

Patient information factsheet

Mental health and wellbeing support for people with a skin condition

This factsheet contains a list of useful mental health and wellbeing support services and resources for people with a skin condition.

In a crisis and don't feel safe?

If you need help urgently for your mental health, get help from NHS **111** online or call NHS **111**. There is a specialist mental health team available - just let the operator know it's your mental health you are calling about.

If your life is at risk (for example, you have taken an overdose), or you feel you cannot keep yourself safe, call **999** or go to your nearest emergency department immediately.

Self-help resources for when you're feeling low

The Free Mindfulness Project

Free online guided meditation and mindfulness resources.

Website: www.freemindfulness.org

Headspace

An app that provides resources for mindfulness and meditation. You can download this app from your app store.

'Overcoming' books

A series of books that use a clinically proven approach to help self-manage a range of mental health issues. For example:

- 'Overcoming Anxiety: A self-help guide using cognitive behavioural techniques'
- 'Overcoming Insomnia: A self-help guide using cognitive behavioural techniques'
- 'Overcoming Depression: A self-help guide using cognitive behavioural techniques'

You can access these books for free through your local council library or you can purchase them online or at a bookshop.

Counselling and talking therapy resources

Kooth

A free online mental health service that provides confidential support to children and young people aged 10 to 25. You can drop in or book online counselling sessions with qualified counsellors (Monday to Friday, 12 noon to 10pm and weekends, 6pm to 10pm).

Website: www.kooth.com

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NHS Talking Therapies

Talking therapies are psychological treatments for mental and emotional problems like anxiety, depression and stress. There are lots of different types of talking therapy, but they all involve working with a trained therapist. This may be one-to-one, in a group, online, over the phone, with your family, or with your partner.

For more information about talking therapies, visit: www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/types-of-talking-therapies

You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS talking therapies service without a referral from a general practitioner (GP), or a GP or specialist nurse can refer you.

Click the following link to find your local NHS talking therapies service: www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service

If your GP is located within Southampton City:

Steps2Wellbeing

Telephone: **0800 612 7000** (for self-referrals)

Telephone: **023 8027 2000** (for information and cancellations)

Email: dhc.sstw@nhs.net

Website: www.steps2wellbeing.co.uk

If your GP is located outside of Southampton City:

NHS Talking Therapies Hampshire (formerly italk)

Telephone: **023 8038 3920**

Email: info@italk.org.uk

Website: www.italk.org.uk

Solent Mind

A charity that provides a wide range of wellbeing and mental health support classes and drop-in services for people across Hampshire.

Telephone: **023 8202 7810**

Website: www.solentmind.org.uk

Free listening services

Samaritans

A charity that provides a free, confidential listening service to anyone struggling with their mental health. The service is available 24 hours a day, seven days a week.

Telephone: **116 123**

Email: jo@samaritans.org

Website: www.samaritans.org

Shout

A free, confidential, text messaging service for anyone who is struggling to cope. The service is available 24 hours a day, seven days a week. To start a conversation with a trained Shout volunteer:

- text 'SHOUT' to **85258**
- text 'YM' to **85258** (if you're under 19)

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Childline

A free, private and confidential service that supports children and young people (aged 19 years and under) with any issues they're going through.

Telephone: **0800 1111** (the number will not appear on your phone bill)

Coping with suicidal thoughts

Papyrus Prevention of Young Suicide

A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people aged 35 years and under.

If you are having thoughts of suicide, you can contact HOPELINE247 for confidential support and practical advice (available 24 hours a day, seven days a week).

Telephone: **0800 068 4141**

Text: **88247**

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

National suicide prevention helpline UK

Offers a supportive listening service to anyone with thoughts of suicide.

Telephone: **0800 689 5652** (6pm to midnight, every day)

Campaign Against Living Miserably (CALM)

A charity that provides free, life-saving services, information and advice to anyone affected by suicide or thoughts of suicide.

Telephone: **0800 58 58 58** (5pm to midnight, every day)

If you prefer not to speak on the telephone, you can use the webchat service which is available at: www.thecalmzone.net/suicide-prevention-helpline

If how your skin is looking is affecting your mood

Changing faces

A charity that helps anyone struggling with the emotional impact of having a visible difference (such as having a scar, mark or condition) on their face or body.

They provide:

- peer support
- a self-referral counselling service
- access to lessons on camouflage make up

Telephone: **0300 012 0275** (Monday to Friday, 10am to 4pm)

Website: www.changingfaces.org.uk

For help with alcohol and drug use

Change Grow Live

A support service which helps adults and families living in Southampton (within the postcodes SO14 to SO19) who are struggling with drugs or alcohol.

Telephone: **023 8071 7171** (Monday to Friday)

Email: southampton@cgl.org.uk

Website: www.changegrowlive.org (you can self-refer online)

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Peer support

Solent Mind – Southampton Peer Support

This service offers both one-to-one and group support led by people with lived experience of mental health.

Telephone: **023 8202 7810**

Website: www.solentmind.org.uk

The Man Cave UK

A support group that provides a safe space for men to discuss their mental health, share experiences, and seek help when needed.

Website: www.themancaveuk.co.uk

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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