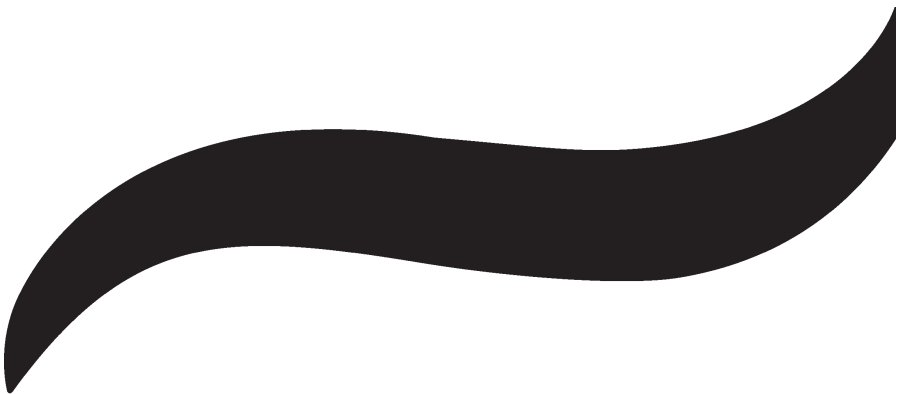




Self-Help Websites

Information for clients



CAUTIONARY NOTE

There are many web-sites that deal with mental health issues. The list below is a collection of sites that we have seen and consider to be potentially useful. The inclusion of a site is not a guarantee that it is of the highest quality. As a general rule we dislike sites that require the user to pay money. We have tried to avoid sites that present a single view of a condition.

Anxiety and Panic

www.joepanic.com Information and advice on coping skills, an introduction to cognitive therapy and worksheets that can be downloaded. Explains the importance of good breathing and gives exercises. Good links and resource pages.

www.panic-attacks.co.uk Offers a “panic attack course” that can be completed online or be emailed to do when you have time. Explains what panic is, why people have panic attacks and how thoughts cause panic. Also explains how to change the way you think and how to control panic through breathing and relaxation.

www.nopanic.org.uk Comprehensive help for panic and associated conditions. Includes telephone and written recovery programmes.

www.mentalhelp.net/psychhelp/chap5/ Site for someone who wants to find out about psychological theories behind the treatment of anxiety and panic. Also has an overview of treatments and links to other websites.

www.anxietynetwork.com This site is split into three sections: generalised anxiety, social anxiety and panic. A good site if you already know a fair bit about anxiety and want to read more advanced articles.

www.panicattacks.com.au Comprehensive site offering everything you ever need to know about anxiety. All the usual information plus mindfulness and relaxation. Links to social anxiety, agoraphobia, post traumatic stress disorder and obsessive-compulsive disorder pages. Self-help section and good book list.

BEREAVEMENT

www.crusebereavementcare.org.uk Helpful site that contains lots of advice, information, good further reading and details of their helpline.

www.rd4u.org.uk Site designed by young people for people. Provides support after the death of someone close. Includes details of e-mail and phone helpline services.

www.tcf.org.uk/ Offers information and support for bereaved parents and their families. A good selection of helpful downloadable leaflets. Contains information on their helpline and postal library.

www.winstonswish.org.uk Excellent website for bereaved children, young people and those supporting them. Has a forum for children and young people to discuss bereavement and offers different ways for them to remember their loved ones.

www.childbereavement.org.uk/ Offers good advice to bereaved families, young people and professionals working with a bereaved person. The resource section contains some good downloadable leaflets.

DEPRESSION

www.moodgym.anu.edu.au This is an excellent site that helps you identify problem emotions and develop better coping skills. There are five interactive modules that help explain why you feel the way you do, how to challenge negative or irrational thoughts and how to use relaxation to make you feel better. The site is very informative and is fun to use. A good site for all ages.

www.bluepages.anu.edu.au A good site for someone who already knows quite a bit about depression and is interested in finding out more about diagnosis and treatment. It has information on symptoms, prevention and treatment of depression and a good page of links and further resources.

www.depressionalliance.org/ Contains good information about symptoms and treatments as well as Depression Alliance campaigns and local groups.

www.bipolarscotland.org.uk Information and support for people suffering from Manic Depression.

EATING DISORDER SITE

www.b-eat.co.uk Good advice for people suffering from an eating disorder, and for their family or friends. Information on their self-help network, helpline and email information service. Good advice on setting up self help groups.

OCD AND PHOBIA SITES

www.anxietyuk.org.uk Offers a “DIY diagnosis kit,” information centre, bulletin board, e-contact list and a chat room. However, many of these services require you to join the National Phobias Society.

www.topuk.org/ For sufferers of phobias and OCD. General information and advice for attending self-help groups.

www.nopanic.org.uk National organisation for phobias, anxiety, neurosis, information and care.

www.ocduk.org OCD-UK facilitate a safe environment for people affected by OCD to communicate with each other and provide mutual understanding and support. They want to empower people to take control over their OCD, to enable them to live fuller lives, a life where OCD does not place restrictions on them.

www.topuk.org A UK charity which aims to help sufferers of phobias, OCD and other related anxiety disorders, to overcome their fears.

PTSD

www.nhs.uk/conditions/post-traumatic-stress-disorder/pages/introduction.aspx NHS Choices information on PTSD. helped and supported through it.

[www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-\(ptsd\)/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-(ptsd)/) Explains post-traumatic stress disorder (PTSD), including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

www.rcpsych.ac.uk/healthadvice/problemsdisorders/posttraumaticstressdisorder.aspx Royal College of Psychiatrists website page with an information leaflet on PTSD.

www.ukpts.co.uk/site/trauma-services
General information on trauma and PTSD.

FURTHER INFORMATION AND SUPPORT:

Useful Contacts

For information on mental services, supports, opportunities or self-help information call:

- ❖ North Lanarkshire: Well Informed 0800 073 0918
- ❖ South Lanarkshire: Lanarkshire Association for Mental Health Information Line: 0330 3000 133

For further information on mental health and well-being, visit Lanarkshire's Elament website: www.elament.org.uk

Remember, should your problems persist or you feel you need help urgently please contact your GP. The following organisations can also prove useful in and out of hours.

- ❖ **Breathing Space** - 0800 83 85 87
(Mon - Thu, 6pm - 2am; Fri 6pm - Mon 6am)
www.breathingspacescotland.co.uk
- ❖ **Samaritans** - 116 123 (24hrs) www.samaritans.org
- ❖ **NHS24** - 111 (Out of hours) www.nhs24.com
- ❖ **Healthy Working Lives** - 08452 300 323 (Local),
0800 019 2211 (National),
www.healthyworkinglives.com
- ❖ **Childline** - 0800 11 11 (24hrs) www.childline.org.uk
- ❖ **NHS Inform** - 0800 22 44 88 www.nhsinform.co.uk
- ❖ **Parentline Scotland** - 0808 800 22 22
www.children1st.org.uk/parentline
- ❖ **National Debt Line Scotland** - 0808 808 4000
www.nationaldebtline.co.uk/scotland
- ❖ **National Domestic Abuse Helpline** - 0800 027 1234

WHAT IS WELL CONNECTED?

Well Connected is a new programme in Lanarkshire, sometimes referred to as social prescribing or community referral. It makes it easier for us and people we know to take part in and benefit from activities and services that we know improve our well-being which means how we feel about ourselves and our lives. There are a number of Well Connected areas available to us and we can benefit from more than one:

- ❖ Physical activity and leisure opportunities
- ❖ Volunteering
- ❖ Employment
- ❖ Arts and culture
- ❖ Benefits, welfare and debt advice
- ❖ Learning opportunities
- ❖ Stress Control Classes in communities
- ❖ Health Walks
- ❖ Mindfulness Classes.

For information on any of the above call:

- ❖ North Lanarkshire: Well Informed 0800 073 0918
- ❖ South Lanarkshire: Lanarkshire Association for Mental Health Information Line: 0330 3000 133
- ❖ Visit: www.elament.org.uk/self-help-resources/well-connected-programme.aspx

HEALTHY READING

All public libraries have a healthy reading section making it easier to access mental health and well-being leaflets, books, CDs, DVDs and web-based support. All libraries across Lanarkshire have resources to help us get the most from life such as living life to the full, sleeping better and becoming more confident or overcoming and coping with mental health problems such as anxiety, depression, stress, dementia and panic. There are also resources for all ages including supporting young people, adults and older people as well as items on positive parenting. Simply pop into your local library.

GUIDED SUPPORT:

Stress Control Classes

Stress Control classes will help develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence.

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques. Feel free to bring someone along with you for support. To find your nearest class and book a place, call **0300 303 0447**.

Living Life to the Full - Online Course

Living Life to The Full is a free web-based life skills course that aims to help us tackle and respond to issues/demands which we all meet in our everyday lives. It will explore issues such as understanding why we feel the way we do, problem solving, noticing and challenging unhelpful thoughts and behaviours and anxiety control. You can register for the course at **www.lltff.com** and complete as many or as few modules as you wish.

If you feel you need additional help, the Living Life to The Full course is also available with support from self help coaches (via Action on Depression Scotland). To find out more visit **www.aod.lltffionline.co.uk**

Living Life: Guided Self Help and Cognitive Behavioral Therapy - Telephone Support

Living Life is a free telephone support service for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both. Trained Self-help coaches and therapists will guide us through a range of workbooks over a series of telephone sessions. For more information or to make a telephone appointment, call **0800 328 9655** (Mon–Fri 1–9pm).

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.org.uk
NHS Lanarkshire General Enquiry Line: 0300 3030 243

NHS inform - The national health information service for Scotland. www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info2@lanarkshire.scot.nhs.uk



www.patientopinion.org.uk

Adapted with permission from information produced by NHS Borders

Pub. date:	September 2015
Review date:	September 2017
Issue No:	01
Produced by:	MMMHP

PIL.SELHLP.13447.P