

Resource Suggestions

Charity Websites and Phone Numbers – General information (A to Z)

Being Alongside (Association for Pastoral Care in Mental Health)

Information and support; local groups; newsletters and action sheets

- Website: www.beingalongside.org.uk
- Phone: 02033 972497

Heads Together

Campaign to highlight the importance of mental health. Includes Conversations showing people opening up about their experiences.

- Website: www.headstogether.org.uk

Mental Health Foundation

A resource for information and help about mental health. Includes information about mindfulness and well-being.

- Website: www.mentalhealth.org.uk

Mind

Useful for people living with a mental health problem or supporting someone who is. Offers information about conditions, treatment options, help and support available. Promotes the views and needs of people who experience mental health problems.

- Website: www.mind.org.uk
- Helpline: 0300 123 3393 (Mon-Fri, 09:00-18:00)
- Elefriends – online supportive community: www.elefriends.org.uk

NHS Choices

Information from the National Health Service on conditions, treatments, local services and healthy living, with special sections on mental health and dementia.

- Website: www.nhs.uk

Rethink

Practical advice and information about issues such as therapy, medication, debt and the Mental Health Act. Also has support groups.

- Website: www.rethink.org
- Information and advice line: 0300 5000 927 (Mon-Fri 09:30-16:00). Not crisis support.

Royal College of Psychiatrists

Readable, up-to-date and research-based, medically based information about mental health problems. Available in different languages.

- Website: www.rcpsych.ac.uk/healthadvice.aspx
- Short videos on symptoms, diagnoses and treatments of mental illness: www.youtube.com/user/RCofPsychiatrists

Samaritans

Confidential support for people in distress

- Website: www.samaritans.org
- Phone Support (24 hours): 116 123
- Email Support (24 hours): jo@samaritans.org

SANE

Information, support and help about mental illness and reducing stigma and prejudice for anyone affected by mental illness including families, friends and carers. Offers groups, text support, emotional support.

- Website: www.sane.org.uk
- Helpline: 0300 304 7000 (Mon-Sun, 16:30-22:30)

Time to Change

Campaign about stigma. Website includes information and personal stories.

- Website: www.time-to-change.org.uk

Support for Young People, Children and Families (A to Z)

CALM – Campaign Against Living Miserably

Campaign and support group for young men.

- Website: www.thecalmzone.net
- Helpline: 0800 585858 and Webchat 17:00 – 24:00 daily.

Childline

Help and advice on a wide range of issues.

- Website: www.childline.org.uk
- Phone: 0800 1111 (24 hours – for children)

Family Lives

Support for families

- Website: www.familylives.org.uk
- Helpline: 0808 800 2222 (09:00-21:00 weekdays, 10:00-15:00 weekends, Scotland 0800 282 233)

Hope Again

Support group for children and young people who have been bereaved.

- Website: www.hopeagain.org.uk

NSPCC – National Society for the Prevention of Cruelty to Children

Campaigning to end child abuse and cruelty. Campaigns about access to mental health services for children.

- Website: www.nspcc.org.uk
- Phone: 0808 800 5000 (for adults concerned about a child)

Papyrus

Prevention of suicide in young people.

- Website: www.papyrus-uk.org
- 'Hopeline': 0800 068 4141 / 07786 209697 (10:00-22:00 weekdays, 14:00-22:00 weekends)
- Email: pat@papyrus-uk.org (10:00-22:00 weekdays, 14:00-22:00 weekends)

Winston's Wish

Advice, information and support for bereaved children and their families and supporters.

- Website: www.winstonswish.org
- Helpline: 08088 020021 (office hours)

YoungMinds

Information for parents and professionals. Campaigning and raising awareness.

- Website: www.youngminds.org.uk
- Parents' helpline: 0808 802 5544 (office hours)

Support for Older People and Families (A to Z)

Age UK

Includes information about dementia and links to local groups

- Website: www.ageuk.org.uk
- Advice line: 0800 0556 112 (re: all aspects of life)

The Alzheimer's Society

Offers information, advice and support for people with dementia and their families. Links to local groups, information and videos.

(England, Wales and Northern Ireland)

- Website: www.alzheimers.org.uk
- Helpline: 0300 222 1122 (7 days a week – office hours)

(Alzheimer's Scotland)

- Website: www.alzscot.org
- Helpline: 0808 808 3000 (24 hours)

Faith Action

Work with government to bring the perspective of faith groups to decision making. This link is to materials to develop a dementia friendly faith community

- Website: www.faithaction.net/portal/our-projects/dementia/

Shelagh Robinson

A Quaker talking about her experiences of dementia.

- Website: www.youtube.com/watch?v=0S8se_iTiC4

Specific Support Charities (A to Z by illness)

Addictions

Alcoholics Anonymous

Local groups and support.

- Website: www.alcoholics-anonymous.org.uk
- Helpline (24 hours): 0800 9177650

Gamblers Anonymous

Online forum and local groups.

- Website: www.gamblersanonymous.org.uk

Narcotics Anonymous

Local groups and online forum.

- Website: www.ukna.org
- Phone: 0300 999 1212 (10:00-24:00)

Anxiety

Anxiety UK

Support those living with anxiety and anxiety-based depression by providing information, support and understanding, approved therapists.

- Website: www.anxietyuk.org.uk
- Helpline: 08444 775 774
- Text support: 07537 416 905
- Email: Support@anxiety.org.uk (office hours)

No Panic

Advice, information and support.

- Website: www.nopanic.org.uk
- Helpline: 0844 967 4848 (Daily, 10:00-22:00)
- Youthline: 0330 606 1174 (Mon-Fri, 15:00-18:00)

Bereavement

Cruse Bereavement Care

Online support and face-to-face support.

- Website: www.cruse.org.uk
- Phone: 0808 808 1677 (office hours)

Bi-polar

Bipolar UK

Advice and support; online forum and local support groups for people with bi-polar disorder.

- Website: www.bipolaruk.org.uk
- Phone: 0333 323 3880 (office hours – advice – not crisis support)

Crime – support for people affected

Victim Support

Support, information and advice.

- Website: www.victimsupport.org.uk
- Helpline: 0808 168 911 (24 hours)

Rape Crisis

Advice and information and contacts for local groups.

- Website: www.rapecrisis.org.uk
- Phone: 0808 802 9999 (12:00-14:30, 19:00-09:30)

Refuge

Advice, information and support in dealing with domestic abuse.

- Website: www.refuge.org.uk
- Helpline: 0808 2000 247 (24 hours)

Depression

Depression Alliance

Has merged with MIND. Still maintains an online network: Friends in Need.

- Website: www.friendsinneed.co.uk

Eating Disorders

B-eat

Advice, information, on line forum and peer support groups for people affected by eating disorders.

- Website: www.b-eat.co.uk
- Helpline: 0808 801 0671
- Youthline: 00808 801 0711 (15:00-22:00 daily)

Hearing Voices

Hearing Voices Network

Support and information and campaigning. On line forum. Local groups.

- Website: www.hearing-voices.org

Obsessive Compulsive Disorder

OCD UK

Advice and support for people affected by OCD

- Website: www.ocduk.org
- Helpline: 0845 120 3778 (Mon-Fri, 10:00-16:00)
- Email support: support@ocduk.org

OCD Action

Advice and support for people affected by OCD

- Website: www.ocdaction.org.uk
- Helpline: 0845 390 6232 (office hours)

Relationships

Relate

Local centres, phone and online counselling. Information and advice.

- Website: www.relate.org.uk
- Phone: 0300 1001234 (for information about services)

Quaker Publications

***Encounters with mental distress* by Quaker Life Mental Health in Meetings Cluster (9781907123863)**
http://bookshop.quaker.org.uk/Encounters-with-mental-distress_9781907123863

It became apparent that it would be helpful to learn more from Quakers about their personal experiences of mental ill health. Friends were invited to share their stories, whether positive or challenging. The result of this candid collection of encounters, responses and insights from individuals, carers and meetings. We hope that it will increase understanding, reduce stigma and enable people to be more open, more compassionate and more accepting of those who are distressed or ill.

***An accompaniment to Encounters with mental distress* by Quaker Life Mental Health in Meetings Cluster**
Free – go to: <https://goo.gl/Ki5cKP>

Mental Health in Our Meetings Leaflet
Free – go to: <https://goo.gl/a1cGaz>

When the Wind Changes: young people's experiences of divorce and changing family patterns
by Fiona Burt, Quaker Books, 2001 (9780852453247) – out of print

With a tender hand: a resource book for eldership and oversight
by Zelig Gross, Quaker Books, 2015 (9781907123719)
http://bookshop.quaker.org.uk/With-a-Tender-Hand_9781907123719

Publications by Friends

- C & G Skidmore (ed) – *Beyond my Control: Quakers talk about their personal experience of addiction*
- Jill Stow – *In a Strange Land; an experience of dementia* (9781873048382) – out of print
- Elizabeth Stubbs (ed) – *Coming Through the Darkness: Friends' personal experiences of depression*
<http://www.quaker-healing.org.uk/view/publications.aspx>
- Bob Johnson – *Emotional Health: What Emotions Are and How They Cause Social and Mental Distress* (Trust Consent Publishing, 2005, 9780955198502)
- Daphne Glazer – *Trespass and Trust: Quaker Meetings and Sex Offenders*
(Quaker Books, 2004, 9780852453568) http://bookshop.quaker.org.uk/Trespass-and-TrustQuaker-Meetings-and-Sex-Offenders_0852453566
- John Yungblut – *On Hallowing One's Diminishments* (Pendle Hill Pamphlet 292)
<https://pendlehill.org/pendle-hill-e-pubs/>
- Jennifer Elam – *Dancing with God through the Storm: mysticism and mental illness*
(Way Opens Press, 2002, 9780971652507)

Other Useful Publications

- Many websites listed have fact sheets and booklets which can be downloaded or hard copies ordered. MIND, SANE and the Royal College of Psychiatrists offer a good selection.

There are also many books available on various aspects of mental health and wellbeing and mental illness including causes, conditions and diagnoses, and therapeutic and treatment approaches. The following is a small selection of books where the spiritual aspects of mental health are taken seriously:

- John Swinton (2001) – *Spirituality and Mental Health Care: Rediscovering a Forgotten Dimension* (Jessica Kingsley Publishers, 9781853028045)
- John Swinton, Peter Gilbert, Mary Ellen Coyte and Vicky Nicholls (2007) – *Spirituality, Values and Mental Health: Jewels for the Journey* (Jessica Kingsley Publishers, 9781843104568)
- Cook C, Powell A, Sims A. (2009) *Spirituality and Psychiatry* (9781904671718)
[http://www.psychiatry.ru/siteconst/userfiles/file/englit/%5BChris_Cook%5D_Spirituality_and_Psychiatry\(BookFi.org\).pdf](http://www.psychiatry.ru/siteconst/userfiles/file/englit/%5BChris_Cook%5D_Spirituality_and_Psychiatry(BookFi.org).pdf)
- Mark Williams, John Teasdale, Zindel Segal and Jon Kabat Zinn (2007) *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* (Guildford Press, 9781593851286)
- Guy Harrison (2017) *Psycho-spiritual Care in Health Care Practice* (Jessica Kingsley Publishers, 9781785920394)

People telling their own stories of mental distress and recovery (small selection)

- Inclusive Church (2014) *Mental Health: The Inclusive Church Response* (Darton, Longman and Todd, 9780232530667)
- Mental Health Foundation (1999) *The Courage to Bare our Souls* (9780901944719)
- Julie Liebrich ed (1999): *A Gift of Stories: Discovering How to Deal With Mental Illness* (Otago University Press, 9781877133831)
- Ken Smith & Matthew Sweeney (1997) *Beyond Bedlam: poems written out of mental distress* (Anvil Press Poetry, 9780856462962)

Quakers and Mental Health

Quaker Mental Health Group

- Brings together groups that have some involvement in mental health in The Religious Society of Friends (Quakers) in Britain.
- Currently consists of representatives from 6 different organisations.
- It was formed in April 2015 after the Woodbrooke conference *Towards a Quaker View of Mental Health*.

Quaker Life Mental Health Cluster

- Quaker Life offers general support to Meetings on all aspects of worship, outreach and meeting together and will support Meetings if there are difficult situations.
- The Quaker Life Mental Health Cluster was established to specifically support meetings that experience difficulties relating to mental health or well-being, and mental distress or illness: to help when it is hard to respond to that of God in everyone.
- Meets one to two times a year, consisting of about 30 people.
- Contact Oliver Waterhouse oliverw@quaker.org.uk to be added to the mailing list.

Quaker Life Mental Health Cluster – Core Group

- This group implements the work agreed by the whole Cluster. They are also responsible for organising events throughout the year, including Special Interest Groups at Britain Yearly Meeting.
- *Opening the door to talking about mental health* workshop – a two-hour session run by volunteers, offered to Meetings on request. Contact Oliver Waterhouse: oliverw@quaker.org.uk

Woodbrooke – www.woodbrooke.org.uk

- Offers mental health training for Quakers with eldership and oversight responsibility.
- Runs an annual course – *Mental Health in Our Meetings*
- *Take Time* – a weekend for people who care for someone who has problems with their mental health, planned for 2019

The Retreat York – www.theretreatyork.org.uk

- The Retreat is a mental health provider in York pioneering and specialising in therapeutic care since the 18th century. It is now an independent hospital, offering specialist mental health care to people who are funded by their NHS trust. The Retreat holds to Quaker values, has Quaker trustees, a Quaker chaplain, a weekly Meeting for Worship and a labyrinth in the grounds.

The Retreat York Benevolent Fund – www.retreatyorkbfund.com

- Set up to assist members of The Religious Society of Friends, and those "closely connected with Friends", to meet the cost of treatment at The Retreat or elsewhere where they are unable to meet the full fees payable because they are in "straightened circumstances".
- Funds can also be used to support projects which relate directly to Quaker initiatives promoting good mental health practice.
- Currently funding the Mental Health Development Officer and the Quaker Mental Health Forum

Quaker Mental Health Forum

- An annual day conference looking at different aspects of mental health
- The first one, in York, in December 2017, was on Dementia: our Shared Journey. The next one, 3/11/18 in Birmingham, will be on young people and mental health.
- Contact the Mental Health Development Officer to join the mailing list: alisonmitchellmhdo@theretreatyork.org.uk

Mental Health Development Officer (MHDO)

- A part-time post, working to give Quakers the information and the inspiration to discern our response to issues around mental health.
- Contact Alison Mitchell: alisonmitchellmhdo@theretreatyork.org.uk.

Young Friends General Meeting (YFGM) Mental Wellbeing Concern Group – www.yfgm.quaker.org.uk

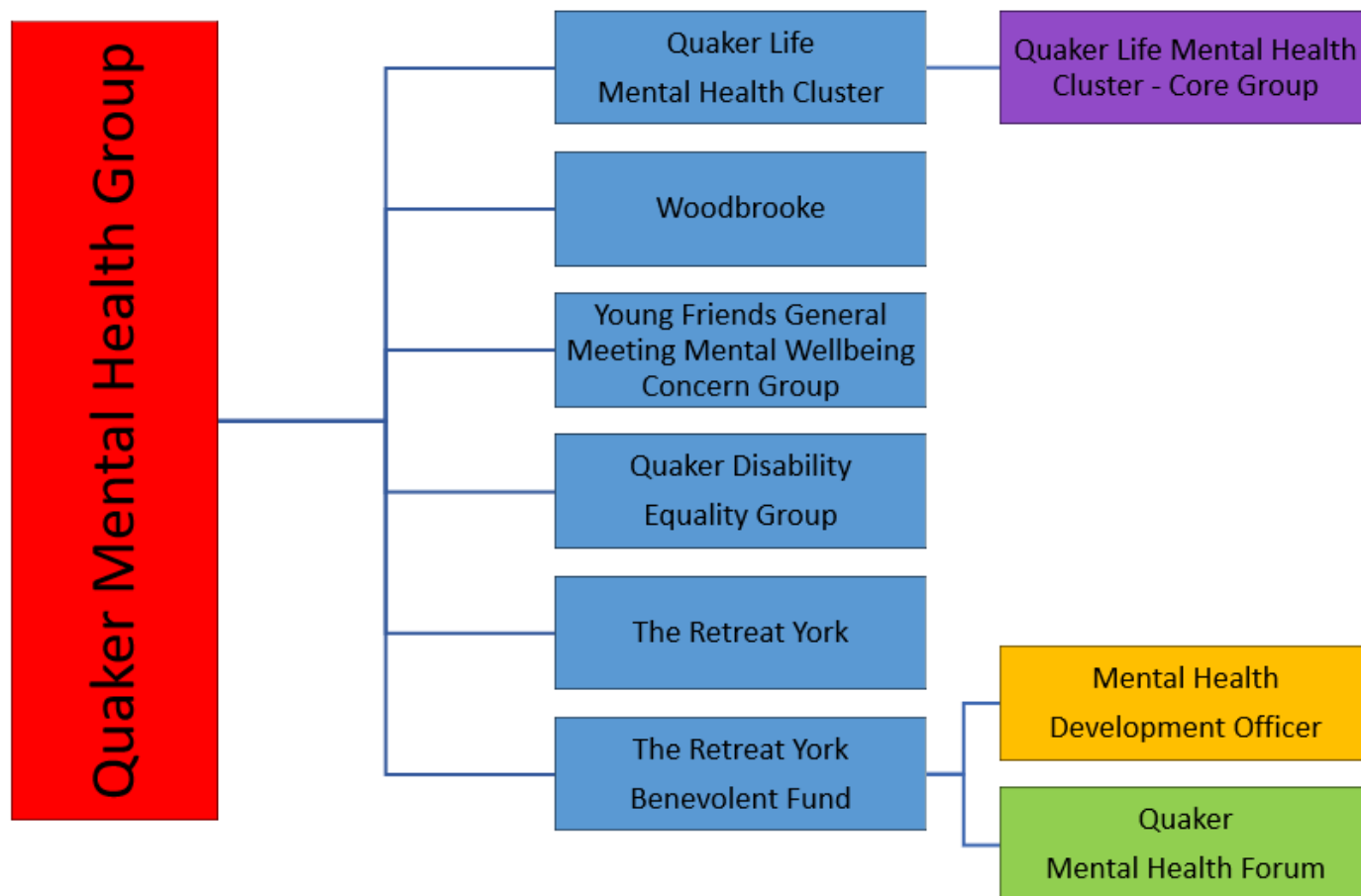
- In October 2014 YFGM adopted mental wellbeing as a corporate concern.

Quaker Disability Equality Group (QDEG) www.quakerdisabilitygroup.org.uk

- This is a listed informal group of Britain Yearly Meeting which works towards full inclusion of people with disabilities and carers in all aspects of Quaker life. A part of the Quaker testimony to equality.

Support for Quakers working in mental health services

- A day retreat is being explored – an on-going group may develop
- Contact MHDO for information.



Other Groups

Quaker Action on Alcohol and Drugs (QAAD) – www.qaad.org

- Aims to meet the needs for support and information within the Religious Society of Friends in relation to alcohol, other drugs and gambling.

Quakers in Criminal Justice (QICJ) – www.qicj.org

- An informal network of Quakers who are involved in the criminal justice system. It offers mutual support for Quakers working in various branches of the system and helps to inform them (and thereby their Meetings) about current penal issues.

Quaker Life Conflict in Meetings Cluster

- To assist meetings that need support from outside their local and area meetings. Experienced Friends visit and spend time with meetings to help explore ways to resolve conflict. Members of the cluster meet periodically so that their work is upheld.