



Mental health resources for adults

★ = “star” resources

NHS Services



- **Talking Space Plus**: Self-referral for talking therapies, courses, online support, employment support and further resources.

Tel. no: 01865 901 222

Website: www.oxfordhealth.nhs.uk/talkingspaceplus



- **Sleepio** : For managing insomnia

Website:

https://www.sleepio.com/work/nhs/?utm_source=NHSAppsLibrary#/welcome?_k=fg5tet



Self-Help / Reading



- **Northumberland Tyne and Wear Self-help Leaflets**: Self-help for a variety of issues including depression, anxiety and bereavement.

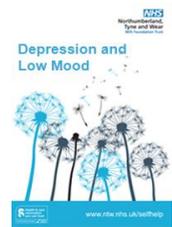
Website: <https://web.ntw.nhs.uk/selfhelp/>

- **Reading Well**: Further advice on useful mental health and wellbeing books available in libraries and recommended by both clinicians and people living with conditions.

Website: <https://reading-well.org.uk/>

- **Moodgym**: Internet-based interactive self-help (subscription charge applies)

Website: <https://moodgym.com.au/>



Helplines and charities/organisations with further resources

- **Samaritans**: General mental health support and advice, listening service.

Helpline: 116 123 (24 hr)

Website: www.samaritans.org

- **CALM**: Support and advice in male suicide prevention, webchat.

Helpline. 0800 58 58 58 (17:00-00:00 7 days/week)

Website: www.thecalmzone.net



- **Mind:** Support for a variety of mental health conditions including an information phone/text line, legal line also available.

Information Line No: 0300 123 3393 (09:00-18:00 Mon-Fri)

Website: <https://www.mind.org.uk/>



- **Beat:** Eating disorders support and advice including webchat and e-mail support.

Helpline: 0808 801 0677 (12:00-20:00 Mon-Fri ; 16:00-20:00 weekends/ bank holidays)

Website: <https://www.beateatingdisorders.org.uk/>



-**PANDAS:** Pre and post-natal mental health advice and support.

Helpline: 0808 1961 776.

Website: <http://www.pandasfoundation.org.uk/>



- **SelfharmUK:** Online support for self-harm

Website: <https://www.selfharm.co.uk/>



-**National Self-harm Network:** internet forum and advice for self-harm

Website: <http://www.nshn.co.uk/downloads.html>



Counselling Services

-**Riverside Counselling Services**

Tel. no: 07879 381 334.

Website: www.riversidecounsellingservice.co.uk



-**Cruse Bereavement Care:** Bereavement support/ counselling

Tel. no: 01865 245398.

Website: <https://www.oxfordcruse.co.uk/>



Private Psychological Services

-**The Cardinal Clinic:** Based in Windsor.

Website: <https://cardinalclinic.co.uk/>



-**Positive Thinking:** Counselling/ hypnotherapy. Clinics available at the surgery.

Website: <https://www.positivethinkinghypnotherapy.com/>



Mental Health Apps

Please note subscription charges or in-app purchases may apply

- **Headspace**: Mindfulness and meditation
- **Calm Harm**: Self-harm management.
- **Clear Fear**: Anxiety management.
- **Calm**: Meditation and mindfulness
- **Moodtrack**: Mood tracking graph and journal.
- **What's up**: Coping strategies, diary and forum.
- **Mindshift**: Coping strategies and diary.

