



Mental health resources

NHS

Please see this NHS website which has a wealth of information on depression:
<https://www.nhs.uk/conditions/clinical-depression/>

Mind

The Mind website includes a wide range of information and support for mental health problems including depression: <https://www.mind.org.uk/>

Mind Infoline

The Mind Infoline team provides information on a range of topics including:

- types of mental health problems
- where to get help
- medication and alternative treatments
- advocacy.

They will look for details of help and support in your area.

Their lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

Phone: [0300 123 3393](tel:03001233393)

Email: info@mind.org.uk

Text: [86463](tel:86463)

This information was taken from <https://www.mind.org.uk/information-support/helplines/>

Elefriends

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.

Elefriends is moderated daily by the Ele handler team from 10am-midnight. Visit the website here: <https://www.elefriends.org.uk/>

This information was taken from <https://www.mind.org.uk/information-support/support-community-elefriends/>

Depression Alliance

Depression Alliance merged with Mind on Monday 1 August 2016. They are continuing to deliver services formerly provided by Depression Alliance, including:

- Friends in Need (the online community and its wellbeing network)
- and 60 Depression Alliance self-help groups.

Friends in Need

Friends in Need was created by Depression Alliance. It is a supportive space for everyone living with depression. If you have depression, you can use it to connect with others online or in your local area.

- Nationally, Mind is continuing to deliver the Friends in Need online community.
- Friends in Need wellbeing network services are now being delivered by seven of our local Minds, and services will continue to be delivered as usual.

Find out more about Friends in Need and join today: www.friendsinneed.co.uk

Self-help groups

There are 60 Depression Alliance self-help groups operating across England - these are run by dedicated volunteers.

The groups will continue as usual with support from Mind at a national level. Our local Minds will support these services in the same way that independent groups across England and Wales are already supported to deliver peer support through the Side by Side programme.

Find a self-help group today by consulting the peer support directory:

https://www.mind.org.uk/information-support/guides-to-support-and-services/peer-support-directory/#.W45Vv_ZFyUI

This information was taken from <https://www.mind.org.uk/about-us/what-we-do/depression-alliance/>

Online therapy service: The Big White Wall

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

The service is free in many locations via the NHS or other local healthcare providers. Enter your postcode on the Big White Wall's sign-up page to see if you have free access: register.bigwhitewall.com/Eligibility/EligibilityCheck

The service is also free for UK serving personnel, veterans and their families, and some UK universities. If Big White Wall is not available on the NHS in your area, you can join directly through the website for £9.99 a month.

You can connect to the service from any computer, tablet or smartphone with internet access.

This information was taken from <https://apps.beta.nhs.uk/big-white-wall/>

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