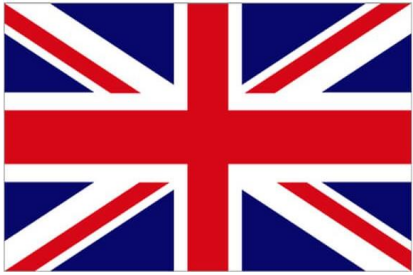


Mental Health Support Worldwide

The following are mental health organisations that support general
mental health and rare disease mental health



UK

www.nhs.uk/every-mind-matters



Find your little big thing for your mental health

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us.

This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. One little thing, if we keep doing it, can make a big difference to how we feel.

www.hubofhope.co.uk

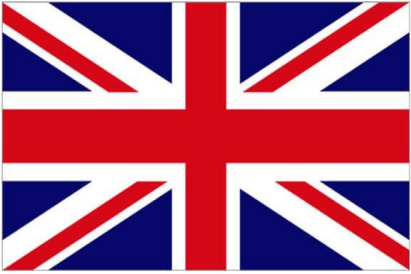


There is always hope... find support that's right for you.

This is a directory of support that finds help in your area.



WWW.POMPEWALES.COM



UK

www.bacp.co.uk



Counselling *changes lives*

We are the British Association for Counselling and Psychotherapy.

If you need counselling or are looking for a counsellor then the BACP can help you find a qualified reputable counsellor.

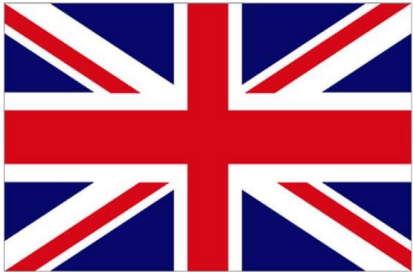
www.papyrus-uk.org



This organisation supports suicide in young people.

I know that it might not be relevant to so many of us but with young carers feeling overwhelmed I thought it would be useful to include it so that we can support them.

WWW.POMPEWALES.COM



UK

www.Samaritans.org



Every year the Samaritans save countless lives.

They are not just there for the when you are suicidal they are there to listen when you are feeling down. Even if you are just feeling low or need an impartial sympathetic voice then give them a call.

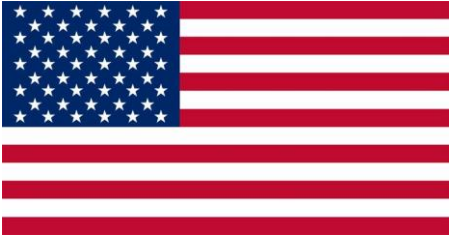
www.trystressmanagement.com



Stress is nothing else but your body's response to mental or emotional pressure. Some stress may be good as it can make one perform better to overcome the situation or situations that are causing it.

This site has blogs and information on overcoming life's ongoing issues like not getting enough sleep. It's certainly worth a look at.

WWW.POMPEWALES.COM



USA



www.nami.org



NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organisation dedicated to building better lives for the millions of Americans affected by mental illness.

www.mhanational.org



Founded in 1909, Mental Health America is the nation's leading national nonprofit dedicated to the promotion of mental health, well-being, and condition prevention. For over 115 years, our work has been informed, designed, and led by the lived experience of those most affected.

WWW.POMPEWALES.COM



Mexico



www.yoquieroyopuedo.org.mx



Yo quiero Yo puedo is a Mexican non-governmental organization. It was created in 1985 as the Mexican Institute of Family and Population Research (IMIFAP) in response to research that showed the lack of control women in Ciudad Nezahuahacotl, Mexico had over their health.

Today, our commitment is to empower individuals, enabling them to develop behaviors that allow them to take control of their lives, fully realizing their potential.

WWW.POMPEWALES.COM



Columbia



www.asodep.org/quienes-somos

Asociación Colombiana contra la Depresión y el Pánico

The Colombian Association Against Depression and Panic – ASODEP – is an entity founded in Bogotá by Dr. Jorge Enrique Téllez Vargas, on September 26, 1997 and governed by legally approved statutes.

Asodep

It is made up of a multidisciplinary team of Psychiatrists, Psychologists, Health Workers, and especially by Patients and their Relatives who are the raison d'être of ASODEP, in its task of joining efforts for the formation of Support Groups at the national level and developing prevention and education activities.

WWW.POMPEWALES.COM



Poland



www.116111.pl

If you need mental health support in Poland you can take advantage of specialist on-call duty at their number 116 111, during which you can get consultation and support from a sexologist, lawyer, dietician, social worker, addiction therapist, pedagogue and career counsellor?



Their phone works every day – 7 days a week, 24 hours a day!

Your conversations and correspondence are confidential. They will not tell anyone about what you are talking about.

WWW.POMPEWALES.COM



Italy



www.telefonoamico.it



Since 1967 Telefono Amico Italia has been committed to giving anyone in a state of crisis or emotional emergency, at any time and completely free of charge, the opportunity to find a volunteer open to listening and dialogue to promote personal well-being and social health.

WWW.POMPEWALES.COM



Germany



www.deutsche-depressionshilfe.de

Help and information on how to deal with mental health and depression

WWW.POMPEWALES.COM



Belgium



www.chsbelgium.org

Community Help Service (CHS) has been supporting the international community of Belgium since 1971, regardless of nationality or their circumstances. No-one should feel that they are alone – help is only a telephone call away.



CHS operates a Mental Health Services Centre in Brussels, housing an international team of professional therapists who provide support for a comprehensive range of mental health issues. All their therapists speak English and many also work in other languages. The therapists are supported by a team of volunteers who also manage the administrative aspects of CHS, a non-profit organisation.

WWW.POMPEWALES.COM



Belgium



www.zelfmoord1813.be

Talk about your suicidal thoughts. Their expert volunteers will listen to your story. Anonymous, honest and without judgment.

Although seemingly about suicide only it does have resources for mental health and caters for those facing bereavement.

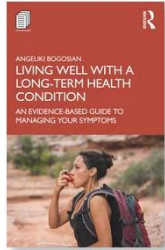
www.preventionsuicide.be



With more than 50 years of experience, the Suicide Prevention Centre offers active listening at each stage of the suicidal process, allowing people in crisis to express their suffering(s), to clarify their situation, to take a step back and to open up other possibilities.

WWW.POMPEWALES.COM

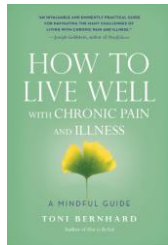
Books



Living Well with a long-term health condition (2020) Routledge. Bogosian, A. (2020)



Living Well with Pain and Illness. Piatkus. Burch , V (2008)



How to Live Well with Chronic Pain and Illness

Free PDF online book – Click on the link below -

<https://www.google.co.uk/books/edition/How to Live Well with Chronic Pain and I/FQiiCgAAQBAJ?hl=en&gbpv=1&printsec=frontcover>