

# **Signposting Guide**

## **Mental Health & Wellbeing**

**Kirklees**

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## Abuse

[www.ashianahelp.org.uk](http://www.ashianahelp.org.uk)

Asian Women's' Refuge based in Sheffield.

[www.survivorswestyorkshire.org.uk/bens-place/](http://www.survivorswestyorkshire.org.uk/bens-place/)

Ben's Place – Specialist support for male sexual abuse survivors.

[www.krasacc.co.uk](http://www.krasacc.co.uk)

Kirklees rape and sexual abuse support centre.

[www.mosaic2.org.uk](http://www.mosaic2.org.uk)

A support service for survivors and their families whose lives have been affected by sexual abuse. Offices based in Bradford but anyone in West Yorkshire can access. Offer unlimited sessions of counselling.

[napac.org.uk](http://napac.org.uk)

National Association for People Abused in Childhood. Provides information, support and a free helpline.

[www.stopitnow.org](http://www.stopitnow.org)

Campaigning and awareness-raising site to prevent child sexual abuse.

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

An organisation that aims to support and empower survivors of rape, sexual violence and/or childhood sexual abuse.

[survivorsuk.org](http://survivorsuk.org)

Support and information for men who have experienced sexual abuse.

[www.survivorswestyorkshire.org.uk](http://www.survivorswestyorkshire.org.uk)

A specialist sexual violence and abuse support service in West Yorkshire.

## Addictions

[www.addaction.org.uk](http://www.addaction.org.uk)

Help with drugs and alcohol misuse for young people and parents.

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Organisation for family friends of problem drinkers, offering support, information and meetings. Includes Alateen for young people aged 12 to 20 who are experiencing difficulties with another person who is a problem-drinker.

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Information and support based on a 12-step recovery programme. Site gives details of local groups around the country.

[www.alcoholsupport.com](http://www.alcoholsupport.com)

Kirklees service offering confidential support and help.

[www.thebasementproject.org.uk](http://www.thebasementproject.org.uk)

An independent organisation, based in Kirklees, offering support to people who are involved with alcohol and/or substance misuse

[www.changegrowlive.org/young-people/the-base-kirklees](http://www.changegrowlive.org/young-people/the-base-kirklees)

A free and confidential drug and alcohol service for young people, up to the age of 21, in Kirklees.

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Strategies for people wanting to reduce alcohol. Managed by Alcohol Concern.

[www.kirkleesinrecovery.com](http://www.kirkleesinrecovery.com)

An organisation open to anyone who is interested in all aspects of recovery from a drink or drug problem.

[www.recovery.org.uk](http://www.recovery.org.uk)

An online counselling service for people affected by alcohol, drug abuse, and/or eating disorders including a section aimed at young people.

[www.talktofrank.com](http://www.talktofrank.com)

Information about drugs aimed at young people. Support and advice for those affected by substance misuse. Includes A to Z of drugs. Phone, email and online support all available.

[www.gamanon.org.uk](http://www.gamanon.org.uk)

For those affected by someone else's gambling. Has a helpline and support meetings, listing locations in Huddersfield, Bradford and Leeds.

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Offering information and support, including via helplines and by email, with some information aimed at young people and details of meetings.

[www.gamcare.org.uk](http://www.gamcare.org.uk)

Online support via Netline and a telephone helpline as well as information about gambling.

[www.atsac.co.uk](http://www.atsac.co.uk)

(The Association for the Treatment of Sexual Addiction and Compulsivity) A not-for-profit organisation that provides information and support on sex addiction and compulsivity.

[www.cybersexualaddiction.com](http://www.cybersexualaddiction.com)

US site of information and self-help for anyone affected by cyber sexual addiction.

[www.slaauk.org](http://www.slaauk.org)

(Sex and Love Addicts Anonymous) SLAA is open to anyone who knows or thinks they have a problem with sex and love addiction.

## Adoption

[www.afteradoption.org.uk](http://www.afteradoption.org.uk)

Support, counselling, finding relatives, and all matters relating to anyone affected by adoption. Has helplines including one specifically for young people.

[www.pac-uk.org](http://www.pac-uk.org)

Specialist therapy, advice, support and counselling for anyone affected by adoption or permanency.

## Anger

[www.angermanage.co.uk](http://www.angermanage.co.uk)

British Association of Anger Management. Includes tips, links and online resources. Also “Keep your Cool” kit.

[www.brave-project.org](http://www.brave-project.org)

Bradford Reducing Anger and Violent Emotions Project offering a confidential service comprising of group work, one to one counselling and telephone support.

[www.commlinks.co.uk/cleargroups](http://www.commlinks.co.uk/cleargroups)

Community Links run this 6-week anger Management course. Contact them for details of when course is running and how to refer.

## Anxiety

[anxietycare.org.uk](http://anxietycare.org.uk)

Information, tips, helpline, online support group, e-mail support.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

A user-led organisation that work to relieve and support those living with anxiety and anxiety-based depression. Providing information, support and understanding via an extensive range of services, including 1:1 therapy.

[anxiety2calm.com](http://anxiety2calm.com)

Offers information on all forms of anxiety and other anxiety-related disorders.

[social-anxiety.org.uk](http://social-anxiety.org.uk)

Provides a starting point for people just finding out about social anxiety and related issues.

## Bereavement

[bradfordbereavement.org.uk](http://bradfordbereavement.org.uk)

Free and confidential counselling and support service for people experiencing bereavement.

[www.cruse.org.uk](http://www.cruse.org.uk)

CRUSE is a national organisation providing information, support and counselling for people affected by bereavement. Groups are run in Kirklees, Leeds and elsewhere in West Yorkshire.

[hopeagain.org.uk](http://hopeagain.org.uk)

CRUSE's youth project site, for young people affected by loss, including a helpline.

[uksobs.org](http://uksobs.org)

Survivors of Bereavement by Suicide is a self-help organisation offering practical and emotional support, including local groups and a helpline.

### Bullying

[www.bullying.co.uk](http://www.bullying.co.uk)

Help and advice for parents and children on bullying.

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

A UK helpline providing operational, timely, support to both adults and children – whether the bullying is in the home, the community, the playground, the workplace or on-line.

### Carers

[www.carerscount.org.uk](http://www.carerscount.org.uk)

A service that has been set up to promote the wellbeing of unpaid carers so they can continue in their caring role and have a life of their own.

[carers.org](http://carers.org)

Major charity that works to improve support, services and recognition for anyone living with the challenges of an unpaid caring role.

### Debt

[www.gov.uk/national-debtline](http://www.gov.uk/national-debtline)

Free, confidential and independent advice on dealing with debt problems in the UK.

[www.stepchange.org](http://www.stepchange.org)

The UK's most comprehensive debt service providing free debt advice to help deal with debt and set up a solution.

### Depression

[www.depressionalliance.org](http://www.depressionalliance.org)

Support and information for those affected by depression and their carers.

[depressionuk.org](http://depressionuk.org)

Fellowship of Depressives Anonymous - a self-help organisation.

[www.healthtalk.org](http://www.healthtalk.org)

Personal experiences of health and illness - search by topic. Includes a thorough section on managing depression.

[moodgym.anu.edu.au](http://moodgym.anu.edu.au)

Australian site. Free interactive CBT programme for preventing depression. CBT is cognitive Behavioural Therapy, which explores how thoughts, feelings and behaviour affect well-being, and develops coping skills to promote good mental health.

[sada.org.uk](http://sada.org.uk)

Information on symptoms and treatment for Seasonal Affective Disorder.

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

Offers information and resources validated by health professionals alongside tips and advice from students who have experienced it all themselves.

## Disabilities

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

Site run by Foundation for People with Learning Disabilities, including news, information, research and online forums.

[www.kirklees.gov.uk/beta/health-and-well-being/autism](http://www.kirklees.gov.uk/beta/health-and-well-being/autism)

Information about getting a diagnosis and local support groups.

[www.kirklees.gov.uk/beta/health-and-well-being/sensory-services](http://www.kirklees.gov.uk/beta/health-and-well-being/sensory-services)

Support for adults who are deaf, hard of hearing or have a visual impairment

## Domestic violence

[pdvg.org](http://pdvg.org)

A registered charity that provides support, advice, information and safe accommodation to anyone that is affected by domestic violence.



[www.kirklees.gov.uk/beta/domestic-abuse](http://www.kirklees.gov.uk/beta/domestic-abuse)

Kirklees Domestic Violence Team offer support including counselling, legal advice, refuge accommodation and the Sanctuary Scheme, which can provide free security so that people can stay in their own home.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Women's Aid Federation of England (Women's Aid) is the national charity working to end domestic violence against women and children. Has a 24 hour helpline.

[www.womencentre.org.uk/services/domestic-violence-support-team](http://www.womencentre.org.uk/services/domestic-violence-support-team)

Offering non-judgmental support, advice and information to women and girls who think they might be suffering from domestic abuse or know someone who is.

### Eating disorders

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Uk's eating disorder charity. Offering support to individuals experiencing an eating disorder.

[www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

National Centre for Eating Disorders - provides counselling, information and training. Some charges apply.

[mengetedstoo.co.uk](http://mengetedstoo.co.uk)

Men Get Eating Disorders Too. Supporting men with eating disorders, carers and families.

[www.oagb.org.uk](http://www.oagb.org.uk)

Overeaters Anonymous. US based site with info on meetings in UK

[womencentre.org.uk/eating-disorders-support-group](http://womencentre.org.uk/eating-disorders-support-group)

Support Group held at Womencentre Huddersfield. All women welcome, no diagnosis is required.

[www.leedsandyorkpft.nhs.uk/our-services/services-list/connect-west-yorkshire-harrogate-adult-eating-disorders-service/](http://www.leedsandyorkpft.nhs.uk/our-services/services-list/connect-west-yorkshire-harrogate-adult-eating-disorders-service/)

Offer support to individuals with severe and enduring eating disorders that fit the criteria (see webpage).

## Mental Illness

[www.hearing-voices.org](http://www.hearing-voices.org)

Offering information, support and understanding to people who hear voices and those who support them.

[www.firstpersonplural.org.uk](http://www.firstpersonplural.org.uk)

Specialises in working for and on behalf of all those affected by Dissociative Identity Disorder (DID) and similar complex trauma-related dissociative identity conditions.

[www.bipolaruk.org](http://www.bipolaruk.org)

Offering information and support for anyone affected by bipolar.

[www.ocduk.org](http://www.ocduk.org)

Supporting children and adults affected by obsessive compulsive behaviour.

[pendulum.org](http://pendulum.org)

US site produced for and by people affected by Bipolar Disorder. Includes information, support, medication information and links. Pendulum e-mail is an online support group.

[www.pods-online.org.uk](http://www.pods-online.org.uk)

Making recovery from dissociative disorders a reality through training, informing and supporting.

## Muslim Issues

[www.inspiredminds.org.uk](http://www.inspiredminds.org.uk)

A faith based, voluntary mental health charity that aims to raise awareness, combat stigmas and provide professional, non-judgemental, confidential support to those with mental health illnesses.

[www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

A confidential, non-judgemental listening & emotional support service.

[muslimyouth.net](http://muslimyouth.net)

Articles by and for young people

[www.myh.org.uk](http://www.myh.org.uk)

Muslim Youth Helpline. Help is via phone, e-mail and internet counselling.

## Panic and Phobias

[nopanic.org.uk](http://nopanic.org.uk)

Support for sufferers of panic attacks, phobias, obsessive-compulsive disorder, anxiety and tranquiliser withdrawal.

[www.topuk.org](http://www.topuk.org)

Triumph Over Phobia (TOP) run a UK network of self-help groups to help people with phobias or OCD to overcome them.

## Parenting

[familylives.org.uk](http://familylives.org.uk)

Information for parents, including phone and e-mail helplines.

[www.nct.org.uk](http://www.nct.org.uk)

Offers information on a wide range of topics related to parenting. Aims to introduce parents to a network of other local parents to gain practical and emotional support.

[www.nct.org.uk/parenting/postnatal-depression-dads](http://www.nct.org.uk/parenting/postnatal-depression-dads)

Webpage with information regarding postnatal depression in fathers.

[postnataldepression.com](http://postnataldepression.com)

Information and support for women affected by postnatal depression and their partners.

## Physical Health Problems

[www.touchstonesupport.org.uk/services/better-in-kirklees-bik](http://www.touchstonesupport.org.uk/services/better-in-kirklees-bik)

Better in Kirklees supports people living with a long-term health condition to become more active and involved in their community. Through Social Prescribing, they connect people to groups and activities close to where they live based on their interests.

[www.myhealthtools.uk](http://www.myhealthtools.uk)

Website developed for people with long-term conditions living in Kirklees. It is designed to take you on a guided journey to identify your personal health needs.

[www.nhs.uk/Conditions](http://www.nhs.uk/Conditions)

NHS site for online information about health conditions.

[www.tht.org.uk](http://www.tht.org.uk)

Terrence Higgins Trust site offers information and help on HIV and AIDS

[www.healthtalkonline.org](http://www.healthtalkonline.org)

information and support for a range of health issues by seeing and hearing people's real life experiences.

### Pregnancy

[www.kirklees.gov.uk/beta/auntie-pams/index](http://www.kirklees.gov.uk/beta/auntie-pams/index)

Auntie Pam's is an organisation that supports mum's to be in Kirklees.

[www.bpas.org](http://www.bpas.org)

British Pregnancy Advisory Service site offers information and services relating to pregnancy.

[miscarriageassociation.org.uk](http://miscarriageassociation.org.uk)

Information and support for those who have experienced a miscarriage.

[www.sands.org.uk](http://www.sands.org.uk)

Stillbirth and Neonatal Death Society site offers information and support, including local self-help groups, for parents and families.

[www.talkthru.org.uk](http://www.talkthru.org.uk)

Free and confidential counselling for women and men facing an unplanned pregnancy or baby loss.

### Rape and Sexual Assault

[accused.me.uk](http://accused.me.uk)

Support for those falsely accused of rape or another serious sexual offence.

[www.krasacc.co.uk](http://www.krasacc.co.uk)

Working with female and male survivors of rape, sexual violence and domestic abuse.

[www.malesurvivor.co.uk](http://www.malesurvivor.co.uk)

The national male survivor website. A consortium of UK organisations supporting male survivors of sexual abuse, rape and sexual exploitation.

[mkcharity.org](http://mkcharity.org)

Confidential support service working with men who have been affected by unwanted sexual experiences.

[rapecrisis.org.uk](http://rapecrisis.org.uk)

Information and services for anyone affected by rape and sexual assault, including men. Site includes local groups and helplines.

[supportafterrapeleeds.org.uk](http://supportafterrapeleeds.org.uk)

Support after Rape and Sexual Violence Leeds (SARSVL). Service for women and girls in Leeds affected by rape and sexual violence.

[www.survivorsuk.org](http://www.survivorsuk.org)

Survivors UK - Information, support & counselling for male victims/survivors of rape and sexual abuse.

## Relationships

[relate.org.uk](http://relate.org.uk)

Relate site includes information and support on relationships.

[www.thespark.org.uk](http://www.thespark.org.uk)

Organisation that specialises in couple counselling, marriage counselling, youth counselling and family counselling. Offers free telephone and webchat services and free resources.

## Self-esteem & Confidence

[self-confidence.co.uk](http://self-confidence.co.uk)

Self-help articles on confidence, self-esteem, shyness, blushing etc. and a free 6-week confidence course.

[shyandfree.com](http://shyandfree.com)

US site with ideas for understanding and transforming shyness.

[www.getselfhelp.co.uk/esteem](http://www.getselfhelp.co.uk/esteem)

Website offers information on how to increase your self-esteem.

[www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem)

Information on how to increase your self-esteem, giving practical suggestions for what you can do and where you can go for support.

[www.more-selfesteem.com](http://www.more-selfesteem.com)

Information and resources to help you become the person you want to be: inspired, confident and happy.

[www.nhs.uk/Livewell/mentalhealth/Pages/Dealingwithlowself-esteem.aspx](http://www.nhs.uk/Livewell/mentalhealth/Pages/Dealingwithlowself-esteem.aspx)

NHS Livewell information on raising low self-esteem.

## Self-harm

[www.harmless.org.uk](http://www.harmless.org.uk)

Clear information, coping strategies, email counselling support and an online forum for anyone affected by self-harm.

[nshn.co.uk](http://nshn.co.uk)

National Self-Harm Network. A site for survivors, families and professionals which is survivor-led and provides information on broad-ranging support organisations and resources.

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

Self injury guidance and network. Information, online support and message board.

[www.selfinjurysupport.co.uk](http://www.selfinjurysupport.co.uk)

Information and links to TESS, a text and e-mail service for young women in emotional distress and experiencing self-harm.

## Sex and Sexuality

[mesmac.co.uk](http://mesmac.co.uk)

Yorkshire based sexual health project for gay and bisexual men. Provides information, resources, local groups, campaigns, phone lines and counselling.

[www.locala.org.uk/your-healthcare/sexual-health](http://www.locala.org.uk/your-healthcare/sexual-health)

Contraception & Sexual Health Centre at Greenhead Road, Huddersfield.

[www.thebrunswickcentre.org.uk](http://www.thebrunswickcentre.org.uk)

The Brunswick Centre provides sexual health and HIV services across Calderdale & Kirklees.

[hugg.org.uk](http://hugg.org.uk)

Huddersfield Gay Men's Group – site gives information about the group's meetings.

[galyic.org.uk](http://galyic.org.uk)

Support for lesbians, gay, bisexual and transgender young people in Calderdale.

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

Information and support for adults who are transsexual, gender dysphoric or transgender.

[northernconcord.org.uk](http://northernconcord.org.uk)

A social and self-help group for cross-dressers, transvestites, transsexuals, transgendered people and their families.

[www.switchboard.lgbt](http://www.switchboard.lgbt)

LGBT+ confidential phone helpline.

## Sleep

[www.insomniacs.co.uk](http://www.insomniacs.co.uk)

Information about sleep difficulties and self-harm.

[www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems](http://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems)

Information on how to cope with sleep problems.

[www.nhs.uk/LiveWell/sleep/Pages](http://www.nhs.uk/LiveWell/sleep/Pages)

Information on how to get better sleep.

[sleepfoundation.org](http://sleepfoundation.org)

American website with information on sleep disorders and general sleep topics.

## Stress

[www.hse.gov.uk/stress](http://www.hse.gov.uk/stress)

Offers information on work-related stress including employees' and employers' statutory duties.

[www.southwestyorkshire.nhs.uk/our-services/iapt/stress-course](http://www.southwestyorkshire.nhs.uk/our-services/iapt/stress-course)

IAPT offer a free stress control course designed to help you learn new skills to cope with stress.

[www.managingstress.com](http://www.managingstress.com)

Centre for Stress Management offers self-help and articles on stress.

[www.stressbusting.co.uk](http://www.stressbusting.co.uk)

Website with tips for leading a less stressed life.

[www.netdoctor.co.uk](http://www.netdoctor.co.uk)

Information and techniques on dealing with stress.

[www.combatstress.org.uk](http://www.combatstress.org.uk)

The UK's leading charity for veterans' mental health.

## Suicide

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

Support group for men that aims to tackle male suicide. Also runs #itsokaytotalk campaign to get people talking about mental health.

[www.thecalmzone.net](http://www.thecalmzone.net)

Campaign Against Living Miserably is an award-winning charity dedicated to preventing male suicide. Offers information and support.



[www.samaritans.org.uk](http://www.samaritans.org.uk)

Samaritans site for those experiencing extreme distress or contemplating suicide. Services available by phone, email, letter or face-to-face.

[papyrus-uk.org](http://papyrus-uk.org)

Prevention of Young Suicide. Site for young people, family and friends as well as professionals offering help and information for those considering or affected by suicide.

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

Offering support and information for those who have been affected by suicide personally or professionally.

### Welfare & Money

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Citizen's Advice site with information on benefits, housing, employment, debt, consumer, legal and family issues.

[www.huddersfield.su](http://www.huddersfield.su)

The University of Huddersfield's Students' Union site offering information, advice and support.

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

Information about legal rights and an advice line for women.

[england.shelter.org.uk](http://england.shelter.org.uk)

Offers advice, support and legal services to people struggling with bad housing or homelessness.

[www.thebrightsidetrust.org](http://www.thebrightsidetrust.org)

Helps students cope with barriers to higher education. Site includes a “student calculator” to help with budgeting and financial management.

[www.thewelcomecentre.org](http://www.thewelcomecentre.org)

A charity based in Kirklees that provides practical, short-term support to help local people who are in crisis. Information on the referral process is on the website.

[www.victimsupport.org](http://www.victimsupport.org)

Victim Support site offering help for victims, witnesses and those affected by crime.

## Young People

[supportline.org.uk](http://supportline.org.uk)

Provides emotional support by phone, email and post. Emphasis on positive coping strategies. Details of counsellors, agencies and support groups.

[www.themix.org.uk](http://www.themix.org.uk)

Site managed by YouthNet UK for 16 to 25 year olds. Offers information on many life issues.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

The UK's leading charity committed to improving the wellbeing and mental health of children and young people.

[www.youthhealthtalk.org](http://www.youthhealthtalk.org)

Peer support on health topics, including depression.

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## General Services

[www.commlinks.co.uk](http://www.commlinks.co.uk)

A mental health charity offering mental health and wellbeing services throughout the Yorkshire and Humber region.

[www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)

An organisation that aims to support the development of creativity to build confidence and esteem, encourage personal growth and foster creative expression.

[www.s2r.org.uk](http://www.s2r.org.uk)

S2R Create Space is an independent mental health charity, working across Kirklees, offering a range of well-being, creative and outdoor workshops.

[www.richmondfellowship.org.uk/yorkshire/kirklees-employment-service](http://www.richmondfellowship.org.uk/yorkshire/kirklees-employment-service)

Employment service supports individuals with mental health issues to finding meaningful paid employment, volunteering opportunities, education or training.

[www.kcalc.org.uk](http://www.kcalc.org.uk)

Free, confidential and impartial advice on money, benefits, housing or employment problems. You may be facing a crisis, or just considering your options.

[www.lawcentres.org.uk](http://www.lawcentres.org.uk)

Law Centres defend the legal rights of people who cannot afford a lawyer.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Support to move forward for those affected by crime.

[www.yorkshirechildrenscentre.org.uk/our-services/support-for-adults/mens-group/](http://www.yorkshirechildrenscentre.org.uk/our-services/support-for-adults/mens-group/)

Men's Shed is a community space for men to connect, converse and create.

See <https://menssheds.org.uk/>.

### Talking Therapy

[www.relatepkc.org.uk/young\\_people.php](http://www.relatepkc.org.uk/young_people.php)

Offers counselling for young people ages 10-24. Donation based counselling service.

[www.southwestyorkshire.nhs.uk/our-services/directory/iapt](http://www.southwestyorkshire.nhs.uk/our-services/directory/iapt)

Kirklees IAPT provides a choice of free services for people experiencing common mental health problems such as depression, stress, panic and obsessive compulsive disorder.

[students.hud.ac.uk/wellbeing-disability-services/wellbeing/counselling](http://students.hud.ac.uk/wellbeing-disability-services/wellbeing/counselling)

The University's counselling service.

[womencentre.org.uk](http://womencentre.org.uk)

WomenCentre is a registered charity with a mission to improve the quality of life for women both locally and nationally.

[www.uchm.org](http://www.uchm.org)

A professional, affordable counselling service to anyone needing help to get through a difficult time.

## Meditation and Mindfulness

[bemindful.co.uk](http://bemindful.co.uk)

This is a campaign by the Mental Health Foundation to raise awareness about mindfulness. It includes an online ten-minute meditation and information about local courses.

[breathworks-mindfulness.co.uk](http://breathworks-mindfulness.co.uk)

Managing stress, pain and promoting well-being using mindfulness.

[www.commlinks.co.uk/cleargroups](http://www.commlinks.co.uk/cleargroups)

8-week mindfulness course

[meditationcenter.com](http://meditationcenter.com)

Partly a commercial site that also includes some simple meditations.

[meditateinhuddersfield.org](http://meditateinhuddersfield.org)

Provides a peaceful and relaxed space for you to discover the benefits that meditation and modern Buddhism can offer. Everyone is Welcome.

[www.wildmind.org](http://www.wildmind.org)

Buddhist meditation practices to sample online and read about. Online shop for guided meditations.

## Apps

[calmharm.co.uk](http://calmharm.co.uk)

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

[www.dwmh.nhs.uk/wellmind](http://www.dwmh.nhs.uk/wellmind)

Wellmind is a free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. The app includes advice, tips and tools to improve mental health and boost wellbeing.

[www.elefriends.org.uk](http://www.elefriends.org.uk)

Developed by Mind - Elefriends is a supportive online community that offers a safe place to listen, share and be heard.

[www.feartools.com](http://www.feartools.com)

An evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.

[www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)

Headspace is meditation made simple. Teaching skills of meditation and mindfulness in just a few minutes a day.

[just6.life](http://just6.life)

Just 6 seconds of mindfulness can make you more productive, focused, creative and happy. Just6 is currently only a web-based app that can be accessed on a PC, laptop or smart phone.

[www.recoverywarriors.com/app](http://www.recoverywarriors.com/app)

Rise Up + Recover is an app for people struggling with disordered eating, food, dieting, exercise and body image.

[www.washingtonmind.org.uk/reasons2](http://www.washingtonmind.org.uk/reasons2)

Developed by Mind Reasons2 is a free app designed by Young People to improve mental health.

[play.google.com/store/apps/details?id=com.nhs.somerset.fiveways&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.nhs.somerset.fiveways&hl=en_GB)

Five Ways to Wellbeing app offers a practical way to help you feel good, reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress.

## [Self-Help](#)

[www.bigwhitewall.com](http://www.bigwhitewall.com)

Online mental health and wellbeing service offering self-help programmes, creative outlets and a community forum to support people dealing with everyday stressors or major life events.

[www.getselfhelp.co.uk/selfhelp](http://www.getselfhelp.co.uk/selfhelp)

A range of CBT (Cognitive Behaviour Therapy) worksheets and resources on many topics.

[web.ntw.nhs.uk/selfhelp](http://web.ntw.nhs.uk/selfhelp)

A range of NHS self-help leaflets and guide books on various topics.

## Medication

[www.headmeds.org.uk](http://www.headmeds.org.uk)

Straight talk on mental health medication. Offers general information about medication. HeadMeds does not give you medical advice.

[www.choiceandmedication.org/swyp](http://www.choiceandmedication.org/swyp)

Offers information about mental health conditions, treatments and medications.