

Helpful Resources for Mental Health

**LGBTQ+ Resources:**

* tranzwiki.net – community support groups for LGBTQ+ groups,
* trevorproject
* translifeline
* transbucket
* Stone walls
* Pride truck
* Switchboard

**Resources for Men:**

* MIND
* manhealth.org.uk
* mensmindsmatter.org
* ourlancashire.org.uk = happy daze (groups for men to meet up locally)
* MGEDT – mens eating disorders
* menshealthforum.org.uk
* Men2.co.uk
* Mens Health forum

**Suicide Support:**

* Samaritans
* PH7LIFE
* Lancashire mind
* rethink mental illness in east lancs
* survivors of bereavement by suicide
* stay alive app
* safeline.org
* suicide prevention group
* side by side
* Calm
* Assist
* Shout

**Support for Depression:**

* Mental health support wellbeing, mental health helpline and texting service provided by Lancashire care Foundation Trust
* Samaritans 24hr help
* Mind.org.uk
* Wish
* Mind matters
* GP

**Support for Psychosis**:

* Hearing Voices
* Rethink

**Resources for Women:**

* Lancashire women.org
* Lancashire women’s centre
* maternal mental health alliance
* Wish
* Women’s Aid

**Support for the Elderly:**

* National development team for inclusion
* able community care
* Age Uk
* Alzheimer’s society
* reengage.org
* royal voluntary service
* housingcare.org
* Dementia UK

**Support for Anxiety:**

* Anxiety UK
* No panic
* Triumph over phobia
* OCD addiction
* OCD UK

**Support for Self- Harm:**

* Harmless
* National self harm
* Supportline.org

**Other resources:**

* Depression support for carers: Carers Direct helpline 0300 123 1053
* Rethink: Accrington, Burnley & Pendle Group (for carers and people with mental health
* Youngminds.org
* Supportline.org
* Rethink mental illness- east lancs
* Hearing-voices.org
* Voice.collective.co.uk
* BBC Headroom