



## Mental Health and Wellbeing

Health professionals and mental health charities are reporting surges in stress and anxiety caused by the coronavirus pandemic. It can be helpful to be aware of talking therapy and other mental health support options, so that you can pass reliable information to your clients or others when needed. There is a lot of excellent information about mental health and available support on the internet and most mental health charities have added information on their homepages relating to the Covid-19 pandemic. Below is information about a selection of services that you may find useful. These services are UK based; however, many have information on their websites which is useful wherever you live in the world.

### Young People

**Childline** Despite its name this is a useful site for teenagers too. Personal on-line support, tips, and advice on a wide range of issues.

[www.childline.org.uk](http://www.childline.org.uk)

Tel 0800 1111 (24 hours a day)

**Kooth** For UK young people (11-18 years). Kooth is an anonymous text youth counselling service staffed by professional therapists. They also have monitored chat rooms. Local authorities have to buy into the service - many across the UK have done so.

<https://www.kooth.com>

**Young Minds** This youth mental health charity has lots of information and support for young people. They also operate a parents' help line.

<https://youngminds.org.uk>

**Rise Above** For young people, aimed at helping answer some of the challenges facing teenagers today.

[www.riseabove.org.uk](http://www.riseabove.org.uk)

**The Mix** Website developed for young people, with young people. Information and posts on a wide range of topics, including mental health, eating disorders, sex, alcohol, drugs and self-harm.

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

**CAMHS Services** For children and young people experiencing more acute or enduring mental health challenges. All UK local authorities have Child and Adolescent Mental Health Services (CAMHS). These are still operating during the lockdown, although ways of working are likely to be different to usual. Search for your local CAMHS service via your local authority's website. Learn more about CAMHS services on the NHS website.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

## Adults

All local authorities in the UK provide free talking therapy services, often called IAPT (Improving Access to Psychological Therapies). Not everyone can access free therapy, but many have helpful websites. Referral procedures differ between areas. Services are inevitably operating differently during the lockdown but should all still be running. Search for your local service here or ask your GP.

<https://www.nhs.uk/service-search/other-services/>

Local authorities also have mental health crisis teams. Search your local mental health trust's websites for details. Useful information is also available on the NHS website

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

There are a number of local and national charities which provide useful mental health information and/or 1-2-1 therapy or other support. Many have phone, text or email helplines. Many who offer 1-2-1 therapy are still offering appointments via digital platforms. To find local services try searching your local authority's website. National charities include:

**CALM** A website aimed at men, excellent source of information and support.

<https://www.thecalmzone.net>

**Combat Stress** A mental health charity for ex-service men and women. They have added some helpful tips to their website for supporting people through the Covid-19 crisis.

<https://www.combatstress.org.uk/self-care-during-covid-19>

**Cruse** A leading bereavement charity. They have added specific information to their website relating to the Covid-19 crisis which includes a section on grieving when in isolation and traumatic bereavements. They have a telephone helpline.

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

**MIND** Advice, support, and information around mental health.

[www.mind.org.uk](http://www.mind.org.uk)

**Rethink Mental Illness** Advice, support, and information around mental health.

[www.rethink.org](http://www.rethink.org)

**The Samaritans** Emotional support for people experiencing distress or suicidal thoughts.

[www.samaritans.org](http://www.samaritans.org) [jo@samaritans.org](mailto:jo@samaritans.org) 116 123 (open 24 hours a day, 7 days a week)

**Time to Change** A campaign to end mental health stigma and discrimination.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Women's Aid.** Advice and support for women suffering domestic or sexual

violence.

0808 2000 247 (free 24-hour helpline) [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Apps** There are some helpful free and low-cost NHS-approved digital apps available, designed to support mental health.

<https://www.nhs.uk/apps-library/>

Everyone needs support sometimes and right now is, of course, a particularly challenging time, so do encourage clients to reach out if they need to.

Stay safe and keep well,  
The IFPA Board and Office Team

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