

Mental Health Resources

Please find attached a number of resources and contact details for people and organisations that can provide support in living with mental health issues. This list is far from exhaustive, so please let us know if you have found some other resources and we can add it to the list.

PLEASE NOTE: DO NOT REPLY TO THIS EMAIL – THE INBOX IS RARELY CHECKED.

If you need to contact the surgery, please ring 02920 757025

HELP IN A CRISIS

If you feel you are suffering a mental health crisis, you may not know where to turn. The following organisations are here to help you (in addition to your GP).

The Samaritans	“We offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.”	116 123	https://www.samaritans.org/
CALL Helpline	Confidential listening and support service. Offers emotional support and information on mental health and related matters. Anyone concerned about their own mental health or that of friends can access the helpline.	0800 132 737	http://callhelpline.org.uk/Default.asp
Out of hours GP	If you have a mental health emergency and feel you need to see or speak to the emergency GP out of hours.	02920 444 500	http://www.cardiffandvaleu hb.wales.nhs.uk/urgent-out- of-hours-service
A&E	If you have taken an overdose, or seriously self harmed yourself, you should go to A&E immediately		

SELF HELP INFORMATION

One of the most important steps in managing mental illness is understanding why you might be feeling the way you are. The internet is filled with information and finding the right help and advice can seem overwhelming at times. The following websites provide good quality advice, and may be a good place to start.

(As websites change from time to time, please let us know if the links no longer work, so we can update this e-leaflet).

Self help leaflets, related to a range of mental health issues	https://web.nth.nhs.uk/selfhelp/
Stepiau - Information about a range of mental health issues and services in Cardiff.	http://www.stepiau.org/self-help
Patient information leaflets via Patient.co.uk	https://patient.info/depression
Self-help guides for those suffering from depression, anxiety, anger, panic, chronic pain, phobias, OCD, PTSD, addiction, and also for carers who require support due to associated stress from being a carer.	http://www.moodjuice.scot.nhs.uk
Reading therapy – books available via Cardiff library especially chosen to help people with mental health issues.	http://www.nhsdirect.wales.nhs.uk/pdfs/WG_16567_A4_Booklist_WEB.pdf

OPEN ACCESS COURSES

The Primary Mental Health Support Service offers a range of educational open access courses relating to mental health problems.

Up to date details can be found on their website:

<http://www.stepiau.org/open-access-courses>

Counsellors

Counselling is available free in the surgery by highly skilled counsellors, via a referral from the GP. However, waiting lists for this service tend to be several months long, so some patients seek counselling privately (for which they have to pay).

The following websites provide a selection of counsellors working locally, but this list is not exhaustive and we can sadly not vouch for any of the counsellors listed, as we have not met them.

Cardiff Concern – low cost counselling service	https://www.cardiffconcern.org.uk/about
YCS Counselling – low cost counselling service	http://www.ycscounsellingwales.co.uk/welcome
It's Good to Talk	http://www.itsgoodtotalk.org.uk/therapists/nearest/Cardiff,%20Cardiff,%20UK/all/all/all/all/all/all/20/miles
Counselling Directory	http://www.counselling-directory.org.uk/region_87.html
Cardiff Mind	http://www.cardiffmind.org/services/counselling

Mental Health Charities

A number of charities work with people to overcome mental health difficulties. These can provide support and advice, and it is therefore worth checking out their websites or giving them a call.

Cardiff Mind 02920 402040	Offer community activities, support, housing-related support, counselling and volunteering opportunities	www.cardiffmind.org
Depression UK 01903 814942	National Self-Help Organisation that helps people cope with their depression, offers friendship opportunities, pen-pal letter/email schemes, private facebook friendship and support groups, and local group meetings and support services.	http://depressionuk.org/

Financial and housing issues

The following organisations are specialise in helping with welfare issues.

Money Advice Service 0300 5005000	Free impartial financial advice	www.moneyadviceservice.org.uk
Citizen's Advice Bureau 0844 4772020	Provides free, independent, confidential advice on wide range of issues including benefits, legal issues and housing.	https://www.citizensadvice.org.uk/wales/
The Friendly Trust 02920 225200	Financial advice and help to those with mental health problems or vulnerable adults who are struggling to manage their money	www.friendlytrust.org.uk

Online CBT

CBT (cognitive behavioural therapy) is an important type of treatment for many mental health issues, and several companies have developed online courses. Some of these you pay for, but this may be a suitable alternative to face to face therapy for some people.

Living Life To The Full	Free online courses covering low mood, anxiety and stress, and how to develop life skills to tackle these.	www.lltff.com
Serenity Programme	Computerised CBT developed in Wales.	http://serene.me.uk/info-about.php
Beating the Blues	Online CBT course	http://www.beatingtheblues.co.uk

Support for specific problems

E-DAS 0300 300 7000	Single access point for drug and alcohol problems in Cardiff	http://www.e-das.wales.nhs.uk/home
Shelter Cymru 0345 075 5005	Housing advice & support for those experiencing/facing homelessness or eviction	https://sheltercymru.org.uk/get-advice/advice-near-you/cardiff/
Cruse Bereavement 02920 226166	Counselling for those suffering with bereavement issues	https://www.cruse.org.uk/Cardiff-and-The-Vale-area
New Pathways 01685 379 310	Rape crisis and sexual abuse support services	http://www.newpathways.org.uk/
Cardiff Women's Aid (RISE) 02920 460566	Supporting those who have been affected by domestic violence	http://www.welshwomensaid.org.uk
24 hour National Domestic Violence Helpline 0808 2000 247	Supporting those who have been affected by domestic violence	
BAWSO 0800 7318147	Support to victims of domestic abuse or hate crime . Support for Black and ethnic minority people suffering domestic abuse	www.bawso.org.uk
BEAT – eating disorder service 0808 801 0677	Helpline offering support for those with eating disorders , peer support groups and online support and chat groups.	www.b-eat.co.uk

Books

The following books are recommended by doctors and counsellors working in the surgery.

- **The Chimp Paradox**
Steve Peters
- **The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness.**
Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn.
- **I Had a Black Dog**
Matthew Johnstone.
- **The Happiness Trap**
Russ Harris
- **The Reality Slap**
- Russ Harris

You may also wish to look at the following list, which are available in Cardiff libraries and deal with a variety of mental health issues.

<https://gweddill.gov.wales/docs/dhss/publications/130815booklistency.pdf>