

## USEFUL LINKS / SIGNPOSTS MENTAL HEALTH

Organisation Type	Organisation Name	Address	Telephone No./ website link	Brief Description
British mental health support and campaigning group	SANE	SANE 1 <sup>st</sup> Floor Cityside House 40 Adler Street London E1 1EE	SANEline Tel No: 0845 767 8000 SANEemail: <a href="mailto:SANEemail@sane.org.uk">SANEemail@sane.org.uk</a> Website: <a href="http://www.sane.org.uk">www.sane.org.uk</a>	Offering helpline support.
Government website	Directgov		Website: <a href="http://www.direct.gov.uk">www.direct.gov.uk</a>	Guidance, advice & sign posting.
Mind is the leading mental health charity in England and Wales.	MIND		Mind info Line Tel No: 0845 766 0163 Monday to Friday, 9am – 5pm Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>	Offer confidential help to callers.
Rethink is the largest severe mental illness charity in the UK	Rethink	Rethink Head Office 89 Albert Embankment London SE1 7TP	General enquiries: Tel No: 0845 456 0455 National advice services: Tel: 0207 840 3188 Open 10am – 3pm (Mon, Weds, Friday) 10am – 1pm (Tues, Thurs) E-mail: <a href="mailto:advice@rethink.org">advice@rethink.org</a> Website: <a href="http://www.rethink.org">www.rethink.org</a>	Advice and support on mental health issues.
YoungMinds is the national charity	YoungMinds	YoungMinds 48-50 St John Street	General enquiries: Tel No: 020 7336 8445	Advice & campaigning

committed to improving the mental health of all children and young people		London EC1M 4DG	Fax: 0207 336 8446 Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	organisation.
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