

SELF-HELP WEBSITES

going well

CAUTIONARY NOTE

There are many web-sites that deal with mental health issues. The list below is a collection of sites that we have seen and consider to be potentially useful. The inclusion of a site is not a guarantee that it is of the highest quality. As a general rule we dislike sites that require the user to pay money. We have tried to avoid sites that present a single view of a condition.

Anxiety and Panic

www.joepanic.com

Information and advice on coping skills, an introduction to cognitive therapy and worksheets that can be downloaded. Explains the importance of good breathing and gives exercises. Good links and resource pages.

www.panic-attacks.co.uk

Offers a "panic attack course" that can be completed online or be emailed to do when you have time. Explains what panic is, why people have panic attacks and how thoughts cause panic. Also explains how to change the way you think and how to control panic through breathing and relaxation.

www.nopanic.org.uk

Comprehensive help for panic and associated conditions. Includes telephone and written recovery programmes.

<http://mentalhelp.net/psyhelp/chap5/>

Site for someone who wants to find out about psychological theories behind the treatment of anxiety and panic. Also has an overview of treatments and links to other websites.

www.anxietynetwork.com

This site is split into three sections: generalised anxiety, social anxiety and panic. A good site if you already know a fair bit about anxiety and want to read more advanced articles.

www.head-cleaners.com/anxiety.htm

This is one of the best sites for information on understanding anxiety. It is easy to follow, well written and gives good advice on practical ways of managing anxiety. However, the site sells hypnosis tapes and that is its main focus.

www.panicattacks.com.au

Comprehensive site offering everything you ever need to know about anxiety. All the usual information plus mindfulness and relaxation. Links to social anxiety, agoraphobia, post traumatic stress disorder and obsessive-compulsive disorder pages. Self-help section and good book list.

Bereavement

<http://www.crusebereavementcare.org.uk>

Helpful site that contains lots of advice, information, good further reading and details of their helpline.

<http://www.rd4u.org.uk>

Site designed by young people for people. Provides support after the death of someone close. Includes details of e-mail and phone helpline services.

<http://www.tcf.org.uk/>

Offers information and support for bereaved parents and their families. A good selection of helpful downloadable leaflets. Contains information on their helpline and postal library.

www.winstonswish.org.uk

Excellent website for bereaved children, young people and those supporting them. Has a forum for children and young people to discuss bereavement and offers different ways for them to remember their loved ones.

<http://www.childbereavement.org.uk/>

Offers good advice to bereaved families, young people and professionals working with a bereaved person. The resource section contains some good downloadable leaflets.

Depression

<http://moodgym.anu.edu.au>

This is an excellent site that helps you identify problem emotions and develop better coping skills. There are five interactive modules that help explain why you feel the way you do, how to challenge negative or irrational thoughts and how to use relaxation to make you feel better. The site is very informative and is fun to use. A good site for all ages.

<http://bluepages.anu.edu.au>

A good site for someone who already knows quite a bit about depression and is interested in finding out more about diagnosis and treatment. It has information on symptoms, prevention and treatment of depression and a good page of links and further resources.

<http://www.depressionalliance.org/>

Contains good information about symptoms and treatments as well as Depression Alliance campaigns and local groups.

<http://www.bipolar.org.uk>

Information and support for people suffering from Manic Depression.

Eating Disorder Site

<http://www.b-eat.co.uk>

Good advice for people suffering from an eating disorder, and for their family or friends. Information on their self-help network, helpline and email information service. Good advice on setting up self help groups.

General Mental Health

<http://www.nhsdirect.nhs.uk/>

Information about mental health and health in general! Also has links to local services, frequently asked questions and a search engine.

<http://www.bbc.co.uk/health/mental/>

Information and advice on everything you could possibly imagine. Tells you about your rights and lets you “ask the doctor” about anything you can’t find. Good links page.

<http://www.samh.org.uk>

Information service, benefits advice, publications and links.

<http://www.sane.org.uk>

The site includes a “psychology laboratory” where you can take part in online research being conducted at Oxford. The site also includes a library, discussion group and information on how to contact their helpline.

<http://www.mentalhealth.org.uk/>

This site claims to be the “biggest, most comprehensive web site in mental health in the UK.” It does have a lot of good information on problems, treatments and strategies as well as the latest news and events.

<http://www.penumbra.org.uk/>

This site provides a wide range of support services and information for adults and young people.

<http://www.healthscotland.com>

NHS Health Scotland site, good source of health information, health promotion and health education.

<http://www.bbc.co.uk/onelifelife>

Contains sections on various mental health problems, drugs and alcohol, addiction, sex, disability, and how to keep your body healthy.

<http://www.patient.co.uk>

Comprehensive information from GPs on a wide range of conditions. Also provides advice on medication and has a useful links page.

<http://www.livinglifetothefull.com/elearning/index.php>

On-line is a powerful new life skills resource. A course written by a psychiatrist who has many years of experience using a Cognitive behaviour therapy (CBT) approach and also in helping people use these skills in everyday life. Joining and using the site is entirely free.

<http://www.wellscotland.info>

This Scottish-based site provides useful tips on keeping mentally healthy. There is also up-to-date news and events sections, as well as personal accounts of mental illness. It includes a useful list of resources

Phobia and OCD Sites

<http://www.anxietyuk.org.uk>

Offers a “DIY diagnosis kit,” information centre, bulletin board, e-contact list and a chat room. However, many of these services require you to join the National Phobics Society.

<http://www.topuk.org/>

For sufferers of phobias and OCD. General information and advice for attending self-help groups.

PTSD

<http://www.ukpts.co.uk/site/trauma-services>

General information on trauma and PTSD.

Self-Harm

<http://www.scar-tissue.net>

On the site you will find access to books and articles discussing various forms of self injury and depression; current news regarding self injury and injurers rights; frequently asked questions about why people self injure and what can be done to help them as well as a list of links to other boards dealing with similar topics.

<http://www.nshn.co.uk/>

The National Self-Harm Network is a survivor-led organisation that campaigns for the rights and understanding of people who self-harm. Their priority is to support survivors and people who self-harm as well as the people indirectly affected. The site has live forums where people can discuss issues and gain support. The forums are moderated, but users should be aware that the content can be quite emotional and raw.

<http://www.rcpsych.ac.uk/expertadvice/problems/depression/self-harm.aspx>

Information from the Royal College of Psychiatrists for people who self-harm. Also contains advice for people who know someone who self-harms.

<http://livesigns.org.uk>

For people who self-injure. There is a self-help section featuring methods of distraction and tips about alternatives to self-injury. There is a forum where you can receive support and meet people who are in a similar situation. There is a section for friends and family that answers any questions they may have and aims to help them understand self-injury.

Sexual Abuse

<http://www.safeline.org.uk/>

This site provides information for adults who were sexually abused as children. Also provides newsletters, forums and a helpline for survivors.

<http://www.napac.org.uk>

NAPAC is the National Association for People Abused in Childhood. They are a registered charity that provides support and information for people abused in childhood.

<http://www.mosac.org.uk/>

Provides information, support and helpline for non-abusing parents or carers of children who have been sexually abused.

<http://www.victimsupport.org/>

Provides emotional support and practical help to all victims of crime. Also provides information about compensation, crime prevention, criminal justice procedures and help when attending court.

<http://www.survivorsuk.org>

Help and information for specifically for men who have been sexually abused or raped.

<http://www.survivorsscotland.org.uk>

Information and help for survivors of sexual abuse.

Young People

<http://www.depressioninteenagers.com>

Very good interactive site produced by the Young People's Unit in Edinburgh.

<http://www.penumbra.org.uk/>

This site provides a wide range of support services and information for adults and young people.

<http://www.completelygorgeous.com.au/>

Australian site looking at body shape, fashion, exercise and self-esteem.

Notes

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Booklets/leaflets available on the following:

Anger
Anxiety
Bereavement
Depression
Hyperventilation
Loss
Panic (short version and long version)
How to solve problems: a simple DIY technique
Relaxation
Self-Esteem
Self-Harm
Sleep
Trauma
Worry

S Black, R Donald, M Henderson 2005
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