

University Medical Service

www.umsuea.co.uk

01603 251600

MENTAL HEALTH RESOURCES - Information for Patients

INFORMATION ABOUT NON-NHS THERAPIES

- British Association for Cognitive and Behavioural Psychotherapies www.babcp.com
- British Association for Counsellors and Psychotherapists www.bacp.co.uk
- UK Council for psychotherapy www.psychotherapy.org.uk
- Information on professional bodies and qualifications www.counselling-directory.org.uk

INTERNET BASED SELF HELP

- Living Life to the Full www.llttf.com
- MoodGym www.moodgym.anu.edu.au
- CBT self help resources www.get.gg
- NHS Mental health information leaflets <https://web.ntw.nhs.uk/selfhelp/>
- Student Minds (the UK's student mental health charity) www.studentminds.org.uk

EATING DISORDERS SELF HELP WEBSITES

- Eating Matters (t) 01603 767062 www.eatingmatters.org.uk
- Beat Eating Disorders: Beat Helpline (t) 0345 634 1414 www.b-eat.co.uk
- Beat Youthline (<25 years) (t) 0345 634 7650

ONLINE PATIENT RESOURCES

- University Medical Centre www.umsuea.co.uk
- Patient.co.uk www.patient.co.uk
- The Royal College of Psychiatrists www.rcpsych.ac.uk/expertadvice.aspx
- Centre for Clinical Interventions (Australian site, not all of which is relevant to the UK population, but most of it useful) www.cci.health.wa.gov.au

UNIVERSITY (UEA) HELP (INCLUDING INFORMATION ON MENTAL HEALTH SERVICES)

- Student Support Services (SSS) (e) studentsupport@uea.ac.uk (t) 01603 592761 www.uea.ac.uk/dos
- SSS Counselling Service (e) csr@uea.ac.uk (t) 01603 592651 www.uea.ac.uk/counselling

SELF HELP REFERRAL FOR ALCOHOL & SUBSTANCE MISUSE

- Norfolk Recovery Partnership (t) 0300 7900227 www.norfolkrecoverypartnership.org.uk
- Matthew Project www.matthewproject.co.uk

SELF HELP REFERRAL FOR SEXUAL ASSULT/ABUSE (CURRENT OR IN THE PAST)

- The Harbour Centre (t) 0845 456 4810 www.theharbourcentre.co.uk
- Sue Lambert Trust (t) 01603 622406 www.suelamberstrust.org

EMOTIONAL SUPPORT/CRISIS

- Samaritans 24 hour support 08457 90 90 90 / 01603 611311 www.samaritans.org
- UEA Nightline for students 8pm-8am every night of term (t) 01603 597158 <http://norwich.nightline.ac.uk>

OTHER LOCAL SUPPORT GROUPS & SERVICES IN NORFOLK & WAVENEY

- Heron www.heron.nhs.uk
- NHS Wellbeing Service *Self-referral for CBT based counselling & group therapy* (t) 0300 123 1503 www.wellbeingandw.co.uk
- EVOLVE (Transgender group at MAP) (t) 01603 766994 www.map.uk.net
(e) evolve@map.uk.net

ADHD RESOURCES

- ADDISS (National Attention Deficit Disorder Information and Support Service) www.addiss.co.uk
- Justice and ADHD www.adhdandjustice.co.uk
- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) www.chadd.org
- UKAAN (UK Adult ADHD Network) www.ukaan.org

LOCAL LOW COST COUNSELLING SERVICES

Off the Record Counselling Service

The Surgery, 1 Trinity Street,
Norwich, NR2 2BG
(t) 01603 626650

- Offers counselling to anyone who needs it
- Clients are asked to make a contribution toward costs whenever possible
www.otr-norfolk.org.uk

St Barnabus Counselling Centre

Derby Street, Norwich, NR2 4PU
(t) 01603 625222
(e) counselling@stbcc.org.uk

- One to one counselling for anyone experiencing emotional difficulties which they feel unable to resolve alone
- Client donations negotiable
www.stbcc.org.uk

Mind

50 Sale Road, Norwich, NR7 9TP
(t) 01603 432457
(e) headoffice@norwichmind.org.uk

www.norwichmind.org.uk

Mancroft Advice Project

The Risebrow Centre, Chantry Road
Norwich, NR2 1RF
(t) 01603 766994
(e) info@map.uk.net

- Free services to people aged 11-25, including information and advice on benefits, homelessness, drugs, sexual health and employment
- Counselling available by appointment
- Signpost for other young people's resources throughout Norfolk
www.map.uk.net