

Websites



Living Life to The Full
... helping you to help yourself

Living Life to The Full On-line is a powerful new life skills resource. The course has been written by a psychiatrist who has many years of experience using a Cognitive behaviour therapy (CBT) approach and also in helping people use these skills in everyday life. www.livinglifetothefull.com

M.E Chronic Fatigue



Action for M.E. is the UK's leading charity dedicated to improving the lives of people with M.E.

www.afme.org.uk

Chester MESH is a Chester, England based self-help group for those people suffering with CFS/ME (Chronic Fatigue Syndrome/Myalgic Encephalomyelitis) who wish to be pro-active in their own recovery programme. www.chestermesh.org.uk/

Obsessional Compulsive Disorders



OCD Action is the leading National charity for people with Obsessive Compulsive Disorders, they provide information and support, promoting recovery from OCD and the related disorders of Body Dysmorphic Disorder (BDD), Compulsive Skin Picking (CSP), Trichotillomania (TTM) and Children and Young People with OCD.

info@ocdaction.org.uk

Low Mood

Cognitive Behaviour Therapy for Depression.

moodgym@anu.edu.au





Depression Alliance is the leading UK charity for people affected by depression. They work to relieve and to prevent this treatable condition by providing information and support services. They also campaign to raise awareness amongst the general public about the realities of depression.

www.depressionalliance.org/

Anxiety & Panic



The three main aims of this site are to provide a **starting point** for people just finding out about SA and related issues, to enable them to access further information through this site and through external links; to act as a central hub for the **community** of those with social anxiety problems in the UK;

www.social-anxiety.org.uk/

NO PANIC A Voluntary, UK-based, national charity whose aims are to aid the relief and rehabilitation of those people suffering from Panic Attacks, Phobias, Obsessive Compulsive Disorders, and other related Anxiety Disorders and tranquilliser withdrawal.

www.nopanic.org.uk/



Charity based in East London that specialises in helping people to recover from anxiety disorders and to maintain that recovery. This involves helping to plan, initiate and carry through personal recovery programmes.

www.anxietycare.org.uk/docs/home.asp

Childhood Sexual Abuse

Fire in Ice 2005 is a Merseyside based self-help project for both male and female non offending adults, who have experienced childhood abuse and/or adult sexual assaults. www.fireinice2005.co.uk/



Young Peoples Websites

Self help for teenagers www.ru-ok.com

Obsessive Compulsive Disorder

The Maudsley Hospital Clinic website for Young People with OCD www.ocdyouth.info

YoungMinds is the national charity committed to improving the mental health of all children and young people.

www.youngminds.org.uk



Likeitis gives young people access to information about all aspects of sex education and teenage life. Topics on the likeitis site include: teenage pregnancy, help and advice, periods, lovebugs (sexually transmitted infections), sex, peer pressure, sexuality, contraception, emergency contraception and puberty
www.likeitis.org/

Computerised CBT

FearFighter - This is a new method for delivering CBT via a computer (standalone PC or internet). Research has shown that CCBT improves anxious/depressed patients about as much as face to face therapy, but is also more cost- and time- efficient without any side effects. It provides a solution for many sufferers who often prefer its convenience, confidentiality and reduction of stigma. www.fearfighter.com

Beating the Blues is a computerised cognitive behavioural therapy (CCBT) programme for depression and anxiety. It has been shown to be a cost effective and time efficient way of helping people suffering from these conditions to get better and stay better.
http://www.ultrasis.com/products/product.jsp?product_id=1

General Self-Help Sites



Patient Information Centre
Providing help and information on health related issues

Northumberland, Tyne and Wear **NHS**
NHS Trust

Central point of access to information about health and related services. www.ntw.nhs.uk

Glasgow's South-East Psychosocial Services (STEPS) - An easy-to-access, quick service for people with common mental health problems.

www.glasgowsteps.com