

Mental Health

MIND

Phone 0300 123 3393

www.mind.org.uk

info@mind.org.uk

MIND provide a wide range of services relating to mental health including information and support as well as research and campaigning work. The national Mind organisation acts as an umbrella organisation to many local independent Mind branches, which provide different services across the country e.g therapy, self-help groups and alternative therapies.

RETHINK Mental Illness

Phone 0121 522 7007 (general enquiries)

www.rethink.org

info@rethink.org

Rethink Mental Illness provide a range of support, advice and information services relating to mental illness. Rethink runs over 200 mental health services and 150 support groups across England including therapy services, peer support groups and many more.

SANE

Phone 0300 304 7000 (every day of the year from 4pm to 10pm)

www.sane.org.uk

support@sane.org.uk

In addition to running Saneline which provides emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers, they provide email support and text support although this is not a crisis service. They also provide online support and carry out campaigns to raise awareness.

Action for Happiness

www.actionforhappiness.org

Action for Happiness is a not-for-profit helping people to build a happier and more caring society by taking practical action drawing on the latest scientific research. Its website provides many resources and evidence-based ideas for actions we can take to feel happier and reduce mental ill-health.

‘Being able to talk to someone impartial at a time when I really needed it was really helpful’

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.

07487 225035
catherine@blueskyvitality.co.uk
www.blueskyvitality.co.uk

