








## Healthy Mind Signposting







Organisation	Contact Details		What's On Offer
<b>Advance Brighter Futures</b>	01978 364 777 <a href="https://www.advancebrighterfutureswrexham.co.uk/wp/">https://www.advancebrighterfutureswrexham.co.uk/wp/</a>  3 Belmont Road, Wrexham, LL13 7PW		Helping people in Wrexham build happier and more fulfilling lives through improving mental wellbeing. Includes courses and training, one to one therapy, groups for new mums and parents.
<b>Advocacy Services North East Wales (ASNEW)</b>	<a href="https://www.asnew.org.uk/">https://www.asnew.org.uk/</a>		
<b>Anxiety Care UK</b>	<a href="http://anxietycare.org.uk/">http://anxietycare.org.uk/</a>		Offer online e-Counselling service
<b>Anxiety UK</b>	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a> 03444 775 774		Organisation which works to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive ranges of services, including 1:1 therapy.
<b>Backup Buddy App</b>	<a href="https://play.google.com/store/apps/details?id=com.bf.app42aa93">https://play.google.com/store/apps/details?id=com.bf.app42aa93</a>		App to support mental health designed for Police Forces
<b>Bipolar UK</b>	<a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a>		Information and support for those with bipolar disorder including peer support line and support groups.
<b>British Association for Counselling and Psychotherapy (BACP)</b>	<a href="https://www.bacp.co.uk/">https://www.bacp.co.uk/</a>		The professional association for members of counselling professions in the UK, providing information about counsellors near you.

Organisation	Contact Details		What's On Offer
<b>C.A.L.L</b>	0800 132 737 <a href="http://callhelpline.org.uk/">http://callhelpline.org.uk/</a>		Confidential 24 hour listening and support service for Wales and self-assessment portal
<b>Campaign Against Living Miserably (CALM)</b>	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>		Organisation providing support and helpline specifically aimed at men and particularly about prevention of suicide in men.
<b>Cruse Bereavement</b>	0808 808 1677 <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>		Offering support, advice and information to children, young people and adults when someone dies.
<b>Depression Alliance</b>	<a href="https://www.depressionalliance.org/">https://www.depressionalliance.org/</a>		Information on the different drugs and therapies that could be used to treat depression.
<b>Gofal ENG/CYM</b>	<a href="http://www.gofal.org.uk/">http://www.gofal.org.uk/</a>		Welsh mental health charity encouraging people to think differently about mental health and providing a flexible range of services.
<b>Hafal ENG/CYM</b>	<a href="http://www.hafal.org/">http://www.hafal.org/</a> 01792 816 600 / 01792 832 400		Welsh charity for people with serious mental illness and their carers. Provide their own unique recovery programme.
<b>Living Life To The Full (LLTFF)</b>	<a href="https://lltff.com/">https://lltff.com/</a>		Free online courses covering low mood, stress and resilience.
<b>Mental Health Foundation</b>	<a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a>		Resources such as A-Z guide, practical advice, podcasts and videos
<b>MIND (National)</b>	Infoline: 0300 123 3393 <a href="https://www.mind.org.uk/news-campaigns/campaigns/blue-light-support/">https://www.mind.org.uk/news-campaigns/campaigns/blue-light-support/</a>		Urgent help tool, information and support, booklets about mental health, online community, personal stories, resources for emergency services

Organisation	Contact Details		What's On Offer
<b>MIND Aberconwy</b>	01492 879907 <a href="http://www.aberconwymind.org.uk/home/">http://www.aberconwymind.org.uk/home/</a> 3 Trinity Square, Llandudno, LL30 2PY		Offers friendly support, a chance to share experiences through support groups and self-help groups and develop new skills and interests.
<b>MIND Legal Line</b>	0300 466 6463 Mon – Fri, 9am – 6pm		Confidential legal and general advice on mental health law including mental capacity, community care, human rights and discrimination/equality.
<b>MIND Mid-Cheshire</b>	01606 863305 <a href="http://www.midcheshiremind.org.uk/">http://www.midcheshiremind.org.uk/</a> Winsford Cross Shopping Centre		
<b>MIND North East Wales</b>	01352 974431 (Mon – Sat, 10am – 4pm) <a href="http://www.newmind.org.uk/">http://www.newmind.org.uk/</a> 23 Chester Street, Mold, CH7 1EG		Information, guidance, counselling, talking therapies and social activities for people in Flintshire and Wrexham
<b>MIND Vale of Clwyd</b>	01745 336 787 <a href="https://www.valeofclwydmind.co.uk/">https://www.valeofclwydmind.co.uk/</a> 82 Marsh Road, Rhyl		Offer social groups, supported housing, outreach service providing support and information
<b>Mood Gym</b>	<a href="https://moodgym.com.au/">https://moodgym.com.au/</a>		Australian resource that is an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.
<b>NEWCIS</b>	<a href="https://www.newcis.org.uk/">https://www.newcis.org.uk/</a>		Based in Mold, Buckley and Rhyl, providing a lifeline to carers of all ages and backgrounds and offering a range of services tailored to meet individual needs. These include training for carers, counselling, drop ins and respite break scheme.
<b>No Panic</b>	<a href="https://www.nopanic.org.uk/">https://www.nopanic.org.uk/</a>		A charity that helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers. Support is also provided for the carers of people who suffer from anxiety disorders.

Organisation	Contact Details		What's On Offer
<b>OCD Action</b>	<a href="https://www.ocdaction.org.uk/">https://www.ocdaction.org.uk/</a> 0845 390 6232		Provide support and information to anybody affected by OCD, working to raise awareness of the disorder.
<b>Papyrus</b>	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a> HOPELINE: 0800 068 41 41		Charity aiming to prevent suicide in the young. Provide confidential support and advice to young people through their HOPELINEUK.
<b>Parabl</b>	<a href="http://www.parabl.org.uk/english/">http://www.parabl.org.uk/english/</a>		Offer therapeutic support across North Wales such as mindfulness and counselling
<b>Police Care UK</b>	<a href="http://www.policecare.org.uk/">http://www.policecare.org.uk/</a> 0300 012 0030		Providing practical, emotional and financial support for serving and former police officers, staff and volunteers who suffer harm as a result of their policing role that is confidential and impartial.
<b>PTSD 999</b>	<a href="https://www.ptsd999.org.uk/">https://www.ptsd999.org.uk/</a>		Support for emergency workers, particularly in relation to PTSD.
<b>Relate</b>	<a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a>		The UK's largest provider of relationship support. There are centres in North Wales at Llandudno, Rhyl, Llanrwst and Bangor.
<b>Rethink Mental Illness</b>	Tel: 0300 5000 927 <a href="https://www.rethink.org/services-groups">https://www.rethink.org/services-groups</a>		Support groups, advice and helplines, carer support, training
<b>Samaritans</b>	Freephone 116 123 <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>		24 hour listening service

Organisation	Contact Details		What's On Offer
<b>SaneLine</b>	0300 304 7000 <a href="http://www.sane.org.uk/what_we_do/support/helpline/">http://www.sane.org.uk/what_we_do/support/helpline/</a>		Emotional support and information from 4:30pm – 10:30pm
<b>Survivors of Bereavement By Suicide (SOBS)</b>	<a href="https://uksobs.org/">https://uksobs.org/</a> 0300 111 5065		Support for those who have been bereaved or affected by suicide.
<b>The Mix</b>	0808 808 4994 <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>		Essential support for the under 25's including sex and relationships, mental health, drink and drugs and money.
<b>The Silver Line</b>	0800 4 70 80 90 <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a>		The only confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
<b>Time To Change Wales</b>	<a href="https://www.timetochangewales.org.uk/en/">https://www.timetochangewales.org.uk/en/</a>		Blogs, stories, facts about mental health, advice for friends and family