**Mental Wellbeing**

# Improving Access to Psychological Therapies IAPT (Talking Therapies, Cognitive Behavioral Therapies)

Trained practitioners to help you understand and find ways of tackling, coping and working out life’s problems, including stress, anxiety, panic attacks, depression, obsessions, anger, difficulty coping, relationship difficulties, loss and bereavement. They can also help with long term physical health conditions including Diabetes, Chronic Fatigue, Fibromyalgia, Irritable bowel syndrome, Stroke, Chronic Pain, Weight difficulties. A range of options include individual or group sessions, workshops and interactive computer programmes.

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| 🕽 | 01484 343700 |
| 🖰 | <https://kirkleesiapt.co.uk/> |

**Kooth**

[Kooth.com](https://www.kooth.com/) is an online emotional health and wellbeing platform for **11-19 year olds and up to Age 25 for those with additional needs**. Established in 2001, Kooth is a completely safe, anonymous website where young people living, working, being educated in or looked after within **Kirklees** can go to gain advice, support and guidance from BACP qualified counsellors, up to 10 o'clock at night, 365 days a year.

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|  | <https://www.kooth.com/index.html> |

# Reading Well – Books on Prescription

Self-help books for managing common conditions. Please visit your local library or visit the website below.

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| 🖰 | [www.reading-well.org.uk](http://www.reading-well.org.uk) |

# Mindfulness

Meditation exercises to enable you to pay attention to the present moment, helping you become more aware of your thoughts & feelings. Proven to help stress, anxiety, depression, fatigue & sleep problems, addictions, relationship problems, and even physical problems like heart disease, hypertension and chronic pain.

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| 🖰 | [www.headspace.com](http://www.headspace.com) | [www.bemindful.co.uk](http://www.bemindful.co.uk) | [www.mindfulness.org](http://www.mindfulness.org) |

# Mind

Provide advice and support to empower anyone experiencing a mental health problem

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| 🕽 | 0300 123 3393 | 🖰[www.mind.org.uk](http://www.mind.org.uk) |

# Mental Health Crisis

For support in a mental health crisis and to prevent self-harm or suicide (in an emergency call 999 or 111)

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| 🖰App | [www.maytree.org.uk](http://www.maytree.org.uk)🕽 020 7263 7070[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) |

# Relate

Counselling, support and information for all relationships

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| 🕽 | **0300 100 1234** | 🖰[www.relate.org.uk](http://www.relate.org.uk) |

# Samaritans

Someone who will listen to you and will help you talk through your concerns, worries and troubles

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| 🕽 | **116 123**  | 🖰[www.samaritans.org](http://www.samaritans.org) |

# Cruse Bereavement Care

Provide support and care after a bereavement

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| 🕽 | **0808 808 1677** | 🖰[www.cruse.org.uk](http://www.cruse.org.uk) |

# Citizens Advice

Offer free, independent, confidential and impartial advice to help people resolve numerous issues that may be affecting your mental wellbeing, including advices on benefits, work, finance, consumer, relationship, housing, discrimination, tax, education, healthcare and legal issues.

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| 🕽 | 01422 842848 (Halifax), 03444 111 444 (National) |
| 🖰 | [www.adviceguide.org.uk](http://www.adviceguide.org.uk) |

# Other Resources

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| 🖰 | [www.patient.co.uk](http://www.patient.co.uk)[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)[www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk) | [www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)[www.nopanic.org.uk](http://www.nopanic.org.uk) | [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)[www.youngminds.org.uk](http://www.youngminds.org.uk) |