

Mental Health Sign Posting

Below we have outlined some of the UK's mental health support services, charities, web information and more. You may find this information useful personally, or it can be used to signpost others (club members, friends, family) towards help.

Loneliness

The 9 – 15 of May 2022 is Mental Health Awareness week. This year's theme is loneliness.

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental. Feeling lonely isn't in itself a mental health problem, but the two are strongly linked. Having a mental health problem can increase your chance of feeling lonely. When dealing with loneliness, the NHS recommends the following:

- try talking about your feelings to a friend, family member, health professional or counsellor.
- consider joining a group or class that focuses on something you enjoy; you could ask to go along and just watch first if you're feeling nervous
- consider visiting places where you can just be around other people – for example, a park, the cinema or a cafe
- consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the Mind website
- try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- find out [how to raise your self-esteem](#)
- listen to [free mental wellbeing audio guides](#)

Campaign to End Loneliness

Find out more about the 3 types of loneliness and how to tackle it: [Click here](#)

Read the 'Psychology of Loneliness' report here: [Click here](#)

Childline

For information about young people and loneliness: [Click here](#)

NHS

Loneliness in the elderly- how to help: [Click here](#)

Mental health

Anxiety, depression, PTSD, and OCD are just some of the mental health issues affecting 1 in 4 people in England each year. We have put together some services and websites that offer advice and support for a range of mental health issues.

Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through.

- Call for free: **0800 1111**
- 1-2-1 Councillor chat: [Click here](#)
- Mental health first aid kit: [Click here](#)
- Bullying, abuse, safety & the law: [Click here](#)
- You and your body: [Click here](#)
- Home and families: [Click here](#)
- Your feelings: [Click here](#)
- Friends, relationships & sex: [Click here](#)
- School, college & work: [Click here](#)

Mind

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness, and promote understanding:

- www.mind.org.uk
- The Mind InfoLine can help you find specialist services in your area: **0300 123 3393**
- Find your local Mind services: [Click here](#)
- Types of mental health problems: [Click here](#)
- Helping someone else: [Click here](#)
- Tips and support with everyday living: [Click here](#)
- How to find a therapist: [Click here](#)

Samaritans

24 hours a day, 365 days a year.

- www.samaritans.org
- Call for free from any phone: **116 123**
- Signs you may be struggling to cope: [Click here](#)
- Signs you may be struggling to cope: [Click here](#)
- If you're worried about someone else: [Click here](#)
- The internet and suicide: [Click here](#)
- Self help app: [Click here](#)

Shout

Free, confidential and available 24 hours a day, 365 days a year.

- www.giveusashout.org

- For immediate support text SHOUT to 85258 to chat by text to a trained and supervised volunteer.
- Stress and anxiety support: [Click here](#)
- Student support: [Click here](#)
- Deaf support: [Click here](#)
- Autism support: [Click here](#)
- LGBTQ+ support: [Click here](#)
- Covid 19 support: [Click here](#)
- Resources for parents: [Click here](#)

NHS

Find information and support for your mental health.

- www.nhs.uk/mental-health
- Get urgent help and support: [Click here](#)
- Find an NHS Psychological Therapies Service (IAPT): [Click here](#)
- Talking therapies and counselling: [Click here](#)
- Medicines and psychiatry: [Click here](#)
- Depression and anxiety self assessment quiz: [Click here](#)
- Coping with financial worries: [Click here](#)
- How to help someone with an eating disorder: [Click here](#)
- Bereavement: [Click here](#)
- LGBTQ+ support: [Click here](#)

For more options

Visit the Helplines Partnership website for a directory of UK helplines

- www.helplines.org/helplines

ANDYSMANCLUB

Across the UK, the rate of male suicide is almost 3 times higher than for females. We know this is due to a range of factors, one of which being mental health stigma and the reluctance to talk to others about problems. ANDYSMANCLUB is a charity that addresses this statistic head on, by providing nation wide talking groups for men. Read more about their story below.

In mid-2016, nine men met in a small room in the typical Yorkshire town of Halifax with a simple aim of talking through their issues and helping each other deal with their mental health. All in attendance were agreed there was a magic in that room that had to be shared. This was the start of a movement that has grown faster than anyone first involved could have ever imagined. Fast forward almost 6 years and ANDYSMANCLUB now has groups at over 100 locations across England, Scotland and Wales.

ANDYSMANCLUB takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon

discovered that male suicide is the biggest killer of men under 50, with Male Mental Health surrounded by well-ingrained cultural stigma in the UK. Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of ANDYSMANCLUB, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with ANDYSMANCLUB when they came through the door as a service user.

With their service used on a weekly basis by over 1,700 men, and an army of over 500 volunteers on board, the movement is continuing to grow on a week by week basis.

To attend ANDYSMANCLUB, drop us an email - info@andysmanclub.co.uk or head to www.andysmanclub.co.uk, find your nearest club, and simply attend!

Talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life.

Nationwide talking groups open every Monday from 7pm excluding bank holidays.

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A STORM
OR JUST BEEN
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**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk



#ITSOKAYTALK