



Online mental health

Explains the benefits and challenges to your mental health of being online, and gives ideas for looking after yourself online and getting support. Also provides information on staying safe online and getting the balance right between your online and offline life.

If you require this information in Word document format for compatibility with screen readers, please email: publications@mind.org.uk

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How could being online help my mental health?

For general guidance on web safety and security, specialist websites like [Get Safe Online](#) contain lots more useful information. If you're **under 18**, the [UK Safer Internet Centre](#) and [NSPCC](#) websites may be helpful too.

Using online resources can be a great way to support your mental health. They can be helpful in a number of ways, including:

- **Health information.** You can search the internet for information about mental health problems, their symptoms and treatment options. Some people find researching their problems empowering. For example, you can use the internet to research the benefits and possible side effects of [medications](#).

Remember that not all the information you find online will be reliable. Some useful questions to ask yourself are:

- Who has written it and why?
- Are they a reliable source?
- Do they have a particular bias or agenda?
- When was it written? Is it up to date?
- Is this factual information, or is it someone's personal experience or opinion? Remember - what's true for someone else might not be true for you.
- Is it relevant to my situation?

If you're looking for reliable information about mental health diagnoses and treatments, it's a good idea to choose evidence-based sources, such as the [Mind](#) or [NHS](#) websites. You can also visit your GP for reliable information.

- **Other people's experiences.** You can often find people who have had similar mental health experiences online. Reading other people's accounts of mental health can help validate your own experiences and make you feel less alone.
- **Connecting with other people.** Online communities and social media networks can provide you with [peer support](#). Typically, these sites provide you with an online space to talk about symptoms, discuss side effects of treatment and share support. Some people find it easier to communicate online rather than in person or over the phone. Being online can also help some people talk more honestly about how they are feeling and connect with others, especially if they going through a difficult time.
- **Accessing treatment.** You can search the internet and use online communities to find new tips to help you manage your mental health and [wellbeing](#). For some people, being anonymous online can help them overcome obstacles preventing

them from [seeking help](#). There are also a range of [digital tools](#), such as [health apps](#), which can help support your mental health.

- **Expressing yourself.** There are many ways to express yourself creatively online, including creating and sharing photos, stories and videos. Some people find communicating online a useful way to test how they are feeling before sharing with friends and family. This can help you clarify how you feel or what you want before you talk to those closest to you.
- **Challenging myths and raising awareness.** Sharing your experiences online is also a way to challenge myths around mental health and raise awareness. It can also help motivate other people to seek out support for their own mental health. If you are interested in blogging for Mind, you can find more information [here](#).

It was good to share experiences and find that many other people are in the same boat.

Online resources might be particularly useful if you feel socially isolated and less able to engage in face-to-face support.

They can also be helpful because you:

- can access them **24 hours a day**
- **don't usually have to wait** or get a referral
- **don't need a diagnosis** to use them
- can use most sites for **free**
- can access them **wherever you are** (if you have access to the internet on your phone or other mobile device).

Remember, different people find different types of support useful. You might also find it helpful to combine online support with offline support, such as attending face-to-face groups.

Could it make my mental health worse?

While being online can be helpful for your mental health, there might be times when using online tools could have a negative impact on your mental health.

- **Comparing yourself to others.** Spending time on online communities and social media sites can mean that you end up comparing yourself to others. This can negatively impact your [self-esteem](#) and how you view your life. If you find this happening to you, you could try limiting the amount of time you spend on these sites. You could also try taking a longer break from any sites you find unhelpful.
- **Feeling anxious or stressed.** You might feel pressure to be constantly checking your social media accounts and taking part in online conversations, which can cause feelings of [anxiety](#) and [stress](#). Comparing your life to others on social media can also mean you feel anxious and stressed.

- **Difficulty sleeping.** For some people, spending lots of time at night checking social media and other online sites disrupts their sleeping pattern. Some studies suggest stopping checking your phone at 10pm to give you time to unwind before going to bed. (See our information on [sleep problems](#) for tips on coping with sleep problems.)
- **Feeling lonely.** Some people find using online communities and social media a lonely experience as it doesn't give them the same feeling of connection as offline support. If you find you are feeling lonely while using these sites, you could try connecting with people offline. For example, you could join a face-to-face [peer support group](#). (See tabs on [online relationships](#) and [online / offline balance](#) for more information.)
- **Feeling overwhelmed.** Being a friend to other people online can feel great, but caring for someone who's going through a difficult time can also be very stressful and overwhelming, and could affect your own [wellbeing](#). (See our pages on [managing stress](#) and [supporting someone else](#) for tips.)

To try and avoid some of these issues, it might be a good idea to put some thought into what [type of online tool is best for you right now](#), and to think about issues like [safety & privacy](#), [online relationships](#), and [online / offline balance](#).

What offline support could I get?

Sometimes online support can't realistically give us all the help we want. If you find that things are becoming too much for you to cope with, or are worried about the way you are feeling or behaving, you may want to get additional support offline. You can:

- talk to a close friend or family member in person about how you're feeling.
- make an appointment to talk to your GP about your mental health. (See our pages on [seeking support for a mental health problem](#) for more guidance.)
- call [Mind's Infoline](#) or [contact your local Mind](#) to see what support they might be able to offer.
- make sure you know [how to get help in a crisis](#). You can, for example, call the Samaritans 24 hours a day on 116 123 or email jo@samaritans.org.

(See our page on [useful contacts](#) for other organisations that might be able to help.)

What online tools might work for me?

In order to find an online tool that works for you, you might find it helpful to ask yourself:

- **What am I looking for?** There are a huge range of [online tools available](#), all of which have different aims and purposes. Before you go online, have a think about what you're hoping to achieve. This will help you work out what type of tool might be best for you right now. For example, you might want to talk to other people with similar experiences, or you might find you want to watch a video rather than interacting with others directly. This might change from time to time, depending on your needs and how you're feeling.

- **How am I feeling right now?** Monitoring how you are feeling can help you decide if being online would be helpful for your mental health at the moment. For example, if you're not feeling well, you might be more vulnerable to things you'd normally be able to deal with. Being online when you are unwell might also mean you act differently to how you would if you were well.
- **How is the site moderated?** Online communities and social media sites differ in the levels of moderation they offer users, so it's worth checking this before joining. For example, compared to general social media sites, mental health specific forums, like Mind's [Elefriends](#), often have a higher level of moderation when it comes to triggering content, which might make you feel safer.
- **Does this particular service make me feel better or worse overall?** If a particular service, for example an online community, is making you feel worse, perhaps it's not right for you. You might find that another type of service, or a different online community, works better for you right now.
- **Might I find something triggering?** For example, a blog that talks explicitly about [self-harm](#) may make you feel the urge to harm yourself, or a post about someone else's experience of [depression](#) may make you feel low. Avoid sites and feeds you know you might find triggering. See more information about how to deal with triggering content [here](#).
- **Do the people I connect with online share my goals?** Connecting with people online can be great, but it can be difficult if they don't share the same goals as you. For example, if you have an [eating problem](#) and are looking online for positive ways to challenge those thoughts and feelings, connecting with people who aren't ready to seek support for their own problems might not help.
- **How much energy do I spend supporting others online?** Being a friend to other people can feel great, but caring for someone who's going through a difficult time can also be very stressful. If you're finding that the amount of time and energy you're putting into supporting others is starting to make your own mental health worse, it might be a good idea to take a break for a while. You can also find tips that might be helpful on our pages on [managing stress](#) and [supporting someone else](#).

For more information about the range of online mental health tools available, and how they might be able to help you, go to the [online mental health tools](#) tab.

Online mental health tools

There are a lot of ways to get support for your mental health online.

If you find that a particular online community or other form of online support isn't helpful for you, that doesn't necessarily mean that you can't find support anywhere online – you could always take a break for a while, or try a different platform. Remember that different sites tend to be useful for different people, at different times.

“Online is the only place I can really make friends, so that helps obviously. For people who cannot get out to socialise, the internet is a link to the outside world. It IS a social life of sorts.”

Please note

- Except for [Elefriends](#), Mind does not endorse any particular digital service, including those listed on this page.
- The fast-moving nature of digital services means it's not possible to provide a complete list of online tools, sites and apps.
- It is your responsibility to decide whether the service you are considering using is appropriate for you.

Online information

You can use online tools and services to find information about mental health problems, their symptoms and treatment options.

Popular sources of information include:

- search engines like [Google](#)
- information websites like [Mind](#) or [NHS](#)
- online news websites
- blogs/vlogs/podcasts.

For example, some people search the internet to research the benefits and possible side effects of different treatment options. Remember that not all the information you find online will be reliable – see our [tips on finding trustworthy information](#) to help you.

“I believe particularly with my journey of recovery I found educating myself on mental distress very useful as I really felt like I wasn’t alone which was a huge relief. Also I was able to use this information to educate my parents and friends of what I was going through, which made them all so helpful.”

Online communities

An online community is a group of people with common interests or experiences who use the internet to communicate together. Many different online communities exist, including mental health specific forums and communities like:

- [Elefriends](#)
- [Bipolar UK eCommunity](#)
- [Beat Message Boards](#)
- [Big White Wall](#)
- [SANE Support Forum](#)
- [Hafal Clic](#) (in English and Welsh).

Some people find these communities helpful as they provide a way to share feelings and seek support from other people who may have similar experiences. This is sometimes called online [peer support](#).

Mental health communities often have higher levels of moderation than general social media sites, which also might make you feel safer.

“It’s been a difficult couple of years for me and accessing the support on Elefriends has been invaluable. It helped me to acknowledge that there were issues I need to address, helped when I was at work in getting me through the day and during my recovery.”

Online therapy

Online therapy is accessible via the internet using a computer, phone or tablet. It is also known as e-therapy. It can be helpful if you’re uncomfortable talking to someone in person, or if you have difficulty leaving the house or using transport.

The type of support offered by the NHS varies, but can include:

- An online self-help course. These courses most commonly use [cognitive behavioural therapy](#) (CBT) and you may hear them referred to as computerised cognitive behaviour therapy (CCBT). They usually last for several weeks or months and involve you completing a range of online exercises.
- Live therapy with a therapist via instant messaging or a webcam.

Typically before you can access these services via the NHS, [you’ll be offered an assessment with your GP](#).

The [National Institute for Health and Care Excellence \(NICE\)](#) – the organisation that produces guidelines on best practice in health care – suggests that CCBT can be helpful to treat [anxiety](#) and [depression](#). However, NICE don’t recommend CCBT for more severe symptoms of anxiety and depression. In these cases, they recommend more intensive treatment and support.

Private online therapy

Some private therapists offer online therapy sessions. You may also find websites offering low cost online therapy. There are many reasons you might consider going private, although it’s not an option for everyone because it can be expensive, even if it’s offered at a reduced cost.

Not all of these sites use professional therapists, so it’s important to do some research before you start. You might want to check if the therapist is registered with a professional body like the [British Association for Counselling and Psychotherapy \(BACP\)](#) or the [UK Council for Psychotherapy \(UKCP\)](#).

See our pages on [getting the most from therapy](#) for support to feel confident in seeking therapy online.

Social media

Social media sites can be quite different from each other – they might attract different groups of people and can feel like very different environments. Sites include:

- Facebook (you can find Mind on Facebook [here](#))
- Twitter (you can follow us on Twitter [@MindCharity](#))

- Tumblr (we're on Tumblr [here](#))
- Instagram
- Snapchat
- and many more ...

As lots of people use social media sites, they offer a way to stay in touch with friends and family, which can help support your wellbeing. Other people use social media as a way to share their personal stories and connect with others who have similar mental health experiences.

However, social media sites tend to have a low level of moderation, which means that people could post content that you find triggering or upsetting. For larger sites, it can also be difficult to get in touch with the people who run the site if you have a question or a problem.

"[For me] Facebook is brutal. People only present perfect versions of themselves. Makes you think you're the only one struggling ... but Tumblr has been a lifeline for me. People who have similar experiences and talk to me with no agenda other than to help."

Apps

Apps provide a range of uses which could be helpful to manage your mental health, including:

- general information and links to other relevant sites
- lifestyle and wellbeing support, like tips for practising [mindfulness](#)
- self-help support for people struggling with mental health problems like depression
- booking appointments with a health service, like a GP.

You can access and download apps from major app stores like the [Apple App Store](#) and [Google Play](#). Some apps are free, while others require a one-off payment or a regular monthly subscription.

Some apps ask you to enter personal health information. Before providing this, make sure the app is genuine and secure. The [Orcha](#) website provides reviews and assessments of health apps, including how the app uses and stores your data.

The [NHS Apps Library](#) includes a section on mental health apps, which you might find helpful.

"I absolutely love the apps you can download on your phone, I think it's a really useful tool you can use to take action of your recovery. It's a great way to learn more about yourself."

Chatbots

A chatbot is a computer program that mimics conversation with people over the internet. Some apps use chatbots to support people with mental health problems such as anxiety and depression. Services include:

- [Woebot](#)

- [Wysa](#)
- [Pacifica](#).

Blogs/vlogs/podcasts

Blogs, vlogs (video blogs) and podcasts (audio shows) are channels which individuals, groups and organisations use to publish things they've written, created or recorded. Sites include:

- YouTube (you can find Mind's YouTube channel [here](#))
- [Wordpress](#)
- [Blogspot](#)
- Audioboom (you can find Mind's Audioboom channel [here](#))
- we also have our own [Mind blog](#).

Some people find reading or watching other people's experiences can help them feel less alone, or help them understand their own feelings. It can also be a helpful way to find support if you prefer not to interact with others directly, or are not feeling up to it at the moment. Other people enjoy the process of making blogs, vlogs or podcasts, and sharing their experiences with the world.

"I find writing a blog can really help, and it helps others to understand what you're going through."

However, blogs, vlogs and podcasts often have a comments section and some people find that being open to comments on their work or personal feelings can make them feel vulnerable or upset, particularly if people are not very nice. Some platforms allow you to control if people can leave comments on your work by turning the comments section on or off.

For more information about keeping your online experience positive, see our tabs on [safety & privacy](#), [online relationships](#) and [online / offline balance](#).

What can I do to keep myself safe online?

Just like in the offline world, when you're online it's important to think about your privacy and how to keep yourself safe. If you're online for support with your mental health, you may also need to think about a few additional things.

Some tips to consider:

- **Check your privacy settings.** Just because a site requires you to log in, this doesn't necessarily mean that your profile is entirely private – some parts might still be shown publicly.
- **Think about who will see what you share.** For many people, sharing their feelings online can be helpful during a difficult time. However, some people find that when they are feeling better, they regret how much they shared, or who they shared this with. Before posting about your personal feelings, try to consider how you might feel about what you've shared, and with who, in the future. Very few sites

are 100% private, and information is often shared online beyond your control. It's very difficult to remove something from the internet permanently.

- **Protect your personal details.** What you share online can affect both your privacy and the privacy of others, so it's important to think carefully about what you post. You should avoid posting your personal details online, like your address or telephone number. Remember that photos or online check-ins can also give away personal information, not just written posts. If you think someone has used your information to commit fraud, such as opening a bank account or obtaining documents, you should report it as soon as you can to [Action Fraud](#).
- **Protect yourself from excessive online spending.** It's very easy to spend money online, and if you are feeling unwell, this can be a quick way to make yourself feel better. Impulsive decisions about money can also be an issue during a period of [mania](#) or [hypomania](#). This can lead to spending that can leave you in lots of debt. If online spending when you are unwell is an issue that affects you, see our [money and mental health pages](#) for information that may help.
- **Dealing with triggering content.** If you come across something that upsets you, close the screen or scroll quickly past it. You might even want to turn off your computer or mobile device and take a break. Some people find that using a distraction technique also helps, such as focusing on your breathing, watching TV or doing some housework. If you find yourself in a bad place or having negative thoughts after seeing triggering content, you might need to get some [additional offline support](#).
- **Try to avoid online self-diagnosis.** Although online resources can provide a wealth of information about mental health problems and treatments, they are not always accurate, or there may be information you are missing. Talking to a GP is usually the first step in exploring what treatment and support options might work best for you. For more information about going to see a GP, see our pages on [seeking help for a mental health problem](#).
- **Use secure passwords.** Websites such as [Get Safe Online](#) can tell you more about how to choose a secure password.
- **Be extra careful with sexually explicit content.** It's possible that someone could use it to try to harm you in the future. Although this does not happen often, it is something to keep in mind before you share sexually explicit content with anyone – even privately. If you find yourself the victim of blackmail because of sexually explicit content, report this to the police as soon as you can. You can also contact [Victim Support](#) 24/7 on [08 08 16 89 111](#).
- **Immediate help.** There may be times when you need immediate help and you can't get this support from being online. You may need to get [additional offline support](#). You can also read our information on [crisis services](#) for more information about offline services that may be able to help.

"I've learnt that when I'm feeling a particular way, that it may be best to stay away from certain websites. For example, if I'm feeling too hyper then I need to stay away from online shopping sites, or if I'm very low then it's not appropriate to post my feelings on my favourite gaming site."

How can I keep relationships healthy online?

How can I keep relationships healthy online?

Although it's possible to make great friendships online that can help support your mental health, not every person you meet will be someone you get on with – just like in offline life. Remember:

- **Consider the potential impact of your words online.** It might feel easy to say whatever you want from behind a screen but try to think about how your words could affect people, as you'd want them to do for you.
- **Misunderstandings happen.** Misunderstandings can happen easily online because the signs we use during face-to-face conversation, such as tone of voice or body language, aren't available online. It's easy for someone to hit 'send' before thinking how what they've written may come across to you.
- **Be respectful of other people's views and opinions** – even if you don't share them.
- **Try to be realistic.** Just like in offline life, you are unlikely to receive all the support you need from an online relationship. It's best to try and be realistic about what support an online relationship can offer. (For more tips on getting support offline, see our information [here](#).)
- **Think about the impact of supporting someone else.** Supporting someone else online can be a good way to improve your self-esteem. However, if this becomes overwhelming and starts to negatively impact your mental health, you might need to take a break. (See our pages on [supporting someone else](#) for more information and tips on how to look after yourself.)
- **Think about other people's intentions.** Not everyone online is looking for support, so it's a good idea to be a little bit cautious at first. You may meet someone who is not ready to seek help, for example, or someone who is looking for a sexual relationship when you're not. You may even come across someone who is looking to take advantage of vulnerable people, or who [becomes abusive](#). If you start to feel uncomfortable about someone you've met online, it is best to stop communicating with them, and report any inappropriate behaviour to the site's moderators.
- **Take a break.** If an online relationship is no longer working for you, for example, you keep arguing or they want more support than you can offer, it might be best to take a break. Social media sites and online communities allow you to unfollow or defriend people on a temporary or permanent basis, which can be helpful if you are finding being connected to someone difficult online.

“When it is too much or an online relationship is getting overwhelming I think it is important to take care of myself; to have the courage to be honest and gently tell the person/people the truth.”

What should I consider before meeting someone offline?

The internet can be a great place to make connections with new people. If you have made a good online friendship, for example, with someone you've been chatting to on a peer support site, you may decide to take it offline. This might mean talking over the phone or arranging to meet face-to-face.

Many people have established long-lasting and supportive friendships this way, but it's also important to keep yourself safe.

You might want to ask yourself these questions:

- **How much do I know about this person?** Try and think about what they've told you about themselves. How long have you been talking to them? Do you have any mutual friends?
- **Are they definitely who they say they are?** While most people are honest, not everyone represents themselves accurately online.
- **Do I feel pressured into meeting up?** You don't have to do anything you don't feel comfortable with. It's OK to tell someone you're not ready to meet offline just yet, or that you'd rather keep your relationship online-only.
- **Do we want the same thing from an offline relationship?** It's important to be clear beforehand about why you want to meet, to make sure that your motivations and expectations are the same. For example, you might just want to continue an existing friendship, but the other person might assume that you want to develop your relationship in a sexual or romantic way.

When meeting up with someone for the first time, it's a good idea to keep these suggestions in mind:

- Don't give out your **phone number or address** until you're confident that you know who you are talking to.
- Always make sure you **meet in a public place**, during the daytime, when other people will be around.
- Let a friend or family member **know where you are**, who you are with and when you expect to be back.
- **Keep in touch** with your friend or family member while you're out.
- Ask someone else to **come with you**. If you're both part of an online community, perhaps ask other people in the group to come too.

What can I do about cyberbullying and abuse?

Cyberbullying is bullying that takes place online through a digital device like your computer, mobile phone or tablet.

It can be horrible to experience bullying or abuse online, but remember – you don't have to put up with it. If you experience bullying or abuse, there are some things you can do immediately:

- **Don't respond** – it can encourage further unwanted communication.

- **Block or delete the person** – this means they won't be able to contact you and you can't see what they write.
- **Keep records of any posts or messages** that you've received, for example, take a screenshot or save messages to an offline file. This can help if you need to provide evidence to the site moderators or the police.
- **Report it to the site moderators.** Most websites will have a policy for reporting bad behaviour, so make sure you read this before you start.
- **Talk to a trusted friend or family member** – they may be able to offer help and support.
- **Contact the police** if you are being threatened or abused online and you feel in danger.

"It's easy to delete and block people ... don't worry about hurting their feelings. Look after yourself."

How can I get a good online / offline balance?

Online support can be extremely helpful, but it's important to find a balance between your online and offline life for your mental health and wellbeing.

- Set aside some time regularly to do something offline, like reading a book, doing some [physical exercise](#), [being outdoors in nature](#) or trying out a [relaxation technique](#).
- Protect time in your day to [eat healthily](#) and get good [sleep](#).
- Continue to spend time with friends and family.
- Sometimes, online support is not enough. If you are feeling unwell, and being online isn't helpful, it may be a good idea to seek [offline support](#).
- If you are finding that being online is starting to have a negative impact on your mental health, you may need to take a break for a while.

How do I know if I need to take a break?

Here are some common signs that you might need to switch off for a while:

- You're having fewer face-to-face conversations with your friends and family.
- You're feeling disconnected from those closest to you.
- It's preventing you from getting other things done in the offline world.
- You're finding it hard to think about and enjoy other things.
- You're finding it overwhelming.

What can I do to help me switch off?

Switching off can be easier said than done. If you would like to take a break from being online, but are finding it hard to switch off, try these tips to help:

- Switch on the "do not disturb mode", so you won't receive notifications from apps, text messages or phone calls.
- Switch off notification sounds so it's easier to ignore notifications from apps and text messages.
- Use an app that helps you monitor and manage your phone use, including letting you restrict your app use.
- Put your mobile phone or other device in another room or somewhere else out of sight.
- Try switching off your computer, phone and any other mobile devices for a while, so you aren't tempted to check in online.

"... if I'm feeling unwell or something worries/upsets me ...I turn off the laptop for the day"

Useful contacts

Mind's services

- **Helplines** – all our helplines provide information and support by phone and email. Our Blue Light Infoline is just for emergency service staff, volunteers and their families.
 - Mind's Infoline – 0300 123 3393, info@mind
 - Mind's Legal Line – 0300 466 6463, legal@mind
 - Blue Light Infoline – 0300 303 5999, bluelightinfo@mind
- **Local Minds** – there are over 140 local Minds across England and Wales which provide services such as [talking treatments](#), [peer support](#), and [advocacy](#). [Find your local Mind here](#), and contact them directly to see how they can help.
- **Elefriends** is a supportive online community for anyone experiencing a mental health problem. See our [Elefriends page](#) for details.

Who else could help?

Action Fraud

0300 123 2040

actionfraud.police.uk

Reporting service for online fraud and cyber crime.

Beat Message Boards

support.beateatingdisorders.org.uk

Message boards providing support for anyone affected by an eating disorder.

Big White Wall

bigwhitewall.com

Online mental health and wellbeing community. You need a paid subscription or NHS referral to join, although it is free for people living in some areas.

Bipolar UK eCommunity

bipolaruk.org/ecommunity

Supportive online community for everyone affected by bipolar disorder.

British Association for Counselling and Psychotherapy (BACP)

01455 883 300

bacp.co.uk

Provides a directory of accredited therapists.

Campaign Against Living Miserably (CALM)

thecalmzone.net

Webchat 5pm - midnight every day for men looking for emotional support.

Elefriends

elefriends.org.uk

A safe and supportive online community where you can listen, share and be heard.

Friends in Need

friendsinneed.co.uk

A safe, free online community for people affected by depression.

Get Safe Online

getsafeonline.org

Information and advice on online safety.

Hafal Clic

www.hafal.org/clic

A bilingual online community for people based in Wales affected by mental health problems.

Mind - Your Stories

mind.org.uk/information-support/your-stories/

Mind's blogs and stories by people affected by mental health problems.

National Institute for Health and Care Excellence (NICE)

nice.org.uk

Information and clinical guidelines on recommended treatments for mental health problems.

NHS

nhs.uk

Information on health conditions and available services.

NHS Apps Library

apps.beta.nhs.uk

A directory of apps that can help you manage and support your physical and mental health.

NSPCC

nspcc.org.uk

help@nspcc.org.uk

24-hour advice and support for any adult worried about a child.

NSPCC Net Aware

net-aware.org.uk

Information about online safety for parents of children under 18.

Samaritans

116 123 (Freephone)

jo@samaritans.org

samaritans.org

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PO Box 90 90
Stirling FK8 2SA

24-hour emotional support for anyone feeling down or struggling to cope.

Sane Support Forum

sane.org.uk

Mental health forum for discussion and mutual support.

Time To Change

time-to-change.org.uk

Blogs about issues relating to mental health, and guidance about how to write safe online content about self-harm, suicide and eating disorders.

UK Safer Internet Centre

saferinternet.org.uk

Tips, advice and resources to help children and young people stay safe on the internet.

United Kingdom Council for Psychotherapy (UKCP)

020 7014 9955

psychotherapy.org.uk

Provides a directory of accredited psychotherapists and psychotherapeutic counsellors.

Victim Support 24/7

08 08 16 89 111

victimsupport.org.uk

Support for victims of crime, including online crime and abuse.

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To be revised in 2021

References are available on request.