

## Resources

Introductory text about resources outside of Let's Talk IAPT which are available online or in person including booklets, websites, groups etc etc....

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*Came at a time when I was under a lot of pressure and vulnerable having just had a baby. I was having huge doubts and therapy helped me unpack the confused overwhelming feelings I was going through.*

Local Support

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## Self Help



You can access a range of self-help resources for depression and anxiety disorders from the websites below:

[www.good-thinking.uk/](http://www.good-thinking.uk/)

<https://web.nth.nhs.uk/selfhelp/>

[www.moodjuice.scot.nhs.uk/Professional/pdfGuides.asp](http://www.moodjuice.scot.nhs.uk/Professional/pdfGuides.asp)

## Apps



The [NHS Apps Library](#) provides a list of digital tools to help you manage and improve your mental health.

## Other Support Services



**Let's Talk IAPT is not an emergency service.**

If you are hearing voices, or at risk of harming yourself or others, please call your GP or the 24 hour Crisis Resolution and Home Treatment Team on **0300 0200 500**.

You can also **call 999** or visit your local Accident & Emergency (A&E).

## National Support organisations



### Age UK

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

Offers information and advice as well as social activities for all people over 50.

### Cruse Bereavement Helpline

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

National telephone Bereavement counselling and support by trained volunteers. Also provides information on practical issues. Cruse no longer see clients in the borough of Sutton and Merton but these clients can still access support via the national helpline number.

### Gamblers Anonymous

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

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to do the same.

### Gingerbread single parents, equal opportunities

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

The Gingerbread Single Parent Helpline provides support and expert advice on anything from dealing with a break-up to going back to work or sorting out child maintenance, benefit or tax credit issues. Our friendly advisers will talk through your options and send you useful information.

### Kooth

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

A free, safe and anonymous space for young people to find online support and counselling. A range of features including interactive discussion boards, tools to help set goals and track and manage your mood as well as chat and messenger services.

### Men's Advice Line

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

Confidential helpline for men who experience violence from their partners or ex-partners, offering emotional support, practical advice, signposting and the chance to talk about their experiences.

### Mind

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

Provide information on a range of topics including types of mental distress, getting help, treatments and advocacy. Able to provide details of help and support for people in their own area.

### SANDS - Still Birth and Neonatal Death Charity

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

Supports anyone affected by the death of a baby, and aims to improve the bereavement care received by parents and families.

### The Samaritans

[www.samaritans.org](http://www.samaritans.org)

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

### Shout 85258

[www.giveusashout.org](http://www.giveusashout.org)

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. By texting the word **'SHOUT'** to **85258** you will start a conversation with a trained Shout Volunteer, who will text you back and forth, sharing only what you feel comfortable with.

### Social Anxiety UK

[www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)

Social Anxiety UK is a volunteer-led organisation for people with social anxiety problems and their supporters. It offers chat rooms, discussions and self help groups across the country.

### Women's Aid

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

Confidential 24 hour helpline offering emergency support and crisis planning to women, children and their supporters by providing advice and information, finding emergency safe accommodation or referring to local outreach domestic violence services. Run in partnership with women's aid and refuge. Website provides information on domestic abuse and a directory of services.

### Young Minds

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

Provides a telephone helpline service to parents with a concern about their child's emotional problems or behaviour.



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## Local Support organisations



### Barnet

#### Barnet Wellbeing Service

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

The Barnet Wellbeing Service is a starting point that can connect you with the services you need. We do this through Social Prescribing, connecting you to community based services and activities that focus on improving your wellbeing, including: wellbeing and community groups (e.g. Tai Chi, Yoga, Arts and Crafts, etc.), advocacy as well as housing and employment support.

#### Sangam Centre

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

Sangam provides low-cost domestic violence and emotional wellbeing counselling as well as free welfare and immigration advice. Sangam is a thriving multi-purpose community centre that provides a wide range of services, programmes and activities to meet, support and nurture the mental, emotional and physical needs of our communities.

#### Home Start

[www.homestartbarnet.org/](http://www.homestartbarnet.org/)

Our trained volunteers – usually parents themselves – visit families in their homes and provide informal, friendly and confidential support. We offer regular home visits, family group meetings, parenting programmes, support and advice with money problems, domestic violence support, perinatal health coaching, work experience in the office and trips and outings for families.

#### Barnet Carers Centre

[barnetcarers.org/](http://barnetcarers.org/)

We offer advice, information, emotional and practical support for all informal carers who live or work in the London Borough of Barnet. We provide carers assessments, activities, counselling, training, help with form filling, outings and a lot more.