

WHO CAN HELP?

Mindsmatter

Talking Therapies provided by Lancashire Care

01772 773437

9am-5pm

Leave us a message and we
will get back to you as soon
as we can



☆ **Samaritans FREE PHONE 116 123**

Email jo@samaritans.org

☆ **Wellbeing and Mental Health Help Line
FREEPHONE 0800 915 4640**

Open Monday to Friday 7pm - 11pm,
Saturday & Sunday 12 noon to 12 midnight

Carers UK 0808 808 777

Carers UK makes life better for carers

Cedar House Counselling 01772 880909

Community Restart 01772 773600

Support with housing, employment, volunteering, sport & leisure, education & training, arts & culture, eco activities and partnership working, equality & diversity

Calm 0800 58 58 58

For young men, 15-24 years, 5pm – 3am daily

Compassionate Friends 0345 123 2304

Support and Friendship for bereaved parents and their families by those similarly bereaved

Cruse Bereavement Care 01772433645

Cruse is here to support you after the death of someone close

Domestic Violence Helpline FREEPHONE 0808 2000 247

Works to promote protection for women and children suffering from or exposed to domestic violence

Eating Disorder Service 01772 647004

The HOPE Centre 01772 201601

A safe place to come for advice, support and activities for women who are experiencing domestic violence and abuse

Inspire Drugs & Alcohol Service 0808 1698 673

Support for anyone worried about their own or somebody else's substance/alcohol use

**For more urgent
support**

9am-4.30pm **START Team**
01772 647024

Out of Hours **Crisis Team**
01772 773433

Lancashire Wellbeing Service 03450 138 208

A free service offering practical, short-term support towards a better quality of life

Men's Advice Line 0808 801 0327

Helpline for male victims of domestic Violence

MOSAC 0800 980 1958

Supporting all non-abusing parents and carers whose children have been sexually abused

National Self Harm Network 0800 622 600

N-Compass North West 01253 362140

Advocacy, carers services, health & wellbeing, young people's services, self-harm support & volunteering

NSPCC 0808 800 5000

Helpline for adults who are concerned about the safety or welfare of a child

Preston Police Helpline 01772 209 681

Rape Crisis 0808 802 9999

SANE LINE 0300 304 7000

A Leading UK mental health charity who work to improve quality of life for anyone affected by mental illness (runs 4.30pm- 10.30pm)

SEED 0844 391 5539

Offering information, advice, education and practical help for individuals suffering from eating disorders and their carers

S.M.I.L.E. 07752713038

A self-help group for Chronic Pain Sufferers

Sudden Trauma Information Service 0845 367 0998

Confidential helpline of all kinds of sudden trauma – road traffic accidents, assault, industrial and domestic accidents and sudden death

Trust House 08088 01 08 18

A safe place and specialist support service for those affected by rape and sexual abuse; women, men, children and young people

Useful Websites

www.lancashirecare.nhs.uk/mindsmatter

Centre for Clinical Interventions

Fantastic resources for self-guided material; ask your Psychological Practitioner to recommend any worksheets/ work booklets which might be useful whilst attending low intensity sessions www.cci.health.wa.gov.au

Get Self Help www.getselfhelp.co.uk

Mood Gym

A free self -help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety www.moodgym.anu.edu.au

Big White Wall

Anonymous support network for advice and support <https://www.bigwhitewall.com>

NHS Self Help Guides

CBT based self help guides on a wide range of topics and issues
<https://www.ntw.nhs.uk/pic/selfhelp/>

Anxiety UK

Information and support for various anxiety problems www.anxietyuk.org.uk

Depression Alliance

Information, advice and support www.depressionalliance.org

OCD Action

Info on OCD and related problems www.ocdaction.org.uk

BPD World

Information, advice and support for people affected by personality disorders
www.bpdworld.org

Living Life to the Full

Online self-help www.lltff.com

Rethink

Advice and information on mental health problems www.rethink.org

Mind

Advice and information on mental health problems www.mind.org.uk

NHS Direct www.nhsdirect.nhs.uk

Mental Health Foundation www.mentalhealth.org.uk

Time to Change

Anti-stigma campaign www.time-to-change.org.uk

Samaritans www.samaritans.org

Recommended Reading

Mind Over Mood: Change how you feel by changing the way you think
Christine A. Padesky & Dennis Greenberger (1995)

Cognitive Behavioural Therapy for Dummies
Rob Wilson & Rhea Branch (2005)

Overcoming Low Self-Esteem: A 3-part programme based on Cognitive Behavioural Techniques
Melanie Fennell (2006)

Coping With Fears and Phobias: A step-by-step guide to understanding and facing your anxieties
Warren Mansell (2007)

Feel the Fear and Do It Anyway: How to turn your fear and indecision into confidence and action
Susan Jeffers (2011)

Overcoming Body Image Disturbance: A programme for people with eating disorders
Lorraine Bell & Jenny Rushforth (2008)

It's Not All in Your Head: How Worrying about Your Health
Gordon J. G. Asmundson and Steven S. Taylor (2006)

A Special Scar: The experiences of people bereaved by suicide
Alison Wertheimer (2001)

Healing Grief: A guide to loss and recovery
Barbara Ward (1993)

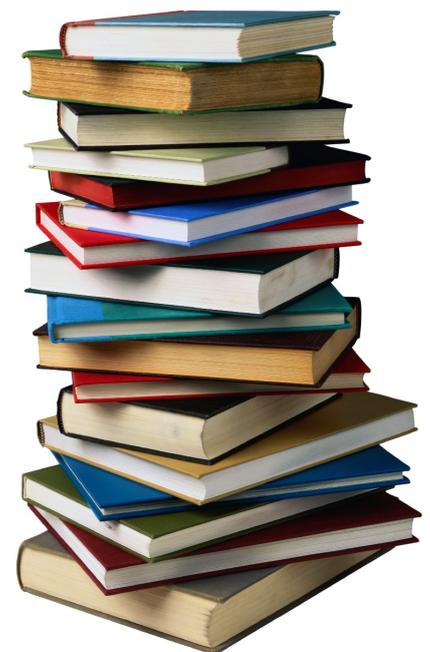
The Empty Bed: Bereavement and the loss of love
Susan Wallbank (2010)

The Happiness Trap
Dr Russ Harris (2008)

Happiness – Lessons from a New Science
Richard Layard (2005)

The Compassionate Mind
Paul Gilbert (2010)

The Compassionate Mind Approach to Building Self-Confidence
Mary Welford (2012)



The 'Overcoming' Series

Overcoming **Depression**

- Paul Gilbert (2009)

Overcoming **Anxiety**

- Helen Kennerley (2009)

Overcoming **Worry**

- Mark Freeston & Kevin Meares (2008)

Overcoming **Obsessive Compulsive Disorder**

- David Veale & Rob Wilson (2009)

Overcoming **Social Anxiety & Shyness**

- Gillian Butler (2009)

Overcoming **Panic & Agoraphobia**

- Derrick Silove (2009)

Overcoming **Anger & Irritability**

- William Davies (2009)

Overcoming **Traumatic Stress**

- Claudia Herbert & Ann Wetmore (2009)

Overcoming **Low Self-Esteem**

- Melanie Fennell (2009)

Overcoming **Perfectionism**

- Roz Shafran, Sarah Egan & Tracey Wade (2010)

Overcoming **Mood Swings**

- Jan Scott (2010)

Overcoming **Body Image Problems including Body Dysmorphic Disorder**

- Rob Wilson, David Veale & Alex Clarke (2009)

Overcoming **Compulsive Gambling**

- Alex Blaszczynski (2010)

Overcoming **Problem Drinking**

- Marcantonio Spada (2006)

Overcoming **Anorexia Nervosa**

- Christopher Freeman (2009)

Overcoming **Bulimia Nervosa and Binge-Eating**

- Peter Cooper (2009)

Overcoming **Depersonalization and Feelings of Unreality**

- Anthony David (2007)

Overcoming **Weight Problems**

- Jeremy Gauntlett-Gilbert (2004)

Overcoming **Childhood Trauma**

- Helen Kennerley (2000)

Overcoming **Grief**

- Sue Morris (2008)

Overcoming **Insomnia & Sleep Problems**

- Colin A. Espie (2006)

Overcoming **Chronic Pain**

- Frances Cole, Hazel Howden-Leach, Helen Macdonald & Catherine Carus (2005)

Overcoming **Relationship Problems**

- Michael Crowe (2005)

Overcoming **Sexual Problems**

- Vicki Ford (2010)

Apps for Mental Health

Stop, Breathe & Think



- **Price:** Free, with in-app purchases. Available on [Google Play](#) and [iTunes](#).

A straightforward app that provides short mindfulness and meditation exercises with clear, helpful graphics. Choose different audios depending on your mood, and rate your mood before and after. You can also monitor ups and downs in your mood each week via your own personal dashboard.

Headspace



- **Price:** Free for 10 mindfulness exercises, then you'll need to pay a subscription. Available on [Google Play](#) and [iTunes](#).

Described as a "gym for the mind", this app offers 10 free mindfulness exercises with audio and excellent graphics. The 10-minute exercises are designed to fit around your everyday life, and can be used on the go. The app also offers reminders and a personal progress page.

Calm



- **Price:** Free, with in-app purchases. Available on [Google Play](#) and [iTunes](#).

An app that provides a wide range of guided audio meditation, relaxation and mindfulness tracks and exercises. You can also choose from a selection of calming scenes, including logs burning in a fireplace or a beach at sunset, to enjoy on your phone.

Stress & Anxiety Companion



- **Price:** £3.99. Available on [iTunes](#) only.

This app helps you learn about cognitive behavioural therapy (CBT). It allows you to record and challenge negative thoughts, and turn positive thoughts and learnings into handy photo reminders. You can also access a variety of breathing and relaxation exercises, plus some fun brain teasers to interrupt anxious or negative thinking.

Pacifica



Price: Free, with in-app purchases. Available on [Google Play](#) and [iTunes](#).

A straightforward app that allows you to track your mood and health behaviours (sleep, diet, alcohol) over time, set daily goals, record thoughts, access relaxation exercises and connect with others in groups centred around different problems. Includes some CBT techniques.

ReachOut WorryTime



- **Price:** Free. Available on [Google Play](#) and [iTunes](#).

This app is designed to help you stop worrying so much by scheduling specific times in the day for worrying. It improves your awareness of negative thought patterns and helps you let go of unhelpful worries. The app uses CBT-based techniques.

Catch It



- **Price:** Free. Available on [Google Play](#) and [iTunes](#).

A CBT-based app that helps you to track your thoughts and feelings, and keep a mood diary. The app encourages you to challenge negative thoughts by asking: "What would you say if it was somebody else?".

CBT-I Coach



- **Price:** Free. Available on [Google Play](#) and [iTunes](#).

A CBT-based app that offers practical ways to manage and improve your sleep. The app provides tips and information about sleep, plus a sleep diary so you can monitor your sleep patterns. It also helps you set sleeping and waking times to improve your sleep, and suggests relaxation and worry-

management techniques. **To see apps reviewed and recommended by the iCope service for eating disorders, alcohol management, PTSD and suicide prevention, visit the <http://icope.nhs.uk/therapy-information/mental-health-apps/>**

Mindshift



- **(Free, Apple iOS and Android)**

This app is designed for teenagers and young adults who want help with feelings of anxiety. The language and interface is simple, it provides some useful information about what anxiety is and helpful strategies to try to tackle it. There is also a nice quick tips section for use in panicky situations.

And it's useful for adults too.