

Adult Mental health Resources and Links

<https://www.somersetft.nhs.uk/somerset-talking-therapies/refer-yourself/> - self-refer to talking therapies counselling and they will assess and refer you to the best type of counselling for you.

<https://www.mind.org.uk/> - online information to empower you, infoline providing confidential help and legal line for advice around the law and mental health. Plus local mind groups as below.

<https://www.mindinsomerset.org.uk/> - Mindline open 24/7 01823276892. One-to-one support/ adult support groups/ peer support/ gardening/arts/ mind café's/ mindline Trans+.

<https://www.smws.org.uk/> - Somerset mental wellbeing service- connect with wellbeing navigators to discuss your goals and ways to achieve them plus peer support.

<https://www.relate.org.uk/> - relationship counselling information- family life and parenting/ sex/ separation or divorce/difficulties within relationships.

<https://www.swedauk.org/> - Somerset and Wessex eating disorders association- individual or groups sessions for those struggling with an eating disorder.

<https://www.beateatingdisorders.org.uk> – online support and national helpline for those struggling with an eating disorder or know someone who is and needs support.

<https://www.cruse.org.uk/> - bereavement support (somerset@cruse.org.uk 01458 898211)- helpline and advice and information.

<https://suicidebereavement.wixsite.com/somerset-support> - support for those bereaved by suicide – one to one or group sessions/ peer support.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> Crisis support – free to call 24/7- 116 123.

<https://papyrus-uk.org/> - suicide prevention line – 0800 068 4141 or email – open weekday 0800-2200, weekends 1400-2200



<https://www.thecalmzone.net/> - For men 15-35yrs struggling with mental health/suicidal thoughts

<https://www.anxietyuk.org.uk/> - become a member for access to one to one support, information and support.

<https://www.ocduk.org/> - support for those with OCD

<http://www.selfhelpguides.ntw.nhs.uk/somerset/> - self help booklets you can read online or print or listen to by audio around a variety of subjects- from anxiety-controlling anger- shyness- stress and many more.

<https://www.headspace.com/> - can download an app (requires subscription) to provide mindfulness/ help with sleep-wake cycle/ mediation/ stress.

<https://www.mindspace.org.uk/> - mediation and mindfulness online sessions

<http://www.sane.org.uk/support> - emotional support for anyone effected by mental health.

<https://www.turning-point.co.uk/sdas> - Somerset drugs and alcohol service- support in reducing or stopping harmful use.

<https://www.thesilverline.org.uk> -



OR



<https://www.ageuk.org.uk> - to help combat loneliness in the elderly;

