**Self Help**

You might want to take a look at the following self-help websites which may help you find out more about your current difficulties.

**NHS Choices** – A free resource providing information about health conditions and advice on how to get help. Visit: [www.nhs.uk](http://www.nhs.uk/)

**Mental Health Self Help Guides –** Information provided by Northumberland, Tyne and Wear NHS Foundation Trust about mental health problems.

Visit: [www.web.ntw.nhs.uk/selfhelp](https://web.ntw.nhs.uk/selfhelp)

**Living Life to the Full** – Free online courses covering low mood and stress and all of the common linked problems this causes. Visit: [www.llttf.com](http://www.llttf.com/)

**Videos**

You can access some videos from NHS Choices, which explain different mental health difficulties:

[Depression: personal story](https://www.nhs.uk/video/Pages/Clinicaldepression.aspx?searchtype=Tag&searchterm=Mental%20health&)

[Depression and low mood (BSL version)](https://www.nhs.uk/video/Pages/bsl-depression.aspx?searchtype=Tag&searchterm=Mental+health&)

[Anxiety: personal story](https://www.nhs.uk/video/Pages/anxiety-jo.aspx?searchtype=Tag&searchterm=Mental+health&)

[Anxiety: Psychiatrist](https://www.nhs.uk/video/Pages/anxietyexpert.aspx?searchtype=Tag&searchterm=Mental+health&)

[Obsessive Compulsive Disorder](https://www.nhs.uk/video/Pages/OCD.aspx?searchtype=Tag&searchterm=Mental+health&offset=17&)

[Stress](https://www.nhs.uk/video/Pages/Stressexpert.aspx?searchtype=Tag&searchterm=Mental+health&)

[Dealing with child sex abuse](https://www.nhs.uk/video/Pages/child-abuse.aspx?searchtype=Tag&searchterm=Mental+health&)

[Adult bereavement](https://www.nhs.uk/video/Pages/adult-bereavement.aspx?searchtype=Tag&searchterm=Mental+health&)

[Domestic violence](https://www.nhs.uk/video/Pages/Domesticviolence.aspx?searchtype=Tag&searchterm=Mental+health&offset=17&)

[Self-harm](https://www.nhs.uk/video/Pages/Self-harm.aspx?searchtype=Tag&searchterm=Mental+health&offset=17&)