

WELFARE RESOURCES

Apps

(recommended by NHS)

Catch It: helps struggles with anxiety, confusion and anger

Student Health App: reliable health information created specifically for students by NHS doctors

Charities and Other Organisations

MIND: advice and info for people with mental health problems, raises awareness

- www.mind.org.uk

SANE: support and guidance for those affected with mental illness as well families and carers

- 0300 304 7000 (daily, 4.30pm to 10.30pm)
- www.sane.org.uk/support

Student Minds: specifically for uni student mental health

- www.studentminds.org.uk/lookingafteryourmentalwellbeing.html

Mental Health Helplines

Mind Infoline: provides info on types of mental health issues, where to get help as well as medication and alternative treatments

- 0300 123 3393 (9am-6pm, Mon - Fri)
- Text 86463

Nightline: confidential listening service run by students for students during term time

- cambridge.nightline.ac.uk

Papyrus UK: confidential suicide prevention helpline

- www.papyrus-uk.org

Samaritans:

- 116 123 (24 hours, 365 days a year)

Stress Analyst: interactive page for after a stressful experience

- www.relaxonline.me.uk/sa1/index.html

The Mix: for under 25s

- 0808 808 4994 (11am-11pm)

University and College Resources

CUSU

- www.cusu.co.uk/support/welfare/ for welfare support and more info
- www.studentadvice.cam.ac.uk/academic/exams/ exam info and support

Counselling Service

- www.counselling.cam.ac.uk

College Nurse / Counsellor / Welfare Officer

Sikh Soc Welfare Officer

- sks62@cam.ac.uk

Culture / Religion Focused Resources

Sikh Helpline: professional and confidential phone counselling / email inquiry service where you can get help, advice, counselling & info on various issues including mental health

- www.sikhhelpline.com

Sikh Your Mind: team of psychologists increasing mental health awareness within Sikh communities and able to offer support

- info@sikhyourmind.com
- www.sikhyourmind.com

South Asian Therapist: directory of highly-quality, culturally sensitive South Asian therapists from around the world, you can search for those close to your location

- www.southasiantherapists.org

Taraki: works with Punjabi communities to change approach towards mental health

- www.taraki.co.uk

Bereavement Resources

Cruse Bereavement Care: trained volunteers provide telephone, website and email support and there are specific resources targeted towards specific contexts

- <https://www.cruse.org.uk>

Context Specific Support

Resources collated by Taraki can be found below.

These will also be included in the Welfare Updates (see social media pages)

FINDING A THERAPIST

COUNSELLING DIRECTORY

Provides a free, confidential directory of trained, professional counsellors and therapists in the UK. It is possible to check if a counsellor found through this website is also registered with a professional/ accreditation body.

Website www.counselling-directory.org.uk

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

The British Association for Behavioural and Cognitive Psychotherapies is a multi-disciplinary interest group for people involved in the practice and theory of behavioural and cognitive psychotherapy.

Phone 01617054304

Email babcp@babcp.com

Website www.babcp.com

SELF-HARM

HARMLESS

Harmless is a user led organisation that provides a range of services about self-harm, including support, information, training and consultancy to people who self-harm, their friends, families and professionals. This includes resources on alternative coping strategies.

Email info@harmless.org.uk

Website www.harmless.org.uk

NSHN (NATIONAL SELF HARM NETWORK)

The National Self Harm Network offers an online moderated support forum for people affected by self-harm.

Email www.nshn.co.uk

DEPRESSION

PANDAS

The PANDAS foundation provides support services for everyone effected by perinatal mental health issues (including perinatal depression and psychosis). It also provides support for partners affected by caring for someone with perinatal mental issues.

Phone 0843 2898 401 (9am-8pm, 7 days a week)

Email contact@pandasfoundation.org.uk

Website www.pandasfoundation.org.uk

DEPRESSION UK

Depression UK is a national self-help organisation that offers support to anyone affected by depression

Email info@depressionuk.org

Website www.depressionuk.org

CARERS

CARERS TRUST

The Carers Trust work to support carers through a wide range of information, providing respite care services and online peer support, including a dedicated community for young carers under 18.

Email support@carers.org

Website www.carers.org

CARERS UK

Carers UK aim to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring, and running an online peer support community of carers across the UK.

Phone 0800 808 7777 (freephone advice line 10am-4pm, Monday - Friday)

Website www.carersuk.org

EATING DISORDERS

ABC (ANOREXIA & BULIMIA CARE)

Anorexia & bulimia care is a national UK eating disorders organisation providing ongoing care, emotional support and practical guidance for anyone affected by eating disorders. Includes nutritional guidance/ support and befriending services.

Phone 0300 011 1213

Email support@anorexiabulimiare.org.uk

Website www.anorexiabulimiare.org.uk

BEAT

Beat is the UK's leading charity supporting anyone affected by eating disorders. Runs helplines for adults and young people. Involves online support as well as peer support groups across the country.

Phone 0345 634 1414 (over 18s)

Email help@b-eat.co.uk (over 18s)

Website www.b-eat.co.uk

BIPOLAR DISORDER

BIPOLAR UK

Bipolar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers. Provide information through their website and via phone and also run national self-help support groups, online support and employment support.

Phone 0333 323 3880

Email info@bipolaruk.org

Website www.bipolaruk.org

MIND

Mind offers callers confidential help, they have a Legal Line which provides information on mental health related law, they have publications and website.

Website www.mind.org.uk

Phone 020 8522 1725

BEREAVEMENT

THE COMPASSIONATE FRIENDS

The compassionate friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to providing peer support for other bereaved parents, siblings and grandparents

Phone 0345 123 2304

Email helpline@tcf.org.uk

Website www.tcf.org.uk

THE BEREAVEMENT ADVICE CENTRE

The Bereavement Advice Centre supports and advises people after death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

Phone 0800 634 9494 (freephone helpline 9am-5pm, Monday - Friday)

Website www.bereavementadvice.org

ANXIETY

ANXIETY UK

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self help groups.

Phone 08444 775 774 (infoline, 9:30am-5:30pm Monday- Friday)

Text 07537 416 905

Email support@anxietyuk.org.uk

Website www.anxietyuk.org.uk

OCD ACTION

OCD Action is the national charity focusing on Obsessive Compulsive Disorder. It provides support and information to those affected by OCD, and works to increase awareness of it. The charity runs a variety of self- help groups across the country as well as online support groups and advocacy services

Phone 0845 390 6232

Email support@ocdaction.org.uk

Website www.ocdaction.org.uk

ADDICTION AND SUBSTANCE ABUSE

ADDACTION

Addaction supports adults, children, young adults and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

Phone 020 7251 5860

Email info@addaction.org.uk

Website www.addaction.org.uk

ADFAM - FAMILIES, DRUGS AND ALCOHOL

Adfam provides information and support for families affected by alcohol and drugs. Their website includes listing of helplines and local help groups available across England, as well as training and information for drug and alcohol professionals

Phone 0203 817 9410

Email admin@adfam.org.uk

Website www.adfam.org.uk

ABUSE (DOMESTIC, CHILD, SEXUAL ABUSE)

RAPE CRISIS

Rape crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. It runs local Rape Crisis helplines and centres across England and Wales, details of which can be found on their website.

Phone 0808 802 999 (freephone)

Website www.rapecrisis.org.uk

NAPAC

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.

Phone 0808 801 0331 (freephone)

Email support@napac.org.uk

Website www.napac.org.uk