



Adult Self-care for Mood levels 2-3

These are resources to help people with very low mood and/or related moods.

Click the link below to jump to these resources.



The resources are suggestions only and you can choose the most suitable materials for you. Most of these are free resources but you might have to pay a small amount for some (e.g. apps and books).

For the most comprehensive range of resources for your overall mental health and wellbeing, we recommend that you rate all Dimensions available.

Emergency Support

If you feel that it would be helpful to talk to somebody about how you are feeling, you can call these helplines:

Mental Health Matters: 0800 616171 (from landline) / **0300 330 5487** (from mobiles)

Samaritans: 116 123

NHS Helpline: 111

If you need further help for your mental health, you can visit your G.P.

If you have significant concerns about your or somebody else's mental health and feel you need to speak to a mental health professional, please contact the Mental Health Access Hub and select option 1: Freephone **08081 966798**.

Local Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire.

☎ 024 7622 9988

☎ 0300 303 2626

✉ Recovery.Academy@covwarkpt.nhs.uk

🌐 www.recoveryandwellbeing.co.uk

Healthy Mind Service (IAPT) offers free, evidence-based therapy for a range of mental health problems in Coventry, Warwickshire and Solihull. You can refer yourself online through their website. They also have lots of useful resources on their website.

☎ 024 7667 1090

🌐 www.healthymindservice.com

KeyRing provide a support service to individuals with low level mental ill health. They aim to reduce isolation by getting people out and about in their communities accessing other services and activities. They provide face to face, online and telephone support options. Follow links for Warwickshire on the website.

☎ 07825 275 405

🌐 www.keyring.org

🌐 www.keyring.org/where-we-work/midlands-and-lincolnshire

Mind (Coventry & Warwickshire) offer information and support for those experiencing mental health problems.

☎ 024 7655 2847

✉ cwmind.org.uk/contact-us

🌐 cwmind.org.uk

🌐 Types of mental health problems cwmind.org.uk/types-of-mental-health-problems

Springfield Mind work to promote wellbeing and prevent mental health problems in Warwickshire and Worcestershire. They offer a wide range of services and support.

☎ 01789 298615

✉ enquiries@springfieldmind.org.uk

✉ springfieldmind.org.uk/contact-us

🌐 springfieldmind.org.uk

🌐 springfieldmind.org.uk/services/our-services?id=36

Arty Folks offer support for adults 18+ who feel at a low point in life and are struggling with mental health challenges.

☎ 024 7641 4740

✉ info@arty-folks.co.uk

🌐 arty-folks.org.uk

One You - Every Mind Matters from the NHS, has expert advice and practical tips to help you look after your mental health and wellbeing.

- 🖥️ www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz
- 🖥️ www.nhs.uk/oneyou/every-mind-matters/low-mood
- 🖥️ www.nhs.uk/oneyou/every-mind-matters

Living Life to the Full run free online courses (when you register) covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Perinatal information included.

- 🖥️ littf.com

The Wheel of Wellbeing is a self-help tool that gives you practical tips and ideas on how to improve your wellbeing. It invites you to consider body, mind, spirit, people, place and planet.

- 🖥️ www.wheelofwellbeing.org/about

National Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

- 📱 Text **SHOUT** to **85258**
- 🖥️ www.giveusashout.org
- 🖥️ giveusashout.org/get-help/resources

The Samaritans offers a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal to get in touch. Samaritans aim to respond to your email within 24 hours. You can also write a letter or email to them (without the need to pay for a stamp).

- 📞 0116 123
- ✉️ jo@samaritans.org
- 🖥️ www.samaritans.org
- 🖥️ www.samaritans.org/how-we-can-help/contact-samaritan/self-help

SANE provides emotional support, guidance and information to people with mental health conditions, their family and friends. You can email or call, leave a message and they will contact you. Support is available 4.30pm–10.30pm every day.

- ☎️ 0300 304 7000
- 📱 07984 967 708
- 📱 Textcare www.sane.org.uk/what_we_do/support/textcare
- ✉️ support@sane.org.uk
- 🗣️ www.sane.org.uk/what_we_do/support/supportforum
- 🖥️ www.sane.org.uk/resources/mental_health_conditions

The NHS website has a guide to mindfulness. Practising mindfulness could help you to stay in the present moment, reduce stress and anxiety, and improve your mental wellbeing.

- 🖥️ www.nhs.uk/conditions/stress-anxiety-depression/mindfulness

Support Line offers emotional support and information about various issues that can affect mental health.

☎ 01708 765200

✉ info@supportline.org.uk

💻 www.supportline.org.uk/problems/depression

The Campaign Against Living Miserably (CALM) is leading a movement against suicide. They have a helpline and webchat open every day, 5pm to midnight.

☎ 0800 58 58 58

☎ www.thecalmzone.net/help/webchat

💻 Get help www.thecalmzone.net/help/get-help

💻 Mental Health www.thecalmzone.net/issues/mentalhealth

Mind provides information and support for those experiencing mental health problems. Their Infoline provides an information and signposting service. Opening hours are Monday - Friday 9am - 6pm (except for Bank Holidays).

☎ 0300 123 3393

☎ 86463

✉ info@mind.org.uk

💻 Peer Support www.mind.org.uk/information-support/drugs-and-treatments/peer-support/about-peer-support

💻 Suggestions for you to think about to prepare you for a possible future crisis. www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis

💻 Seasonal Affective Disorder (SAD) www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad

💻 Bipolar www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/about-bipolar-disorder

💻 Depression www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression

Rethink's Advice Service gives practical advice to adults living in England who are affected by mental health problems, their friends, families and carers. Available Monday - Friday 9.30am - 4pm.

☎ 0300 5000 927

✉ advice@rethink.org

💻 www.rethink.org

💻 Depression www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression

💻 Bipolar Disorder www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/bipolar-disorder

NHS CNTW have a wide variety of self-help leaflets for mental health and wellbeing.

☎ Low Mood web.ntw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf

💻 Stress web.ntw.nhs.uk/selfhelp/leaflets/Post%20traumatic%20Stress.pdf

💻 They are also available in other formats (BSL, video, audio) web.ntw.nhs.uk/selfhelp

The Kaleidoscope Group champions change, promotes positive mental health and wellbeing and delivers services Monday-Sunday 5pm - 8pm.

☎ 0800 059 0123

✉ Info@kaleidoscopeplus.org.uk

🖥 Managing Low Mood and Depression. www.kaleidoscopeplus.org.uk/managing-low-mood-and-depression.php

🖥 Understanding Joy and Happiness. www.kaleidoscopeplus.org.uk/embracing-joy-and-happiness.php

Centre for Clinical Interventions (Western Australia) has self-help resources.

🖥 Assertiveness www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

🖥 Bipolar www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Bipolar

🖥 Depression www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression

🖥 Self-Compassion www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Compassion

Clic (Mental Health UK) provides an online community to support people who are isolated or need mental health information. They have online peer support.

🖥 clic-uk.org

Togetherall is an online mental health and wellbeing community that cares for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

🖥 www.togetherall.com/en-gb

Understanding Anxiety, Depression and CBT. Improve your understanding of depression and anxiety and find out more about an effective and evidence-based treatment: CBT. A free online 5-week course from the University of Reading.

🖥 www.futurelearn.com/courses/anxiety-depression-and-cbt

Bipolar UK can talk you through any issues you have on your mind and share their experience to help you find a way forward. The emphasis will be on self-management; using coping strategies in order to stay well. You can book a call for peer support on the website or attend a support group.

☎ info@bipolaruk.org

🗣 www.bipolaruk.org/Blog/update-regarding-our-peer-support-group

🖥 www.bipolaruk.org

Videos and Audio

You may find the videos/podcasts below useful. Podcasts can be download using the podcast app on smart phones. In some cases there may be costs involved, so before you purchase make sure that you check for costs and ensure the podcast is suitable for you. Please note: these have been produced by external organisations and may feature adverts, over which we have no control.

How to Tell if You're Depressed - it can be hard to tell if you have a clinical depression, or if you have a temporary sadness.

▶ youtu.be/XCAQHpXqIA8

Mind videos for those experiencing mental health problems.

- ▶ Depression www.youtube.com/watch?v=m82jEQXRurg
- ▶ Postnatal mental health. www.youtube.com/watch?v=w0aaM9XzwTA
- ▶ Living with bipolar disorder. youtu.be/cXOImAaAFj8

NHS Solent has mindfulness, acceptance and compassion exercises.

- ▶ youtube.com/playlist?list=PLFbeQITqQPGTLAmNgKs0srX9Vau7mctFf

Three Signs your Mania is Coming (The Manic Prodrome) explains what to watch out for. This is only for people who have been diagnosed with a bipolar disorder.

- ▶ youtu.be/1l3Yg5Bt1t8

Feel Better Live More with Dr Rangan Chatterjee has an episode about depression.

- 🔊 drchatterjee.com/is-everything-you-know-about-depression-wrong-with-johann-hari

Happy Place: Fearne Cotton explores what happiness means to the people she interviews.

- 🔊 podcasts.apple.com/gb/podcast/happy-place/id1353058891

Phone a Friend is a conversation between George Ezra and Ollie MN. Both have experienced issues with mental health, share the ups and downs of their week and discuss how to balance mental health concerns with the other stresses of daily life.

- 🔊 podcasts.apple.com/gb/podcast/phone-a-friend-with-george-ezra-ollie-mn/id1491935228

The NHS has a series of mental wellbeing audio guides from the NHS to help you boost your mood. The guides cover topics such as low mood, anxiety, sleep, confidence, and unhelpful thinking.

- 🔊 www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides

Mental Health Foundation has podcasts for wellbeing.

- 🔊 www.mentalhealth.org.uk/podcasts-and-videos/listing

NHS CNTW offer relaxation audio downloads.

- 🔊 www.cntw.nhs.uk/resource-library/relaxation-techniques

Apps

You may find these apps useful, which you can download from your app store. Please note that there are costs involved to download some of these apps. Before you purchase, make sure that you check that the app is suitable for you and you are aware of the costs.

- ⚙️ **Calm Harm** is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. calmharm.co.uk
- ⚙️ **Feeling Good** helps you to relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. It's free, with in-app purchases available. www.feelinggood.app

- ⚙️ **StayAlive** is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. www.stayalive.app
- ⚙️ **Mindfulness Coach** is aimed at veterans and provides a gradual, self-guided training programme of mindfulness practice. www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp
- ⚙️ **Mood Chart** app helps you keep track of daily mood changes. www.moodchart.org
- ⚙️ **Way of Life 3** supports you to change your behaviour by allowing you to select personal goals and monitor whether you have achieved them each day. wayoflifeapp.com
- ⚙️ **What's Up?** uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with your mood. www.thewhatsupapp.co.uk

Reading

Below are some links for further reading which you may find useful. These links are not the only place where you can find these books, but they do include reviews so please read them to help you decide if they will be useful to you. You may also find these books in libraries, online or in second-hand bookstores.

Reading Well has books that are recommended by health experts, as well as people with lived experience of the conditions.

- 📖 reading-well.org.uk/books/books-on-prescription/mental-health

Autism

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

- 📖 [The Autism Spectrum and Depression by Nick Dubin \(2014\)](#) offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery. Nick Dubin shares his own experiences of depression including how he has dealt with it.

Men

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Mentalk run in association with 'Sky Blues in the Community' aims to support 1,600 men in Coventry and Warwickshire over the next five years across with their emotional health and well-being.

- ☎️ 024 7678 6349
- ✉️ sbitc@ccfc.co.uk
- 🌐 www.ccfc.co.uk/community/about-sky-blues-in-the-community
- 🌐 www.ccfc.co.uk/news/2021/april/community-men-talk-mental-health-project-outdoor-activities-to-begin

Men's Health Forum is a 24/7 online community offering support for men covering a range of mental health problems and issues.

🖥️ www.menshealthforum.org.uk/howru-hub

Perinatal

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

FWT educate and support BME (Black and Minority Ethnic) women in Coventry through the antenatal and postnatal period, around their emotional wellbeing.

🖥️ www.fwt.org.uk/health/perinatal-mental-health-project

🖥️ MAMTA – Child & Maternal Health Programme for BME Women in Coventry.
www.fwt.org.uk/health/mamta-2

MIND - Postnatal Depression explains postnatal depression and other perinatal mental health problems, including possible causes, treatments and support options. It also has information for friends and family, including support and advice for partners.

🖥️ www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health

The Acorn Centre in Nuneaton offer specialist pregnancy counselling, support for men and women with pregnancy related issues such as fertility issues, miscarriage, still birth and post-natal depression.

☎️ 024 7638 1878

✉️ info@acorncentrewarks.org.uk

🖥️ www.acorncentrewarks.org.uk

By Your Side is a service user forum working with CWPT NHS Perinatal Mental Health Team helping to support families with emotional difficulties during pregnancy or in the year following the birth of their child. They offer a peer support service as well as breaking down the stigma and barriers that prevent people seeking the help and support they need.

🖥️ www.facebook.com/ByYourSidePerinatal

Mamma Mia is a FREE online self-help support tool for pregnant women in Coventry and Warwickshire.

🖥️ www.covwarkpt.nhs.uk/mamma-mia

Parents in Mind offers emotional support for women who are experiencing low mood, anxiety or poor mental health during pregnancy or within the first two years of birth.

☎️ 07885 975261

✉️ parentsinmind.wc@nct.org.uk

🖥️ www.nct.org.uk/about-us/commissioned-services/parents-mind-perinatal-mental-health-peer-support/parents-mind-coventry-warwickshire

NHS CNTW have a wide variety of self-help leaflets for mental health and wellbeing.

🖥️ Postnatal Depression web.ntw.nhs.uk/selfhelp/leaflets/Postnatal%20Depression.pdf

🖥️ They are also available in other formats (BSL, video, audio) web.ntw.nhs.uk/selfhelp

Premenstrual

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

MIND - Premenstrual dysphoric disorder (PMDD) is a very severe form of premenstrual syndrome (PMS), which can cause many emotional and physical symptoms every month during the week or two before you start your period. It is sometimes referred to as 'severe PMS' and can lead to a range of mental health problems including depression and suicidal thoughts.

- 🖥️ www.mind.org.uk/information-support/types-of-mental-health-problems/premenstrual-dysphoric-disorder-pmdd

Prisoners

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

NHS CNTW have a wide variety of self-help leaflets for mental health and wellbeing.

- 🖥️ Prisoner Low Mood
web.nth.nhs.uk/selfhelp/leaflets/PRISONER%20Depression%20and%20Low%20Mood.pdf
- 🖥️ They are also available in other formats (BSL, video, audio) web.nth.nhs.uk/selfhelp

Veterans

Combat Stress offer mental health self-help resources and support for the veteran community. They have a 24-hour helpline for veterans and families.

- ☎️ 0800 138 1619
- 🖥️ combatstress.org.uk

SSAFA armed forces charity offer support to serving (regular and reserves), ex-Forces, and their families. Open 9am – 5.30pm, Monday – Friday.

- ☎️ 0800 731 4880
- ☎️ Warwickshire 01926 491317
- ☎️ Forces Line 0800 731 4880
- ✉️ warwickcov.branch@ssafa.org.uk
- 🗣️ www.ssafa.org.uk/get-help/forcesline
- 🖥️ www.ssafa.org.uk
- 🖥️ www.ssafa.org.uk/warwickshire-coventry

Young Adults

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Kooth offers a free anonymous online service for young adults (up to 25yrs). You have to sign up to use their services. They have a range of support including top tips, discussion boards, and online counselling. Open 24/7, 365 days a year.

- ⚙️ www.kooth.com

Fixers is a website for young adults who are using their past to fix the future on a range of mental health problems and issues. It is run by volunteers and uses a range of resources.

🖥️ www.fixers.org.uk/home/issues/mind.php

The Mix has information and support for under 25s. Their crisis messenger text service, 24/7 crisis support across the UK.

☎️ **0808 808 4994**

📱 **THEMIX to 85258**

✉️ www.themix.org.uk/get-support/speak-to-our-team/email-us

🖥️ www.themix.org.uk/get-support/speak-to-our-team

🖥️ www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

🖥️ www.themix.org.uk

🖥️ Supporting others www.themix.org.uk/mental-health/supporting-others

🖥️ Mental health treatments www.themix.org.uk/mental-health/mental-health-treatments

🖥️ Counselling www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

🖥️ Depression www.themix.org.uk/mental-health/depression-mental-health

Young Minds provide support, information and advice for young people under the age of 25 on mental health issues.

☎️ 0808 802 5544

📱 Text **YM to 85258**

🖥️ youngminds.org.uk

🖥️ Where to find help youngminds.org.uk/find-help

🖥️ Self-help guides youngminds.org.uk/find-help/looking-after-yourself

🖥️ Guide to support youngminds.org.uk/find-help/your-guide-to-support

🖥️ www.youngminds.org.uk/find-help/conditions/depression

Students

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Students Against Depression offers advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

🖥️ www.studentsagainstdepression.org

🖥️ www.studentsagainstdepression.org/self-help

Please note that Coventry and Warwickshire Partnership NHS Trust is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading we link to in this document and do not necessarily endorse the views expressed within them.

SCMHA-M46-V1
Creation Date 05/2001
Review Date 11/2021