

Counselling resource list

Mood Gym is an online course that aims to help you identify and overcome problem emotions. The course which you can complete at your own pace, helps you develop good coping skills.

www.moodgym.anu.edu.au

Living life to the Full is another on line course based on the principles of Cognitive Behavioural Therapy (CBT) designed to help you develop good coping skills.

www.livinglifetothefull.com

Mental Health organisation providing information on mental health: how to get help, general information, specific problems, issues and treatment options, news articles and wellbeing podcasts.

www.mentalhealth.org.uk

Get self help provides free downloadable CBT self-help resources designed to help with anxiety, worry, depression and stress.

www.getselfhelp.co.uk

BE Mindful is a campaign by the Mental Health Foundation. Raising awareness of the benefits of Mindfulness to help change the way we think, feel and act, by combining meditation, breathing techniques and living in the present moment.

www.Bemindful.co.uk

Bristol Domestic Abuse Forum offers a range of support for anyone experiencing physical, emotional, sexual, financial abuse.

www.bdaf.org.uk

NoPanic provides support and advice for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorder (OCD).

www.nopanic.org.uk

B-eat is a website which gives information and help on all aspects of eating disorders.

www.b-eat.co.uk

National Debt line provides free debt advice and support for people with money worries and debt difficulties.

www.nationaldebtline.co.uk