

Resources to support your mental health



This leaflet includes useful information on books, website links, and mobile phone apps, relating to common mental health problems such as depression and anxiety. They also contain tips and strategies to improve your mental health and well-being, for example how to reduce stress and sleep better.

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly. In this instance, please call [0800 145 6485](tel:08001456485). The phone line is open 24 hours a day, seven days a week and is open to people of all ages, including children and young people.

WEB BASED SELF HELP

GENERAL MENTAL HEALTH

GET SELF HELP: Free downloadable CBT self-help information leaflets, also information about Mindfulness and practices. www.getselfhelp.co.uk/freedownloads.htm

LIVING LIFE TO THE FULL: This is a life skills course that aims to provide access to high quality practical and user friendly training in life skills. www.lttf.com

MIND MENTAL HEALTH: Information, advice and help lines. www.mind.org.uk

RETHINK: Information, advice, peer support and help lines. www.rethink.org

THE COMPASSIONATE MIND FOUNDATION: Aims to promote well-being through the understanding and application of compassion. www.compassionatemind.co.uk

OCD (obsessive compulsive disorder)

OCD ACTION: Provide support and information to anybody affected by OCD, they also work to raise awareness of OCD amongst the public and frontline healthcare workers and strive to secure a better deal for people with OCD. www.ocdaction.org.uk

OCD UK: Supports children and adults with OCD. www.ocduk.org

Maternal OCD: Aims to raise awareness of OCD for mothers-to-be to reduce the onset probability of OCD developing, and provide easily accessible resources for mothers with OCD to enable them to recover more quickly. www.maternalocd.org

SLEEP

HELP GUIDE.Org: www.helpguide.org/life/sleep_disorders.htm

LOW MOOD

DEPRESSION SELF HELP: www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide

MOOD JUICE: The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems. www.moodjuice.scot.nhs.uk

DBT SELF HELP: Provides lots of information on emotional regulation and distress tolerance skills, interpersonal effectiveness and mindfulness. www.dbtselfhelp.com

CCI HEALTH: Information packages on anxiety or depression and other mental health problems. www.cci.health.wa.gov.au

MINDFULNESS RESOURCES: www.freemindfulness.org/download

LONG TERM CONDITIONS

CHRONIC FATIGUE: Self-help resources to work through for those experiencing the symptoms associated with chronic fatigue.

<https://www.getselfhelp.co.uk/media/ljflgfae/pain-fatigue.pdf>

CHRONIC PAIN: www.moodjuice.scot.nhs.uk/chronicpain.asp

LOSS

PREVENTION OF YOUNG SUICIDE: UK Charity focusing on youth suicide prevention through education, training, and advice. Includes helpline info and self-help material. www.papyrus-uk.org

BEREAVEMENT BY SUICIDE: Self-help organisation providing a safe, confidential environment in which bereaved people can share their experiences and gain support. <https://uksobs.org/>



MILITARY

COMBAT STRESS: Combat Stress provides a range of community, outpatient and residential mental health services to veterans with complex mental health problems

www.combatstress.org.uk

NORTH WEST MILITARY VET SERVICE: <https://www.penninecare.nhs.uk/militaryvets>

HELP FOR HEROES: Information, advice and help lines www.helpforheroes.org.uk

TOGETHERALL: <https://togetherall.com/en-gb/>

ADVICE

CHESHIRE WEST CITIZENS ADVICE: Free, impartial confidential advice and information on a range of issues including employment, benefits, housing and debt.

<https://www.citizensadvicecw.org.uk/>

SAMARITANS: www.samaritans.org

HOUSING

SHELTER: england.shelter.org.uk

CHESHIRE WEST/CHESTER HOUSING SUPPORT:

<https://www.cheshirewestandchester.gov.uk/residents/housing>

EMPLOYMENT

CHAPTER: It assists in the maintenance and support of people who, because of their mental health problems, need help in regaining confidence and accessing training and employment.

<https://chaptermentalhealth.org/>

JOURNEY FIRST: Journey First supports adults who have a range of other barriers to employment such as disability, or complex needs including mental health conditions or homelessness

<https://www.livewell.cheshirewestandchester.gov.uk/Services/3174>

CARERS

CARERS UK www.carersuk.org

TRANSLATED SELF HELP INFORMATION SITES:

<http://www.getselfhelp.co.uk/translated.html>

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/translations.aspx>




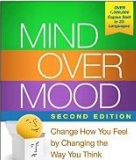

SELF HELP APPS/WEBSITES

Apps for Smart Phones (free or pay items)

If unable to download from the website link, go to your phone's marketplace/store and search for the title

Apple	Android
<ul style="list-style-type: none">• SAM - Self Help App for Anxiety• Thought Diary• WorryTree (anxiety journal)• Mind Shift for Anxiety• iCBT• Reflectly Journal• My Thoughts• actiTIME• Rootd – Panic relief• DBT Coach• MoodKit• I am – daily Affirmations• Moodnotes• Daylio Journal• PanicShield• Fig - personal wellness guide• The Sleep School app• Calm Harm	<ul style="list-style-type: none">• Cognitive Diary CBT self help• Depression CBT self help guide• WorryTree• Fig - personal wellness guide• Cognitive Styles• Stop Panic & Anxiety• Mind Shift for Anxiety• Reflectly Journal• My Thoughts• Daylio Journal• PTSD Coach• T2 Mood Tracker• Habit Factor• MyChain (maintaining goals)• Self Esteem Blackboard• Confidence Quotes• Mindfulness bell• Calm Harm
Websites	
iCope Sleepio NHS CBT Self Help guide Calm Harm	LifeTick (values & goals) Stay Alive



SELF HELP BOOKS 			
ANXIETY			
	Overcoming Anxiety Helen Kennerley ISBN-13: 978-1849018784		Overcoming anxiety, stress & panic: Chris Williams ISBN-13: 978-1444163148
	Overcoming Stress Gillian Todd, Leonora Brosan ISBN-13: 978-1845292331		A five areas approach Feel the fear & do it anyway Susan Jeffers ISBN-13: 978-1785041129
SOCIAL ANXIETY		HEALTH ANXIETY	
	Overcoming social anxiety and shyness Gillian Butler ISBN-13: 978-1849010009		Overcoming Health Anxiety David Veale ISBN-13 9781845298241
WORRY		PHOBIAS	
	Overcoming Worry Kevin Meares, Mark Freeston ISBN-13 9781845296360		An Introduction to coping with Phobias Brenda Hogan ISBN-13: 978-1472138521
DEPRESSION			
	Overcoming Depression Paul Gilbert ISBN-13 9781849010665		Mind over Mood Dennis Greenberger & Christine Padesky ISBN-13: 978-1462520428
OBSESSIONS & COMPULSIONS			
	Overcoming OCD David Veale, Rob Willson ISBN-13: 978-1849010726		Break free from OCD F. Challacombe, V. Bream Oldfield & P. Salkovskis ISBN-13: 978-0091939694
CHRONIC FATIGUE & PAIN			
	Overcoming Chronic Pain Frances Cole ISBN-13: 978-1841199702		Overcoming Chronic Fatigue Mary Burgess, Trudie Chalder ISBN-13: 978-1472138859

SELF HELP BOOKS 			
LOW SELF ESTEEM			
	The Feeling Good Handbook David Burns ISBN-13: 978-0452281325		Overcoming Low Self-Esteem Melanie Fennell ISBN-13: 978-1472119292
PANIC & AGORAPHOBIA			
	Overcoming Panic Prof Vijaya Manicavasagar, Derrick Silove ISBN-13: 978-1472135827		Overcoming Panic and Agoraphobia Prof Vijaya Manicavasagar, Derrick Silove ISBN-13: 978-1849010023
TRAUMA			
	Overcoming Traumatic Stress Claudia Herbert ISBN-13: 978-1472136138		Overcoming Childhood Trauma Helen Kennerley ISBN-13: 978-1841190815
RELATIONSHIPS		ANGER	
	Overcoming Relationship Problems Michael Crowe ISBN-13: 978-1845290665		Overcoming Anger and Irritability William Davies ISBN-13 9781849011310
BEREAVEMENT & LOSS		SLEEP PROBLEMS	
	Overcoming Grief Sue Morris ISBN-13: 978-1845296773		Overcoming Insomnia and Sleep Problems Colin Espie ISBN-13: 978-1845290702
BINGE EATING & BULIMIA NERVOSA			
	Overcoming bulimia nervosa and binge eating Peter J Cooper ISBN-13: 978-1849010757		Getting better Bit(e) by bit(e) Ulrike Schmidt & Janet Treasure ISBN-13: 978-1138797376