

MENTAL HEALTH RESOURCES

DEPRESSION

Anxiety UK

Advice and support for people living with anxiety

Phone: 03444 775 774

Text: 07537 416 905

The Black, African and Asian Therapy Network (BAATN)

Provides a list of therapists from Black, African and Asian Backgrounds

Black Minds Matter

Connects Black individuals and families with free mental health services, including Black therapists

British Association for Counselling and Psychotherapy (BACP)

Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

Campaign Against Living Miserably (CALM)

Phone: 0800 58 58 58

Depression UK

Do IT

Lists UK volunteering opportunities.

The National Association for People Abused in Childhood (NAPAC)

Phone: 0808 801 0331

National Institute for Health and Care Excellence (NICE)

Produces guidelines on best practice in healthcare.

NHS Services Finder

Searchable database of NHS services in England

Papyrus HOPELINEUK

Confidential support for under-35s at risk of suicide and others who are concerned about them.

Phone: 0800 068 41 41

Text: 0786 003 9967

Pink Therapy

Promotes high quality therapy and training services to those who identify as being gender or sexual diversities

Samaritans

Samaritans are open 24/7 for anyone who needs to talk.

Phone: 116 123

Sane

Togetherall

Accessible via the University

Talking Space Plus

A free NHS IAPT service for Oxfordshire

Phone: 01865 901 222

UK Council for Psychotherapy (UKCP)