

Mental health research directory

Here you can find a list of websites and resources on different types of mental health support:

General

Mind – A-Z of mental health

<https://www.mind.org.uk/information-support/a-z-mental-health/>

Mental Health Foundation – getting help

<https://www.mentalhealth.org.uk/your-mental-health/getting-help>

YoungMinds – find help

<https://youngminds.org.uk/find-help/>

Talking Therapies

Mind – information on talking therapies

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/about-talking-therapies/>

NHS – finding a psychological therapies service <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Mental health matters

<https://www.mhm.org.uk/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/a-to-z/t/talking-therapies>

Medication

Mind – Psychiatric medication

<https://www.mind.org.uk/information-support/drugs-and-treatments/medication/about-medication/>

Rethink- medications and mental illness

<https://www.rethink.org/advice-and-information/living-with-mental-illness/medications/>

YoungMinds – medication

<https://youngminds.org.uk/find-help/medications/>

Inpatient services and A&E

Mind – treatment in hospital

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/treatment-in-hospital/>

Rethink – going into hospital

<https://www.rethink.org/advice-and-information/living-with-mental-illness/treatment-and-support/going-into-hospital/>

YoungMinds – your guide to inpatient care <https://youngminds.org.uk/find-help/your-guide-to-support/inpatient-care/>

Other sources of support

NHS

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>

Mind

<https://www.mind.org.uk/>

YoungMinds

<https://youngminds.org.uk/>

Giveusashout

<https://giveusashout.org/>

Samaritans

<https://www.samaritans.org/>

Disability charities

Scope

<https://www.scope.org.uk/about-us/>

ABLEize Disability and Mobility Directory

www.ableize.com

Disabled Living

<https://www.disabledliving.co.uk/>

Disability Rights UK

www.disabilityrightsuk.org