

Helplines and support groups

Anxiety

SAM self-help app for anxiety, is available free to download from the Apple and Android app stores. SAM was funded by UWE specifically for student support but is a general purpose self-help app for anyone with mild to moderate anxiety. The links are For the Apple store:

<http://itunes.apple.com/app/sam/id666767947>

For Android:

https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_GB

Bullying & cyber-bullying

www.stopcyberbullying.org

www.beatbullying.org

Depression

Depression Alliance is a charity for people with depression. It doesn't have a helpline, but offers a wide range of useful resources and links to other relevant information. <http://www.depressionalliance.org/>

Students against Depression is a website for students who are depressed, have a low mood or are having suicidal thoughts. <http://studentsagainstdepression.org/>

Grief & loss

Cruse bereavement care: <http://www.cruse.org.uk/>

http://www.helpguide.org/mental/grief_loss.htm

<http://www.moodjuice.scot.nhs.uk/bereavement.asp>

<http://www.youtube.com/watch?v=nmtzEFRwYXU>

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

Mindfulness/meditation/relaxation

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

<http://mindfulnessforstudents.co.uk/students/>

Rape

Rape Crisis Team www.solacewomensaid.org/

Survivors UK 020 3598 3898 www.survivorsuk.org

Self-Harm

Young minds www.youngminds.org.uk/

National self-harm Network (NSHN) Helpline: 0800 622 6000 (not 24hrs) www.nshn.co.uk

Suicidal thoughts

Samaritans (08457 90 90 90) operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org.

PAPYRUS (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal. <http://www.papyrus-uk.org/>

Emergencies

Swansea Crisis - Home Treatment Team

The service is for adults of working age who have a mental illness and are experiencing an acute episode of this illness. This team comprises a range of professionally, trained staff, and support workers who are fully integrated in mental health services and provide continuous care, offering a broad range of intensive support to its users. The team provides a 9am to 9pm response, 7 days a week, all year round, including Bank Holidays. The service is normally offered for up to 6 weeks.

The Crisis team can be contacted 9am - 9pm every day.

01792 618838 / 01792 618836

Outside these hours please ring: Cefn Coed Hospital: 01792 561155

If none of the above can be contacted you can visit an out of hours GP based at Morriston Hospital, Swansea or go to the Emergency Department, Morriston Hospital, Swansea.