ESSENTIAL INFORMATION

Mental health crisis contacts

Despair and Suicidal Thinking

Samaritans  [http://www.samaritans.org](http://www.samaritans.org)
The Samaritans is the long established resource for those feeling very low and having thoughts about suicide. Telephone (24 hour):  **116 123** (free to call)
Email:  [jo@samaritans.org](mailto:jo@samaritans.org)

PAPYRUS - National charity for prevention of young suicide.  [https://www.papyrus-uk.org/about](https://www.papyrus-uk.org/about) Telephone:  **01925 572444** (Mon - Fri, 9.00 am - 5.00pm)

Metanoia Suicide
Lots of helpful support for those feeling low and having thoughts about suicidal and those who attempt to care for them.

Depression

Depression Alliance - Put together by those who used to be depressed. Lots of useful links.
Walkers in the Darkness - Walkers in Darkness is a depression support group online.
[www.Franticworld.com](http://www.Franticworld.com) resources and recommended books about Mindfulness

Alcohol and Drugs

IRIS - the drug and alcohol treatment provider for Reading. If you are concerned about how substance use is affecting you or a friend, then come to a drop in for a safe, confidential, no pressure chat.
They run drop-ins within the RUSU Advice Service. Drop in without an appointment:
Term Time:  11.00 - 1.30pm Monday, Tuesday, Thursday and Friday, 2.00pm - 4.00pm Wednesday
Vacation:  11.00 am - 1.30pm Monday and Thursday, 2.00pm - 4.30pm Wednesday

Downyourdrink.org
The first fully automated online brief treatment for alcohol problems, which was launched on 13 October, 2001. It is confidential, free of charge and available 24 hours a day. It provides support for any kind of problem drinker.

DrugScope - is the leading UK charity and the site has a student guide.

Eating Disorders

Something Fishy - probably the most comprehensive site on eating disorders, anywhere.  [http://www.something-fishy.org](http://www.something-fishy.org)

beat: Beating Eating Disorders
The Eating Disorders Association is a national self-help organisation with peer support groups locally.

Hugs International
Established in 1987 be a dietician, this major site provides dietary, body image, and associated advice for both professionals and sufferers. Extensive links.

Eating disorders research - Information on eating disorders provided by King's College London
"Drug Rape" Site
The Roofie Foundation
The Roofie Foundation is a charity in Yorkshire offering information and support on the topic of "spiked drinks" and their use in rape. It has trained both Thames Valley Police and University of Reading staff.  www.roofie.com

Other sites with useful varieties of Mental Health Information

• Mind
  Mind is an international mental health charity. Full range of information on-line. Especially relevant is the "Understanding" series of leaflets. 'Mindlinks' and 'subject search' are extensive information portals.

• Sane
  Sane is a charity providing support to those with mental health problems. Good local service database. Good on legal advice.

• Mental Health Foundation
  The Mental Health Foundation (UK) has a huge portal to mental health sites.

• StudentZone
  Studentzone is a site which provides direct links to multiple sites, all student focused, on suicide, drugs, alcohol, health, sex, stress, etc.

• NUS
  National Union of Students site which has lots of web links to just about every student mental health concern

• Rethink mental illness
  Voluntary sector provider of mental health services.  www.rethink.org