

Adults

<http://wellbeing-glasgow.org.uk/>

Glasgow steps CBT model. Outreach and inreach service, online resource

<http://www.rcpsych.ac.uk/>

Royal College of psychiatry website with information leaflets and resources and Bibliotherapy guidance

www.nhs.uk/moodzone

<http://www.mentalhealth.org.uk/your-mental-health>

links to podcasts information on food and very good nutritional information for mood/anxiety

<http://www.getselfhelp.co.uk/freedownloads.htm>

work sheets for professionals to use with patients

<http://www.rcpsych.ac.uk/mentalhealthinfo/problems/seasonalaffectivedisorders.aspx> links to buying lightboxes

<http://www.ocduk.org> help for OCD

<http://www.nopanic.org.uk> help for anxiety

<https://www.octc.co.uk/online-shop>

Oxford Centre for clinical Therapy small self- help books starting at £2.75

www.b-eat.co.uk resource for eating disorders

<http://www.foundationforpositivementalhealth.com/>

websites with resources based on mindfulness.

Mobile Phone apps

For Mindfulness/relaxation/stress reduction:

Headspace

Buddhify

Insight Time – recommended by Breathworks

Children and Young people

<http://www.papyrus-uk.org/>

for under 35's

prevention of suicide in young people. Also known as HopelineUK

Call: 0800 068 41 41

Text: 07786209697

Email: pat@papyrus-uk.org

<http://www.rcpsych.ac.uk/mentalhealthinfo/youngpeople.aspx> excellent resource list of books, free leaflets weblinks etc

<http://www.youngminds.org.uk/>

for under 25's

offers parents a helpline:

Parents helpline - 0808 802 5544

<https://moodgym.anu.edu.au/welcome>

Australian self help website

Risk/self harm

www.thecalmzone.net

website supporting young men. Also telephone helpline

www.selfharm.co.uk

www.winstonswish.org.uk

email: sobs.support@hotmail.com Survivors of bereavement by suicide

tel: 0844 561 6855

Older People

www.ageuk.org.uk

www.alzheimers.org.uk

www.hookedonmusic.org.uk