



## Useful Resources

<https://www.thecalmzone.net> CALM – Campaign Against Living Miserably. Advice, information and interaction for men at risk of suicide

<http://www.stem4.org.uk/> Stem4 Stemming teenage mental health issues ... Eating Disorders Anorexia Nervosa, Bulimia Nervosa and Binge Eating. Self-Harm

<https://kooth.com/> Free, safe and anonymous online counselling support for young people

[http://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)  
Stay Alive – Suicide intervention app

<http://www.thinkavellana.com/new-blog/2015/11/23/how-to-teach-your-kids-about-the-brain>

Think Avellana – Dr Hazel Harrison, Clinical psychologist

[www.heysigmund.com](http://www.heysigmund.com) Hey Sigmund - Written predominately by a psychologist, with helpful articles about parenting, teenagers, and ways to take care of our mental health.

<https://www.selfesteemteam.org/> Self Esteem Team – Natasha Devon. Equipping young people with tools to navigate their mental health, manage the relationship with their bodies, and build more self-esteem than the generations before

<http://www.behindthelabel.co.uk/> Rachel Waddington. Specialist areas include: psychosis, trauma, dissociation (including DID), self harm, distressing & unusual beliefs, recovery, resilience, mental health in prisons/forensic units and working creatively with young people who hear voices.

<https://www.hearing-voices.org/groups/ipswich/> Vision 4 Voices – Ipswich Hearing Voices support group

<http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=UNCGNMbihZ4&localofferchannel=0> Junction 10 for young people, Bury

<http://www.pastel.org.uk/index.html> Based in Saxmundham, PASTEL is a social enterprise set up by carers for young adults, with autism and/or learning disabilities and/or mental health issues eg anxiety, depression

<http://point-1.org.uk/> Point-1 is a service from Ormiston Families providing assessment and support by professionals for children and young people who are experiencing mental health and emotional problems, available to any child or young person living in Norfolk or Waveney, or registered with a Norfolk or Waveney GP

<http://alumina.selfharm.co.uk/a/the-alumina-story> Alumina live is a course for yp experiencing self-harm that is broken up into 6 sessions. All 6 sessions take place online at the same time every week, with the same group of people and same leaders.

<http://www.youngminds.org.uk> Website for young people, parents, carers and professionals. YoungMinds was established in 1993 and is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://www.rethink.org> **Rethink Mental Illness** Provide expert, accredited advice and information to everyone affected by mental health problems. Giving people clear, relevant information on everything from treatment and care to benefits and employment rights.

<https://www.rethink.org/about-us/mental-health-sos> **SOS guide** – A rethink Mental Illness guide. If you think you, or someone you know, might be affected by a mental illness, help is at hand. This guide offers practical advice on recognising the distress signals. It will help you know how and when to act.

<http://www.time-to-change.org.uk> We're an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

<http://www.inourhands.com> Excellent resources for parents/ teachers. Especially good for self-harm and eating disorders

<http://mengetedstoo.co.uk> Men Get Eating Disorders Too seeks to raise awareness of eating disorders in men and to support sufferers, carers and their families. Online peer support.

<http://www.b-eat.co.uk> Support & information for all individuals affected by eating disorders. Online support groups and helpline service.

<http://www.papyrus-uk.org> Papyrus provide confidential support and advice to young people and anyone worried about a young person and suicide. Papyrus runs a national helpline, HOPELineUK, including text and email services, staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people and to those concerned about any young person who may be at risk of suicide.

<http://www.harmless.org.uk> Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals

<http://www.cwmt.org.uk> **Charlie Waller Memorial Trust** raises awareness of depression and fights stigma so that people stay mentally well and get the help they need

**Mind Matters** [www.mindmatterstraining.co.uk](http://www.mindmatterstraining.co.uk) Free resources for mental health & links to multiple websites

**SANE** [www.sane.org.uk](http://www.sane.org.uk) SANE offers emotional support and information to anyone affected by mental health problems through their helpline and email services and their online Support Forum where people share their feelings and experiences.

**Wellbeing Suffolk** [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

Website containing self-help information and resources to help you gain a better understanding and start your journey to improved wellbeing. Self-referral link to Suffolk Wellbeing service

## Online Clips

Borderline Personality Disorder – “Back from the Edge”  
<https://www.youtube.com/watch?v=967Ckat7f98>

Eleanor Longden – The voices in my Head

<https://www.youtube.com/watch?v=syjEN3peCJw>

Jonny Benjamin's story – Schizoaffective disorder

<https://www.youtube.com/watch?v=PL8ZI3dwLHc>

It's not about the nail

<https://www.youtube.com/watch?v=-4EDhdAHrOg>

Empathy vs Sympathy Brene Brown

<https://www.youtube.com/watch?v=1Ewgu369Jw>

I had a Black Dog

<https://www.youtube.com/watch?v=XiCrniLQGYc>

Living with a Black Dog

<https://www.youtube.com/watch?v=2VRRx7Mtep8>

Brene Brown TED talk – The Power of Vulnerability

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)