

# MENTAL HEALTH: HOW TO GET THE HELP YOU, OR OTHERS, NEED

If you're struggling we understand it can feel like it's a big step to take, but there are services here for you. You are not alone...

	NO Doctor Referral Required	Doctors Referral Required
If you're under 18 services are based in Northampton	<ul style="list-style-type: none"> <li>▪ Ask Normen – <a href="http://www.asknormen.co.uk">www.asknormen.co.uk</a> is a place to access services and information.</li> <li>▪ You can visit <a href="http://www.nhft.nhs.uk/CAMHSLive">www.nhft.nhs.uk/CAMHSLive</a> for an online chat with a mental health expert</li> <li>▪ You can text your school nurse in confidence: <b>07507 329600</b></li> <li>▪ For anyone affected by self-harm contact <a href="http://servicesix.co.uk/the-opal-project.html">http://servicesix.co.uk/the-opal-project.html</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ On referral, you can access services at "The Low Down" by phone 01604 622223</li> </ul>
If you're over 18 services are based in Banbury and Oxford, with senior care at Towcester and Northampton	<ul style="list-style-type: none"> <li>▪ Brackley has a drop in group run in association with MIND, each Wednesday from 10am to 3pm. Drop into the Brackley Health Centre</li> <li>▪ Mental Health Hub - 0300 330 1011</li> <li>▪ MIND has a fantastic website and can help you in a crisis <a href="http://www.mind.org.uk">http://www.mind.org.uk</a> or 0300 123 3393</li> <li>▪ Local support group: <a href="https://www.mentalhealthfriends.co.uk/">https://www.mentalhealthfriends.co.uk/</a> or ring 07840 959349</li> </ul>	<ul style="list-style-type: none"> <li>▪ The Community Health Team care for the mental health of people of all ages. They aim to help people manage their health and live successful, independent lives.</li> </ul>
<p><b><u>Help and information for anyone:</u></b>            Samaritans Tel: 0330 094 5717  <a href="http://www.mentalhealthorg.uk">www.mentalhealthorg.uk</a>  <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a>            If someone you know has died and you need to talk, call Cruse on 0808 808 1677  <b>Learn2B</b> run courses to help anyone who is experiencing stress, anxiety or low mood. Email: <a href="mailto:Learn2b@firstforwellbeing.co.uk">Learn2b@firstforwellbeing.co.uk</a> or ring: 01604 368023</p>		

Social Media is another source of information and a way to feel connected to others

If you're on Twitter, @FollowBDT - Black Dog Tribe is a dedicated social networking community for mental health  
 There are free stress-reduction podcasts available on iTunes – search on Mental Health