in Mind Scotland seek to support and empower all those affected by mental health

<http://www.mind.org.uk/information-support/local-minds/> - Mind

<https://greendaysproject.wordpress.com/> - The Green Days project helps people with learning disabilities and/or mental health problems to gain the skills and confidence that will help them to lead an independent life within the community

## Workplace stress management support

[www.wellatwork.org.uk](http://www.wellatwork.org.uk)

<http://www.stress.org.uk> – Information and support in managing Stress and guides to improve mental wellbeing and resilience

## Information and Therapeutic methodology

[www.mbct.co.uk](http://www.mbct.co.uk) - Information about the therapy, classes in Mindfulness and training

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk) – Mindfulness training and information

[www.supportline.org.uk/problems/stress.php](http://www.supportline.org.uk/problems/stress.php)

[www.nhs.uk/.../stress-anxiety-depression](http://www.nhs.uk/.../stress-anxiety-depression)

[www.basicneeds.org](http://www.basicneeds.org) - BasicNeeds is an international Non-Governmental Organisation (iNGO) working to improve the lives of people living with mental illness and epilepsy