

NEMEA MENTAL HEALTH

Support & Resources by Country

(External Links)

UK&I

United Kingdom:

<https://www.mind.org.uk> Mind charity

<https://mentalhealth-uk.org/> Mental Health UK charity

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>
Accessing National Health Service services

<https://www.rethink.org/> Rethink Mental Health charity

<https://www.headstogether.org.uk/> Heads Together mental health charity sponsored by Duke and Duchess of Cambridge

<https://www.samaritans.org/> Samaritans

Ireland:

<https://www.hse.ie/eng/services/list/4/mental-health-services/> Ireland Health Services

<https://www.mentalhealthireland.ie/mh-services/> Mental Health Ireland

<https://www.stpatricks.ie/> St Patricks – Ireland's largest mental health not-for-profit organisation

Samaritans

24/7 for anyone struggling to cope www.samaritans.ie

Call: 116 123

Email@ jo@samaritans.org

Pieta House

Centre for the prevention of self-harm or suicide with 8 centres nationwide.

Call: 01 6010000 to assess your needs and Pieta House will match you with a therapist you can see twice a week depending on your needs. Sessions are always free of charge.

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www.pieta.ie

Aware

A support line for anyone who is worried about depression, which operates from 10am-10pm seven days a week as well as a support mail service.

www.aware.ie

Call: 01 661 7211

Email: supportmail@aware.ie

Shine

Supports people with mental ill health and their families and friends. The information helpline provides general information, a listening ear and specific information about Shine services. Emails received by phil@shineonline.ie are viewed and responded to by trained psychotherapists, within 24 hour period between Monday and Friday. The service is confidential.

Call: 1890 621 631 (Mon-Fri 9am-4pm)

Email: phil@shineonline.ie

GROW

www.grow.ie

Helps people who are experiencing mental health problems.

Infoline: 1890 474 474

Headspace

Online self-advocacy toolkit, assists adults experiencing mental illness make effective decisions while an inpatient or in residential care.

www.headspaceireland.ie

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Men's Sheds

A nationally available service and is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities.

www.menssheds.ie

3Ts Self Help eLibrary Resource

3Ts have produced a series of self-help booklets in conjunction with the NHS that are available to download for free and are intended to serve as a 'first step' towards recovery across a broad range of topics that effect mental health. There is sign-posting to relevant resources & supports at the rear of each booklet. They can be downloaded free from www.3ts.ie.

Wellness and Recovery Action Planning

WRAP is a self-designated prevention and wellness process that anyone can use to get well and make their life the way they want it to be. (See section 1.1) A number of organisations facilitate WRAP programmes including Saint John of God Hospital, Saint Patrick's Mental Health Services and Suicide or Survive.

www.mentalhealthrecovery.com/wrap-is/

Wellness Workshop

Online resource to help your personal journey to wellness.

www.wellnessworkshop.ie

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BeNeLux

Belgium:

<https://www.chsbelgium.org/en/> Community Help Service serving the international community in Belgium, providing help to anyone in need of therapeutic support in times of stress. Welcomes clients of all ages, from different backgrounds, nationalities and walks of life.

<https://www.caba.org.uk/living-outside-uk/belgium/emotional-support-belgium> Emotional Support Belgium

<https://www.upsendowns.be/en/index.html> Self-help organisation for people suffering from bipolar disorder and chronic depression

<https://www.bfp-fbp.be/> - Belgische Federatie van Psychologen

<http://abp-bvp.be/> Welcome to the website of the Belgian Society for Psychotherapy

Netherlands:

<https://www.government.nl/topics/mental-health-services> - Government Mental Health site

<http://www.ggznederland.nl/pagina/english> - GGZ Nederland (Dutch Association of Mental Health and Addiction Care) is the sector organisation of specialist mental health and addiction care providers in NDL

<https://www.caba.org.uk/living-outside-uk/netherlands/emotional-support-netherlands>

<https://www.trimbos.org/themes/mental-health> - more high-level information directed at organisations who provide support in this areas but gives an overview of mental health illnesses

<http://www.molemann.nl/> - MoleMann Mental Health treats children/adults with psychological & psychiatric problems

Luxembourg:

No information currently

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Nordics

Denmark:

What to do if you experience mental health issues:

Call your local doctor for an appointment, explain what is going on and ask for a referral to a specialist.

Mølholm Health Insurance has a 24/7 acute psychological crisis line: (+45) 6520 2120

They can send you to specialists with very short notice if you have a referral.

<https://www.molholmforsikring.dk/> Local Health Insurance as part of the employment

https://www.forebygstress.dk/stresstest_3.htm a stress test in Danish

<https://www.forebygstress.dk/app/stressaf1nrd3.php> an app for coping with stress

<https://www.sst.dk/~/-/media/1F3440D9D44E4FD09A0CBC7D602E5FA6.ashx> a guide in dealing with stress

Material in Danish from official sites: whats is stress

<https://www.psykiatrifonden.dk/det-mentale-motionscenter/stress/hvad-er-stress.aspx>

<https://www.sundhed.dk/borger/patienthaandbogen/hjerne-og-nerver/sygdomme/ovrigt-sygdomme/psykologisk-stress-og-fysisk-sygdom/>

<https://www.sst.dk/da/sundhed-og-livsstil/mental-sundhed/stress-og-mental-sundhed>

<https://www.arbejdsmiljoweb.dk/trivsel/stress/fakta-om-stress>

Sweden:

No information currently

Norway:

No information currently

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Finland:

No information currently

Lithuania:

No information currently