

MENTAL HEALTH RESOURCES

ANXIETY

Anxiety Care UK

Helps people with anxiety disorders

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.

Improving Access to Psychological Therapies

Information about local NHS therapy and counselling services, which you can often self-refer to.

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

No More Panic

Provides information, support and advice for those with panic disorder, anxiety, phobias or OCD, including a forum and chat room.

No Panic

Provides a helpline, step-by-step programmes and support for people with anxiety disorders.

Phone: 0300 7729844

OCD Action

Phone: 0845 390 6232

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

Talking Space Plus

A free NHS IAPT service for Oxfordshire

Phone: 01865 901 222

Triumph Over Phobia (TOPUK)

Provides self-help therapy groups and support for those with OCD, phobias and related anxiety disorders.