

# BIAZA Mental Health Signposting Links

## General

### [Breathing space](#)

A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed.

### [Mind](#)

Promotes the views and needs of people with mental health problems.

### [Samaritans](#)

Their website provides a safe place for anyone who is struggling to cope, 24/7.

Or, call free on 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org) or visit the website to find details of the nearest branch.

### [SAMH](#)

Scottish Association for Mental health – Provides a range of mental health support and services.

### [SANE](#)

Emotional support, information and guidance for people affected by mental illness, their families and carers.

### [NHS Every Mind Matters](#)

A quick, simple to use Mind Plan facility for quick tips and actions to improve mental health.

### [Mental Health Foundation](#)

Tips on how to look after your mental health.

### [Wellbeing and Coping](#)

Tips on building wellbeing and helping people cope.

### [Able Future](#)

Free support for people in work who are struggling with a variety of mental health problems, including OCD, anxiety & depression,

### [Re-think Mental Illness](#)

Which has both an advice line 0300 5000 927, and can reply to emails [info@rethink.org](mailto:info@rethink.org) - as well as providing local support groups and mental health services.

### [Young Minds](#)

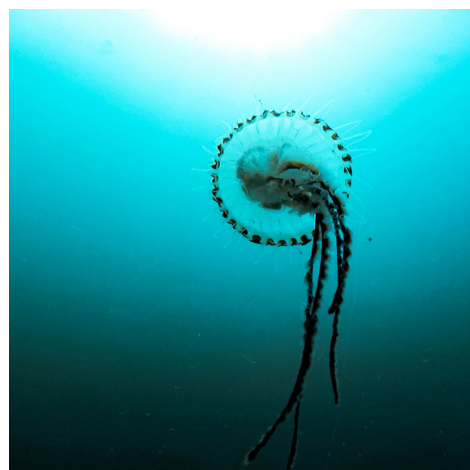
Supporting the mental health crisis for young people and empowering parents/adults to provide support.

### [Burnout, Mental Health UK](#)

Definitions, contributors, what we can do about burnout, and additional resources.

### [What is Compassion Fatigue?](#)

Animal-care specific video by Dr Sarah Jayne Smith on compassion fatigue.



## Eating Disorders

### [BEAT Eating Disorders](#)

UK Charity aiming to end pain and suffering caused by eating disorders.

### [SEED](#)

(Support and Empathy for people with Eating Disorders) - giving people the tools to enable them to cope.

### [National Centre for Eating Disorders](#)

Providing professional training, and directions towards treatment and counselling.

### [Talk ED](#)

National charity supporting anyone affected by any eating disorder or distress. Personalised support.

## Bipolar

### [Bipolar UK](#)

Peer support services to empower people affected by bipolar to live well.

### [International Bipolar Foundation](#)

Articles, educational materials, resources, videos, hotlines and stories.

## Anxiety

### [Anxiety UK](#)

Resources and services to help with anxiety, stress, anxiety-based depression or a phobia.

### [No Panic](#)

Helplines and services to help recovery from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

### [Shout](#)

Free, 24/7 text messaging support services confidential and anonymous messages for anyone struggling to cope.

## Depression

### [MoodTools](#)

App concept designed to help fight depression.

### [Depression UK](#)

National self-help organisation helping people cope with their depression.

### [Aware Northern Ireland](#)

Support groups which welcome people with depression and bipolar disorder as well as carers for people with the illness, among other services.

### [My Black Dog](#)

A charity that offers anonymous, peer to peer mental health support in England and Wales.

## OCD

### [OCD-UK](#)

Educating, offering hope and support through difficult times and recovery.

### [OCD Action](#)

Delivering frontline services which make a tangible and long-term difference to the lives of people with OCD.

## Bereavement

### [At a Loss](#)

Services, resources, and helplines.

### [The Good Grief Trust](#)

Support, encouraging stories, helplines and advice tailored to many types of loss.

### [Cruse Bereavement Support](#)

Helplines, online chats with counsellors and other support.

## Male-Focused

### [Men's Health Forum](#)

24/7 stress support for men by text, chat and email.

### [CALM](#)

Campaign Against Living Miserably (thecalmzone.net) – CALM - Campaign Against Living Miserably (CALM) and we're united against suicide, phone support for men 5pm – midnight 0800 585 858

### [Men's Shed](#)

A place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

### [Hub of Hope](#)

Mental Health Support Network provided by Chasing the Stigma – this is also an app and links to lots of local groups offering various different support, some of which is directed at men.

### [Movember Support Page](#)

Providing a range of signposting for men's mental health support.

### [Andy's Man Club](#)

Andys Man Club | #ITSOKAYTOTALK | - these often have local support groups on a regional basis.

### [MANUP?](#)

Mens Mental Health Charity, Depression and Anxiety Campaign.

## Baby Loss

### [Sands](#)

Still birth and neonatal death support charity.

### [The Miscarriage Association](#)

Information and online services.

### [The Lullaby Trust](#)

Confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child.

### [Tommy's](#)

Largest charity in the UK carrying out research into the causes of miscarriage, stillbirth and premature birth. Features stories and a support tool.

### [Aching Arms](#)

A place to share feelings and experiences for help and advice.

## Post Natal Depression

### [Pandas Foundation](#)

Offering hope, empathy and support for every parent or network affected by perinatal mental illness.

### [APNI](#)

The Association for Post Natal Illness. Friendly advice, information and helplines.

### [ACACIA](#)

Range of free like peer-led listening and befriending support. Birmingham based, open to everyone.

## Menopause

### [The Menopause Charity](#)

Working to help everyone understand perimenopause and menopause so no one needlessly suffers.

### [British Menopause Society](#)

Specialist authority for menopause and post reproductive health in the UK.

