This a document created to help signpost students who are struggling with their mental health towards certain charities and services that may be able to provide help and support.

Alcohol and Drugs:

**Adfam**:

<http://www.adfam.org.uk/about_us> - Help and information for friends and family helping people through these issues.

**Drink Aware:**

<https://www.drinkaware.co.uk/alcohol-support-services/>

**Frank:**

<http://www.talktofrank.com/support-near-you> - You can search via postcode for support services available relating to drugs and alcohol

<http://www.talktofrank.com/contact-frank> - Contact information, including a helpline and a live chat service.

**NHS Choices search:**

<http://www.nhs.uk/Service-Search/Drug%20addiction%20support/LocationSearch/339> - You can search via postcode for local drug addiction support services

Anxiety

**Mind:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/#.WZGDCVGGO70> – Lots of information on anxiety, anxiety disorders, panic attacks, self-care for anxiety, treatment, medication, and further useful contacts.

OCD

**Mind:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/#.WZGD1VGGO70>

And a specific list of useful contacts: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/useful-contacts/#.WZGD2lGGO70>

**OCD-UK:**

<http://www.ocduk.org/> - Provides information on how to find help, what treatment is available, and also has an advice line.

Borderline Personality Disorder

<https://mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/#.WY2eX1GGPcs> – information about the causes, BPD experiences, self-care, treatments and recovery.

Bipolar Disorder

**Bipolar UK:**

<https://www.bipolaruk.org/> - They have a support line (0333 323 3880) and can be emailed at info@bipolaruk.org. They also provide leaflets and have a support group in Leamington Spa.

Eating Disorders (Anorexia, Bulimia, and others)

**BEAT:**

<https://www.b-eat.co.uk/> - UK’s eating disorder charity. On their Support Services page they have helplines, message boards, a HelpFinder which is a directory of eating disorder services, online support groups, as well as regional programmes and projects for people with EDs. There’s also an ‘About Eating Disorders’ page that has information on what to do when you’re worried about someone, if you suspect you yourself has an ED, different types of EDs, as well as help and treatment.

**Diabetics with Eating Disorders:**

<http://dwed.org.uk/> - A charity for people with type 1 diabetes and an eating disorder. Information and resources, as well as online help available.

**Men Get EDs too:**

[www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk) – Information for men who suffer with an eating disorder

**Overeaters Anonymous:**

[www.oagb.org.uk](http://www.oagb.org.uk) – National support group meetings based on the AA 12 step recovery approach

**Anorexia & Bulimia Care:**

National charity offering helplines, 1:2:1 befriending support, and nutrition guidance
[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk/)

Depression

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/#.WY19wlGGPcs>

Self-Injury

**Life Signs:**

<http://www.lifesigns.org.uk/> - This website has loads of information on self-injury, including why people do it, how you can help those who do, information on first aid and taking care of wounds, as well as where to buy make up to help cover up scars. It’s a really useful resource.

**Mind:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/#.WY18QlGGPcs> – A specific page about self-harm, providing information on what it is, why people do it, short-term help for the individual, as well as long-term help and support.

**Self-Injury Support:**

<https://www.selfinjurysupport.org.uk/help-and-support-with-self-injury/> - Has an anonymous email/texting service for women up to 25 who want to talk to someone about their distress/self-injury. There is also a telephone number for a helpline that is free from 7pm-10pm Monday-Thursday.

**If it is an emergency**, call 999 immediately.

If someone is suicidal

**Paprus HopeLineUK:**

* Call: 08000684141
* Text: 07786209697
* Email: pat@papryus-uk.org
* Open 10am-10pm Weekdays, 2pm-10pm Weekends, 2pm-5pm Bank Holidays

**The Samaritans:**

* <https://www.samaritans.org/>
* Call: 116 123 (UK)
* Email: jo@samaritans.org

Liberation:

**Warwick Pride:** <https://www.warwicksu.com/societies/WarwickPride/>

**Warwick Anti-Sexism:** <https://www.warwicksu.com/societies/WarwickAntiSexism/>

**Warwick Anti-Racism:** <https://www.warwicksu.com/societies/WARSoc/>

**Warwick Enable:** <https://www.warwicksu.com/societies/18989/>

**Coventry and Warwickshire Friend:**

<http://cwfriend.co.uk/> - An LGBT Charity that has provided confidential information, advice, support and befriending to LGBT people. They provide face-to-face meetings, social groups, and have a telephone helpline.

**Terrance Higgins Trust:**

<http://www.tht.org.uk/> - Charity who provide HIV and sexual health services in the UK. They have online advice, counselling, as well as information on your rights.