

## Internet sites of interest

### Mental Health

The mental health of academics has been getting some attention in the press recently<sup>1</sup>, and I came across a clinical trial investigating a web based resource to help students reduce symptoms of common mental health problems<sup>2</sup>.

And so, here are some sites that either:

- Cover mental health issues in general;
- Or, cover a wide range of individual mental health topics.

All links were checked on 16<sup>th</sup> May 2014.

**If someone needs urgent help, try these for information about crisis services:**

**Emergency Mental Health Care**

<http://www.nhs.uk/CarersDirect/guide/mental-health/Pages/emergency-mental-healthcare.aspx>

**MIND**

<http://www.mind.org.uk/> - click "I need urgent help" at the top of the page, or go to:

<http://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/>

**Rethink Mental Illness**

<http://www.rethink.org/about-us/our-mental-health-advice/crisis-contacts>

### Basic Needs

<http://www.basicneeds.org/>

An international development organisation working mostly in Africa and Asia to address mental health and economic and social development.

### British Psychological Society – Mental Health

<http://www.bps.org.uk/>

The BPS is the representative body for psychology and psychologists. There is relevant information all over the site, including news pages, which can be browsed by topic.

### Care Quality Commission

<http://www.cqc.org.uk/>

The CQC inspects health and care facilities in England, including mental health services.

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<sup>1</sup> <http://www.theguardian.com/higher-education-network/2014/mar/06/mental-health-academics-growing-problem-pressure-university> for example

<sup>2</sup> <http://www.controlled-trials.com/ISRCTN14342225/>

**Centre for Mental Health**

<http://www.centreformentalhealth.org.uk/>

Works towards a society “in which people with mental health problems enjoy equal chances to those without”. Works particularly on criminal justice, work related issues, recovery, children and public policy.

**Health and Social Care Information Centre – Mental Health**

<http://www.hscic.gov.uk/mentalhealth>

**Statistics and data****Institute of Mental Health**

<http://www.institutemh.org.uk/index.php>

Promotes interdisciplinary research, supports clinical practice and provides education. A partnership between the University of Nottingham and Nottinghamshire Healthcare NHS Trust.

**King’s Fund**

<http://www.kingsfund.org.uk/topics/mental-health>

Information about the King’s Fund’s work on mental health services.

**Mental Health Challenge (local authorities)**

<http://www.mentalhealthchallenge.org.uk/>

Set up by a number of organisations to help local authorities promote mental health.

**Mental Health Foundation**

<http://www.mentalhealth.org.uk/>

“Committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives”. Includes introductory information, an A-Z of topics, wellbeing podcasts and information on looking after your mental health.

**Mental Health Providers’ Forum**

<http://www.mhpf.org.uk/>

A collaboration between voluntary sector organisations to share best practice.

**Mental Health Research Network Cymru (Rhwydwaith Ymchwil Iechyd Meddwl Cymru)**

<http://www.mhrnc.org/>

An all Wales network of researchers, clinicians, carers and service users.

**MIND**

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

Provides help and advice, including through local groups, in England and Wales. Mental health information provided has achieved an Information Standard.

**NHS Choices – Mental Health**

<http://www.nhs.uk/Livewell/MentalHealth/Pages/Mentalhealthhome.aspx>

**NHS Confederation Mental Health Network**

<http://www.nhsconfed.org/Networks/MentalHealth/Pages/home.aspx>

An organisation for service providers in England.

**NHS Choices Symptom Checker – Mental Health**

<https://www.nhsdirect.nhs.uk/CheckSymptoms/SATs/DHASmentalhealth.aspx>

Read “Before we begin” before you begin!

### **NHS North East Regional Public Health Observatory – Mental Health**

<http://www.nepho.org.uk/mho/>

The former Mental Health Observatory is no longer being funded, although the North East Regional Public Health Observatory (NEPHO) is continuing. The site contains a variety of mental health related information for local authorities and health service providers.

### **NICE Evidence Search – Health topics**

<https://www.evidence.nhs.uk/topics>

This is the complete list of topics, including many individual mental health topics. You can also, of course, search NICE Evidence Search by keyword and then filter to types of information.

### **NICE National Collaborating Centre for Mental Health**

<http://www.nccmh.org.uk/index.html>

A collaboration between the Royal College of Psychiatrists and the British Psychological Society, NCCMH produces guidance for NICE on mental health topics.

### **NIHR Mental Health Research Network**

[http://www.crn.nihr.ac.uk/about\\_us/mental\\_health](http://www.crn.nihr.ac.uk/about_us/mental_health)

A community of clinical practice, providing a network of research expertise.

### **Rethink**

<http://www.rethink.org/>

Advice, information and campaigning. Operates an advice line (0300 5000 927)

### **Royal College of Psychiatrists**

<http://www.rcpsych.ac.uk/>

Professional body for psychiatrists

### **SANE**

<http://www.sane.org.uk/>

Raises awareness, provides help and initiates research. Under “Resources” you will find videos and audio recordings, and images that communicate something of individuals’ experience of mental illness.

### **Scottish Association for Mental Health**

<http://www.samh.org.uk/>

Mental health information, and information about their work.

### **Scotland’s Mental Health First Aid**

<http://www.smhfa.com/>

Information on this course, and about how to become an instructor. Originally from Australia, this course is the equivalent of a physical first aid course, covering how to act in a crisis and how to respond if you think someone is at risk of suicide. It also now runs in England (<http://mhfaengland.org/>) and Wales (<http://www.mhfa-wales.org.uk/>)

### **Scottish Mental Health Research Network**

<http://www.smhrn.org.uk/>

### **Time to Change**

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

A campaign led by Rethink and Mind, to challenge mental health stigma and discrimination.

**Universities Mental Health Advisers' Network**

<http://www.umhan.com/>

Charity working for students in higher education who experience mental health difficulties.

**Young Minds**

<http://www.youngminds.org.uk/>

Charity working to improve mental health and emotional wellbeing of children and young people.

A Google search will bring up organisations local to you. For example, if I search for “mental health” I find information about Leicester City Council, the local NHS Trust, and LAMPDirect, a support organisation for Leicester, Leicestershire and Rutland.

Have I missed something, or is something wrong?

Please let me know.

Is this column too English? Too higher education biased? Does it never cover anything of interest to you?

Please help by suggesting resources or topics, or even by compiling a column!

Contact me:

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