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/
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/
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 breaks 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
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/
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
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
Information for those supporting people who self-harm

Older People

http://wwwOLDERPEOPLESMENTALHEALTH.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

Government statistics about mental health and older people

Local Authorities

http://www.nhs.uk/servicedirectories/Pages/MentalHealthTrustListing.aspx
A-Z list of all NHS Mental Health Trusts
Resources

Articles/Reports

Spirituality and mental health: a very preliminary overview.  
Peter Duncan Gilbert

Healing from Within: Spirituality and Mental Health  
Dr. Larry Culliford  
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-brisol.ac.uk
Projects
Methodist Church

Batley Self Help Depression Group  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 or call 0207 265 1727.

URC
Roby URC, Dickenson Road, Longsight, Manchester, M13 0YW
The home of The Roby, a preventative mental health project.