**Mental Health and Wellbeing Resources**

<https://www.sussexpartnership.nhs.uk> Sussex Mental Health Telephone helpline: 0300 5000 101

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Royal College of Psychiatry: <https://www.rcpsych.ac.uk/mental-health>

<http://mentalhealthmatters-cofe.org/>

<http://inclusive-church.org.uk/>

<http://www.time-to-change.org.uk/churches>

<http://www.rethink.org>

<http://mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<http://www.mindandsoul.info/>

<https://papyrus-uk.org/> - prevention of young suicides

**In an emergency:**

* If you are concerned about an immediate risk of harm - either to yourself or someone else - then phone 999.
* Go to your nearest hospital with an Accident and Emergency (A&E) Department. In some hospitals, this will be called the Emergency Department. There are staff on duty 24 hours a day, seven days a week, who will be able to assess you and give you the appropriate help.
* Samaritans – 116123. Provides help and support to people in a crisis 24 hours a day, seven days a week. Visit: [www.samaritans.org](http://www.samaritans.org)
* The Stay Alive app is a pocket suicide prevention resource, full of information which we hope will help you stay safe. You might find it useful if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app includes a safety plan, customisable reasons for living and a life box where you can store photos that are important to you. You can download it for free on Android and iOS. It has been produced with Grassroots Suicide Prevention, a charity that supports communities to prevent suicide. <https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html>

**Apps:** Live from Rest - combining meditation with the Bible - <https://www.livefromrest.com/>

Breathe (for anxiety and breathing) - <https://papyrus-uk.org/>

Headspace (for mindfulness exercises - free 10 day basics pack) - <https://www.headspace.com/headspace-meditation-app>

Emoodji (specifically designed for students battling the ups and downs of Uni life) - <http://www.emoodji.co.uk/>

Calm (meditation and mindfulness) - <https://www.calm.com/>

**You Tube videos**

8 Relaxation tips for your mental health - <https://www.youtube.com/watch?v=cyEdZ23Cp1E>

I had a black dog, his name was depressions - <https://www.youtube.com/watch?v=XiCrniLQGYc>

Mental Health Awareness Comic relief - <https://www.youtube.com/watch?v=tv82K_M7o5A>

**Bible passages that might be helpful to someone suffering with mental health:**

There are many Bible passages and characters in the Bible that reﬂect personal anger, sadness and depression. Although hope can sometimes be difﬁcult to read in the midst of darkness, it is good to be reminded of God’s goodness and love that is steadfast, faithful and enduring.

**Romans 8:38-39** For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

**Psalm 18:1-6** I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my saviour; my God is my rock, in whom I ﬁnd protection. He is my shield, the power that saves me, and my place of safety.  I called on the Lord, who is worthy of praise, and he saved me from my enemies. The ropes of death entangled me; ﬂoods of destruction swept over me. The grave wrapped its ropes around me; death laid a trap in my path.  But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.