

# Links

## General Information

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

*Mind is the leading mental health charity in England and Wales working to create a better life for everyone with experience of mental distress.*

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

*Working together to help everyone affected by severe mental illness recover a better quality of life.*

[www.scottishrecovery.net/](http://www.scottishrecovery.net/)

*Working in Scotland to raise awareness that people can and do recover from long term and serious mental health problems, and of what recovery might mean for people. Building an understanding of what helps people recover and stay well. Building capacity for recovery by highlighting and supporting examples of good practice.*

[www.wellscotland.info/](http://www.wellscotland.info/)

*How we feel and think is central to the way we live our lives. The Scottish Government's [National Programme](#) for Improving Mental Health and Well-being is driving a change in knowledge, attitudes and behaviour towards mental health. Positive mental health is essential if Scotland is to enjoy a healthier future.*

<http://www.workingtogetherforrecovery.co.uk/>

*'Working Together' was developed in Cambridge ten years ago as an informal network made up of a wide and growing range of people who care about mental health issues. It exists to provide a friendly forum for sharing innovative practice, promoting user involvement and supporting individuals who are trying to make a difference, wherever they are and whatever their background. Working Together aims to break down barriers and accept differences.*

<http://www.nimhe.csip.org.uk/>

*NIMHE is responsible for supporting the implementation of positive change in mental health and mental health services.*

<http://www.rcpsych.ac.uk/mentalhealthinformation.aspx>

*Royal College of Psychiatrists - Improving the lives of people affected by mental illness.*

[www.cofe.anglican.org/info/socialpublic/homeaffairs/mentalhealth](http://www.cofe.anglican.org/info/socialpublic/homeaffairs/mentalhealth)

*Since 1998 the Church of England has been involved in debates surrounding the Government's review of the 1983 Mental Health Act. Find out more here.*

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

*Founded in 1949, the Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.*

<http://www.markwalton.net/guidemha/index.asp>

*The Mental Health Act Online.*

## Mental Health and Spirituality

<http://www.oxford.anglican.org/page/2315/>

*Details of a training resource for the spiritual and pastoral care of people with mental health needs.*

[http://www.rethink.org/living\\_with\\_mental\\_illness/everyday\\_living/spirituality/index.html](http://www.rethink.org/living_with_mental_illness/everyday_living/spirituality/index.html)

*Rethink resources around the subject of mental illness and Spirituality.*

<http://www.rcpsych.ac.uk/college/specialinterestgroups/spirituality/publications/newsletter5/eight.aspx>

*Royal College of Psychiatrists resource on Patient Spirituality and Mental Health.*

## **Young People**

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

*YoungMinds is a charity committed to improving the mental health of all children and young people under 25.*

<http://www.gapp.me.uk/Activities/Mind.htm>

*Scouting activities relating to mental health.*

<http://www.youth2youth.co.uk/>

*Youth2Youth (Y2Y) is a unique helpline service run **by** young people **for** young people.*

<http://www.mind.org.uk/Information/Factsheets/Children/Children+and+Young+People+and+Mental+Health.htm>

*Mind's factsheets relating to children young people and mental health.*

<http://www.rcpsych.ac.uk/mentalhealthinformation/childrenandyoungpeople.aspx>

*Royal College of Psychiatrists' information for the public.*

[http://www.childrenfirst.nhs.uk/teens/life/features/health\\_illnesses/self-harm\\_lean-on-me.html](http://www.childrenfirst.nhs.uk/teens/life/features/health_illnesses/self-harm_lean-on-me.html)

*Information for those supporting people who self-harm*

## **Older People**

<http://www.olderpeoplesmentalhealth.csip.org.uk>

*Older people's mental health.*

<http://www.mind.org.uk/Information/Factsheets/Older+people/Older+People+and+Mental+Health.htm>

*Mind's factsheets relating to older people and mental health*

[www.statistics.gov.uk/pdfdir/men0603.pdf](http://www.statistics.gov.uk/pdfdir/men0603.pdf)

*Government statistics about mental health and older people*

## **Local Authorities**

<http://www.nhs.uk/servicedirectorios/Pages/MentalHealthTrustListing.aspx>

*A-Z list of all NHS Mental Health Trusts*

## Resources

### Articles/Reports

#### **Spirituality and mental health: a very preliminary overview.**

History and philosophy. Current Opinion in Psychiatry. November 2007.  
Peter Duncan Gilbert

#### **Healing from Within: Spirituality and Mental Health**

Dr. Larry Culliford

[www.miepvideos.org/Healing%20From%20within.pdf](http://www.miepvideos.org/Healing%20From%20within.pdf)

### Books

(All available from popular on-line book sellers)

#### **Nature Cure** - How nature and the imagination can banish depression

Richard Mabey, Published by Chatto & Windus,

#### **Spirituality, Values and Mental Health: Jewels for the Journey**

by John Swinton, Peter Gilbert, Mary Ellen Coyte, Vicky Nicholls (Editor)

#### **Spirituality in Mental Health Care: Rediscovering a Forgotten Dimension**

by John Swinton.

#### **Spirituality and Mental Health: Breakthrough**

Phil Barker and Poppy Buchanan-Barker (Eds)

### Prayers

<http://www.1stpm.org/articles/prayers.html>

*Prayers for those in mental distress*

### Films

A Beautiful Mind

Sybil

Three Faces of Eve

Rainman

Good Will Hunting

One Flew Over the Cuckoo's Nest

### Courses

Wesley College Bristol

[www.wesley-college-bristol.ac.uk](http://www.wesley-college-bristol.ac.uk)

## Projects

### Methodist Church

**Batley Self Help Depression Group** [www.batleyselfhelp.org.uk](http://www.batleyselfhelp.org.uk)

#### **Listening Post**

Brunswick Methodist church,

Brunswick Place, Newcastle upon Tyne, NE1 7BJ

Telephone: 0191 232 1692 Fax: 0191 2617779

When: Mon-Sat: 12 noon to 3.00pm (Thursdays till 1.30pm)

Cost: Free

Provides a place where people can come without an appointment for free, to share their worries, fears and problems with a skilled listener. Open to callers Monday to Saturday, 12 noon till 3.00pm. Also now offers a stress counselling service by appointment only.

### Baptist Church

A relaxed arts and craft afternoon, this is a joint project between **Stockport MIND** and Stockport Baptist Church.

<http://www.stockportmind.org.uk/pages/detailpage.asp?configid=11&SubCatID=34>

### Catholic Church

**The Mental Health Support Project** is part of the Everybody's Welcome initiative of the Catholic Bishops' Conference of England and Wales. It aims to create a network of people within the Catholic Church with an interest in mental health; to raise awareness at different levels, nationally & locally; to explore the feasibility of using existing materials, especially *Promoting Mental Health, a Resource for Pastoral and Spiritual Care*.

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

### Church of England

**The Geoff Ashcroft Community** is a community project for people struggling with mental health issues. If you would like to know more about their work please email [thegeoffashcroft@aol.com](mailto:thegeoffashcroft@aol.com) or call 0207 265 1727.

### URC

**Roby URC**, Dickenson Road, Longsight, Manchester, M13 0YW

The home of The Roby, a preventative mental health project.