

Mental Health – Self Help Website List

General Mental Health

www.livinglifetothefull.com/ Free Online Course

www.glasgowsteps.com

www.mind.org.uk

www.cci.health.wa.gov.au

www.bbc.co.uk/health/conditions/

www.edspace.org.uk/

www.healthinfoplus.co.uk

www.rcpsych.ac.uk/

www.multikulti.org.uk/en/health/

Depression

www.moodgym.anu.edu.au Free Online Course

www.depressioninteenagers.com Free Online Course

www.lookokfeelcrap.org/

www.dascot.org

www.bluepages.anu.edu.au

Bipolar Disorder

www.mdf.org.uk

Anxiety

www.panic-attacks.co.uk Free Online Course

www.nopanic.org.uk

Self-help course for anxiety, depression and related mental health issues.

Website with relaxation and self-help resources for varied mental health issues. Includes information on anxiety, depression, self-esteem, alcohol and sleep difficulties.

Website with fact sheets and mental health information.

Website with free workbooks and resources for varied mental health issues.

Click on **Mental Health** for information about mental health.

An information source providing a directory of local services in Edinburgh.

General health information and resources for patients, carers and the public.

Website with information and resources on varied mental health issues. Includes some information leaflets that have been translated into other languages.

Information, advice, guidance and learning materials in community languages.

Interactive self-help site for cognitive behavioural therapy for depression.

Interactive site from the Young Peoples Unit in Edinburgh.

Information and support for young adults with depression and low mood.

Information about symptoms and treatment of depression.

A good site for anyone who knows quite a bit about depression and is interested in finding out more about diagnosis and treatment. Links to further resources.

MDF Bipolar organisation produces information and advice specifically related to bipolar disorder.

Interactive self-help site for panic. The 'Panic Attack course' can be completed online or emailed to you to complete as and when you have time.

Basic information and booklets on anxiety.

www.panicattack.com.au

www.stressandxietyinteenagers.co.uk Free
Online Course
Phobias and OCD

www.phobics-society.org.uk/

www.OCDaction.org.uk

PTSD

www.riverscentre.org.uk/Main/HomePage

Adult Survivors of Childhood Sexual Abuse

www.survivorscotland.org.uk/

www.mosac.org.uk/

www.victimssupportsco.org.uk/page/index.cfm

Chronic Fatigue/ME

www.kcl.ac.uk/projects/cfs/patients/

www.meassociation.org.uk

Eating Disorders

www.b-eat.co.uk/Home

Schizophrenia

www.nsfscot.org.uk

Self-Harm

www.selfharm.org.uk

www.nshn.co.uk

www.siari.co.uk

Comprehensive site with information about panic attacks, OCD, PTSD, generalised anxiety, social anxiety and mindfulness. Interactive site from the Young Peoples Unit in Edinburgh.

DIY Diagnosis kit, information Centre, bulletin board and chat room.

Information about OCD and telephone support.

Information on PTSD with links to other useful websites & organisations.

Website developed by the Scottish Government with wide range of material about abuse. Provides links to other websites that may also be useful.

Provides information, support and helpline for non-abusing parents or carers of children who have been sexually abused. For victims of all crime, provides free and confidential independent help, emotional support, practical help and information about compensation, crime prevention and criminal justice procedures and help when attending court.

Website with useful self-help information for chronic fatigue/ME.

Website provides information, support and advice for chronic fatigue syndrome.

Information and help on all aspects of eating disorders including anorexia nervosa, bulimia nervosa, binge eating and other related disorders.

National Schizophrenia Fellowship Scotland site. Publications, advice, information, projects and good external links.

Site dedicated to young people and self-harm. Includes details of helpful organisations, research studies and entries from individuals.

Provides support for people who self-harm. Online forums also support those, such as family and friends, who may be indirectly affected by self-harm.

Aimed at supporting the families and friends of people who self-harm.

While these websites may be useful sources of information and self-help we are unable to accept responsibility if your symptoms do not improve or indeed become worse. If this occurs, it is likely that self-help is insufficient to meet your needs and it is strongly recommended that you seek the advice of your general practitioner regarding the most appropriate and helpful treatment options.

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