Useful directory of services
BIG WHITE WALL (ONLINE):
This is an online support service for those who are stressed, anxious or not coping. It provides a support course (on subjects ranging from relationships to eating) for anybody – all under the guidance of trained professionals, who are available 24/7.

www.bigwhitewall.com

MENTAL HEALTH FIRST AIDERS:
Bedford College has a number of staff who are trained in mental health first aid. This means that if you’re ever effected by mental health issues you’ll find someone who can help calmly and confidently.
https://mhfaengland.org

BEAT:
Beat is the UK’s leading eating disorder charity. It provides support for people and their families on a range of disorders, including anorexia nervosa, binge eating and bulimia.

Student line: 0808 801 0811
www.beateatingdisorders.org.uk

SHOUT:
Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.

Text SHOUT to 85258
https://www.giveusashout.org/
KOOTH:
A friendly online support and counselling community for young people. It’s available from Monday to Friday from midday till 6pm and on Saturdays and Sundays from 6 till 10pm

www.kooth.com

IN CHARLEY’S MEMORY:
This local charity – based in Burnham – provides education and support on mental health matters for young people.

www.incharleysmemory.co.uk

SAMARITANS (NATIONAL):
A safe place for you to talk any time you like – in your own way and about whatever’s worrying you. There’s no age limit.

www.samaritans.org

PAPYRUS (NATIONAL):
Papyrus provides confidential and practical support from trained suicide prevention advisers. It closes at 10pm every night. The service is for any age.

Hopeline: 08000684141

https://papyrus.uk.org
This online resource is aimed at people who are concerned about their mental health. It provides workbooks on a range of topics, including:

- Addiction
- Anger
- Anxiety
- Assertiveness
- Bereavement
- Carer support
- Chronic pain
- Obsession and compulsions
- Phobias
- Post-traumatic stress
- Sleep problems
- Shyness
- Stress

NHS self-management booklets also available at www.web.ntw.uk/selfhelp/
SOBS (LOCAL AND NATIONAL):
Sobs is a support service for anybody affected by suicide. The national helpline is open from 9am till 9pm and email support is also available. The service is for over-18’s.

www.uksobs.org

THE CHILDREN’S SOCIETY (NATIONAL):
A national charity that offers advice and support on mental health and emotional issues. It also provides a ‘vault’ of resources for a range of ages.


RETHINK (NATIONAL):
Rethink offers information, advice and guidance on mental illness. Find support in your area and read various guides from the A-Z of mental illness on the website.

www.rethink.org/home

TERENCE HIGGINS TRUST (NATIONAL):
Provides sexual health advice and information. There is a free direct helpline plus online advice and counselling.

Tel: 0808 802 1221

www.tht.org.uk
FRANK (NATIONAL):
A glossary of drugs, and advice if you are worried about somebody else. Live chat support is open from 2 till 6pm and an email service is also available.

www.talktofrank.com

YOUNG MINDS (NATIONAL):
Support for parents and young people coping with mental health issues.

www.youngminds.org.uk

HEADS ABOVE THE WAVES:
Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

www.hatw.co.uk

TIME TO CHANGE:
Dispels myths and establishes facts surrounding mental health. It also offers a wealth of information and guidance.

www.time-to.change.org.uk/about-mental-health
THE MIX:
Essential mental health support for people under 25. It offers advice about sex, drugs, money and relationships.

www.themix.org.uk

MIND:
Confidential support around any mental health issue. Textline: 86463
Tel: 0300 123 3393

www.mind.org.uk/information-support/helplines

NHS MOODZONE:
Practical advice and interactive tools to explore your mental health.

www.nhs.uk/conditions/stress-anxiety-depression

HEADS TOGETHER:
Charity of the duke and duchess of Cambridge to support young people facing mental issues.

www.headstogether.org.uk
SAM:
SAM is an app to help you understand and manage anxiety. It’s the perfect option if meditation isn’t for you.
Free on IOS and Android

HAPPIFY:
A psychologist-approved mood training programme. Train your brain to overcome negative thoughts.
Free on IOS and Android

MOODTOOLS:
This app is aimed at people who suffer with depression and provides videos to improve mood and behaviour.
Free on IOS and Android

MOODGYM:
Literally, a workout for the mind!
Free on IOS and Android
**EMOODJI:**
An app to help you deal with the ups and downs of student life.
Free on IOS and Android

**BOOSTER BUDDY:**
Designed to help teens and young adults improve their mental health.
Free on IOS and Android

**LIFESUM:**
An app for all things healthy living. It allows you to set personal goals and provides reminders regarding your goals.
Free on IOS and Android

**HEADSPACE:**
Learn the skills of mindfulness and meditation in just a few hours a day
Free on IOS and Android
**CALM:**
Calm was named best app of 2017 and provides sleep stories, guided medication and relaxing music
Free on IOS and Android

**WHAT’S UP:**
What’s up provides cognitive behavioural therapy to cope with anxiety, stress and depression. Attempts to log negative thinking patterns
Free on IOS and Android

**MINDSHIFT:**
Mindshift aims to change the way teenagers and young adults think about anxiety
Free on IOS and Android

**RISE UP AND RECOVER:**
This app tracks eating patterns and logs food plans. It also provides coping strategies you can print off
Free on IOS and Android