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**Where to go for help: a list of UK based resources for mental health support including during the COVID-19 pandemic. Compiled by Mental Health First Aid England instructor Imogen Wall.**

**MHFA England –** <https://mhfaengland.org/mhfa-centre/resources/>

Leading UK Mental Health First Aid organisation. Has lots of practical free resources to help you address stress personally, and to promote mental health in other settings such as workplaces, schools and universities. Also does training! Contact me if you’re interested – I teach their courses.

**Frazzled Café** – <https://www.frazzledcafe.org/>.

This is a peer support system founded by Ruby Wax. They host online meetings (with trained facilitators) for anyone who’s struggling a bit to find a sympathetic ear and some company.

**Samaritans** –[www.samaritans.org](http://www.samaritans.org) or call them on 116123

24 hour support service for those in emotional distress – you don’t have to be suicidal. They are AMAZING. They are best known for their telephone service but can also support via email and SMS. You can also call them if you’re worried about someone else.

**NHS IAPT** – <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

If you think you need professional help, you can either go to your GP (who can also prescribe if appropriate), or you can self-refer via the IAPT website. The usual offer is a free short course of CBT (other services also available) which many find helpful. Waiting lists vary depending on location.

**MIND** – <https://www.mind.org.uk/>

One of the UK’s biggest mental health charities, with great resources on coping with the pandemic. These include practical guides to mentally healthy strategies to approach working from home.

**Young Minds** <https://youngminds.org.uk/>

Really comprehensive organisation that supports young people with mental health issues. They’ve got sections on their website for parents, and also specifically for covid-19 related mental health issues. Great starting point if you’re worried about how to support your child during the pandemic.

**Papyrus** <https://www.papyrus-uk.org/>

The people I’m fundraising for! Papyrus provide support for young people in acute emotional distress, up to and including suicide, and their families. They define ‘young person’ as under 35 so it’s a big bracket! Remember: the earlier an issue is identified, the better the chances of recovery.

**PLEASE REMEMBER:** if you or anyone around you is self harming or expressing feelings of self harm, up to and including suicide, then this constitutes a serious medical situation in need of professional help. Seek assistance urgently: options include calling 999 or going to A&E. Ambulance crews are trained to deal with mental health crises, and A&E departments can provide psychiatric assessments. Confidential advice and support in a crisis can also be obtained from Samaritans.

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