

Sources of help

SANE is one of the UK's leading charities concerned with improving the lives of everyone affected by mental illness.

http://www.sane.org.uk/public_html/index.shtml

The CALM Zone - Depression, Low, Feeling Low, Miserable, Unhappy, Sad, Stressed, Stress, Despair

<http://www.thecalmzone.net/Home/>

YoungMinds for children's mental health

<http://www.youngminds.org.uk/index.php>

Men's health forum News, info, events and discussion on all aspects of men's health policy

<http://www.menshealthforum.org.uk/>

Mental Health Foundation, a UK charity for everyone's mental health

<http://www.mentalhealth.org.uk/>

Sainsbury's centre for mental health work to improve the quality of life for people with mental health problems by influencing policy and practice in mental health and related services

<http://www.scmh.org.uk/>

Mind (National Association for Mental Health) work to create a better life for everyone with experience of mental distress

<http://www.mind.org.uk/index.htm>

Rethink severe mental illness. Support for people with severe mental illness and their carers

<http://www.rethink.org/>

Shift is a five year initiative that works in areas where people say they experience discrimination the most. With young people, in public services, with employers and the media.

<http://www.shift.org.uk>

Look after yourself – the site aims to be the first place all young adults turn to when they need support and guidance through life.

<http://www.thesite.org.uk/>

See me Scotland The 'see me' campaign was launched in October 2002 to challenge stigma and discrimination around mental ill-health in Scotland.

<http://www.seemescotland.org/>

Connexions Gateway. Information to make decisions and choices in life

<http://www.connexions.gov.uk/>

Drinksense - Promoting awareness of alcohol issues
<http://www.gurney.co.uk/drinksense/default.htm>

Depression Alliance web site with information about depression symptoms, treatments for depression and self help groups
<http://www.depressionalliance.org/>

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair
<http://www.samaritans.org.uk/index.shtm>

Mental Health - need2know. Teenage life check, check it before you wreck it.
http://www.need2know.co.uk/health/mental_health

Mind, Body & Soul is a new website which aims to give young people aged 14-16, the lowdown on health in a fun and interesting way.
<http://www.mindbodysoul.gov.uk/>

YoungMinds is the national charity committed to improving the mental health of all children and young people.
<http://www.youngminds.org.uk/>

Virtual Doctors surgery and A to Z of common teenage health conditions
<http://www.teenagehealthfreak.org/homepage/index.asp>