

Mental Health Support Package

We all have mental health, just as we all have physical health. And, just as with physical health, it is important that we look after our mental health. We understand that you may be experiencing additional pressures on your mental health due to events here, at home, and around the globe.

If you feel you are struggling, we implore you to reach out and talk. It is ok to not be ok and, while mental health services are undoubtedly stressed, help is out there for you.

Hopefully, you will find the information below useful. Remember that somebody is always listening!

The list below is not exhaustive. If you feel a service has been missed, please email us at scm@middlesbrough.gov.uk so we are able to update.

Translated Materials about Mental Health

[Translated Mental Health Resources | University of East London \(uel.ac.uk\)](#)

The University of East London has compiled a list of online mental health resources that are available in a wealth of different languages. Many of the websites they signpost to are outside of the United Kingdom, including Canada and Australia. This means that practical help is not available, but their resources are international and can be very beneficial in terms of maintaining or improving mental health.

[Translations of our mental health information | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

The Royal College of Psychiatrists also have various resources available on their website that have been translated into numerous languages.

Support for Homes for Ukraine Hosts

Barnardo's

[Microsoft Word - Advice for Host Families.docx \(barnardos.org.uk\)](#)

The above document was created by Barnardo's, the Royal College of Paediatrics and Child Health, the NSPCC, and Save the Children. While targeted at hosts of arrivals from Ukraine, it contains useful information for everybody.

Support for Arrivals from Ukraine

Barnardo's

[Barnardo's Ukrainian Support Helpline | Barnardo's \(barnardos.org.uk\)](#)

Barnardo's have a dedicated helpline that those who have arrived from Ukraine can access for support. The telephone number is 0800 148 8586.

British Red Cross

[Help for Ukrainian Refugees in the UK | British Red Cross](#)

The Red Cross has also developed a helpline for those who have arrived from Ukraine. They have developed a comprehensive website with videos (in Ukrainian and in Russian) to support those who

have arrived from Ukraine, including through the family visa route. The telephone number for emotional support, through which an interpreter can also be made available, is 0808 196 3651.

Support for Asylum Seekers and Refugees

Barnardo's Boloh

Barnardo's [Boloh Helpline](#) is pleased to announce the continuation of our service to support the mental health and wellbeing of adult asylum seekers across the UK. This is in addition to our current service that offers support to children, young people and their parents. Funding has been received from the Home Office until January 2025 following a successful pilot in 2021-2022.

You can read more about the successful pilot project [here](#).

The UK wide Helpline will offer advice, signposting, emotional support and 8 free sessions of therapy by qualified Barnardo's therapists. These sessions can take place remotely via telephone or online. Barnardo's has a large pool of culturally informed therapists who speak a range of languages. Sessions can take place in your own language at a time that works for you. There are plans to introduce some face to face therapy over the coming months.

Helpline Advisors can also offer much needed practical support such as food vouchers and access to digital devices. Boloh are continuing their partnership with Vodafone to ensure that asylum seekers can access support by providing good quality refurbished devices.

They welcome referrals from professionals via their referral form, as well as direct contact from asylum seekers by telephone, email or online chat.

You can make a referral to the Helpline [here](#).

The Helpline is open Monday – Friday (10am-8pm) and Saturday (10-3pm) via phone, webchat and email.

Support for Afghan ARAP and ACRS Individuals

Warm Welcome Afghan Service

A mental health assessment, advocacy and support service for Afghan people living in England who have worked to assist the British Armed Forces between Oct 2001- August 2021.

Portal for the service is provided by London Op Courage. Services are provided by regional Op Courage Veterans Mental Health Services across England.

Further details are available [here](#). Individuals can be referred by support workers or can self-refer [here](#), with the referral form available in various languages.

Support for Hong Kong BN(O) Individuals

Barnardo's also offer a free counselling service to BNO visa holders.

You will receive a response from a friendly Helpline Advisor who will talk to you about what you are experiencing. The Helpline Advisor will listen to you and support you in deciding what kind of support and advice you require. With your agreement, the Helpline Advisor can have several calls with you and they can arrange to call you back at a time suitable to you. The Helpline Advisor can arrange for you to speak to a psychotherapist (or counsellor) to have six to eight free counselling sessions. Our therapists speak both English and Cantonese. Further sessions can be offered if you

feel you need these. The sessions will take place over the phone or virtually at a time and frequency suitable to you. The therapist will talk with you about the issues you are experiencing and how they are impacting on your mood or mental health. You can talk to the therapist in confidence without fear of any information being shared further. Your therapist will focus their time and energy on you and whatever you would like to address during the sessions.

Talking with a therapist can support communication skills, develop coping strategies and coping skills for mental health conditions, and even physical health.

Loneliness and anxiety is something that many people face, and it can often leave you feeling isolated and overwhelmed. It's important to have someone that you can trust to talk to, ask questions and work with to find solutions.

Referrals can be made [here](#)

Counselling Services in Middlesbrough

There are a number of specialist counselling services available in Middlesbrough. Those include:

Middlesbrough and Stockton MIND

[Home \(middlesbroughandstocktonmind.org.uk\)](http://middlesbroughandstocktonmind.org.uk)

Middlesbrough and Stockton MIND is Teesside's leading mental health charity. They offer counselling support in partnership with Impact on Teesside, as well as various activities and groups in relation to issues that can lead to poor mental health.

Andy's Man Club

[Andy's Man Club](#) | [#ITSOKAYTOTALK](#) | [Andy's Man Club \(andysmanclub.co.uk\)](http://andysmanclub.co.uk)

Andy's Man Club is a suicide prevention charity, offering support specifically for men over 18. They offer free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.

Inward Bound

Inward Bound is a community organisation that offer lottery funded wellbeing classes and workshops. Marie Cunningham offers weekly mindfulness and meditation classes to advance the health/well-being & self-esteem of those who attend her workshops. They can be reached on inward-bound@gmx.co.uk.

Relate

[Find your Centre](#) | [Relate](#)

Relate Counselling offers support and guidance to couples who may be facing difficulty in their relationship. Their services include couple and family counselling, mediation, sex therapy, relationship counselling and young people's counselling.

Samaritans

[Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)

The Samaritans respond to calls for help. No judgement. No pressure. We're here for anyone who needs someone.

Mental Health Apps

Various apps are available to help support your mental health. The following apps have all been checked by clinicians in Berkshire as part of their Wellbeing Matters initiative.



Mindshift CBT

Helps with: anxiety and stress

How can it help: Mindshift CBT is a free self-help anxiety relief app that helps you reduce worry, stress and panic by following evidence-based strategies.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



FearTools - Anxiety Aid

Helps with: anxiety

How can it help: FearTools offers evidence based self-help to combat anxiety, including access to a thought diary, exposure exercises and breathing techniques.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Worry Tree

Helps with: worry

How can it help: The Worry Tree app aims to help you take control of worry wherever you are. Use the app to record the things you're worried about and access cognitive behavioural therapy techniques to help you notice and challenge those worries, along with creating an action plan to help you manage worry.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Catch it

Helps with: anxiety and depression

How can it help: Catch it will teach you how to look at problems in a different way, turning negative thoughts into positive ones and improving your mental wellbeing.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



WRAP - Wellness Recovery Plan

Helps with: all mental health

How can it help: WRAP lets you create your own personalised plan to help keep you well by recording what makes life more difficult for you and what helps you - you can then email this to anyone you want to have a copy.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)

Living Life to the Full



Helps with: low mood, stress and resilience

How can it help: Living Life to the Full offers free online courses to help you understand your feelings and their causes, build your confidence and find solutions to help you feel happier or calmer.

Getting started: [visit the Living Life to the Full website](#) and register for a course.



The Centre for Clinical Intervention

Helps with: all mental health

How can it help: CCI has a catalogue of self-help materials to help you understand and tackle a range of mental health conditions, including anxiety, depression, self-esteem, and eating disorders.

Getting started: [visit the CCI website](#) and get started with free resources.



Hestia Bright Sky

Helps with: domestic abuse

How can it help: Bright Sky is dedicated to helping anyone in an abusive or violent relationship find local and national support services.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Insight Timer

Helps with: Mindfulness

How can it help: Learn to relax and manage everyday life in the present moment through one or more of the 1,000s of free meditations available from a variety of countries and renowned mindfulness teachers.

Getting started: download the app and log in, it's free for everyone (courses are paid).

[Download it from the Apple Store](#)

[Download it from Google Play](#)



MoodTools - Depression Aid

Helps with: mood management

How can it help: MoodTools lets you easily track and record your mood, helps identify what things are having an impact on your mood, and suggests activities you could try to improve your mood.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Calm Harm

Helps with: self-harm and suicidal thoughts

How can it help: find practical tips and strategies for managing and resisting the urge to self-harm, including a personal journal and self-monitoring tools.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



#StayAlive

Helps with: suicide prevention

How can it help: The #StayAlive app is a suicide prevention resource packed full of useful information and tools to help you stay safe in a crisis, including a customisable safety plan. You can also use this app if you're having thoughts about suicide or are worried about another who may be considering suicide.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



DistrACT

Helps with: self-harm and suicidal thoughts

How can it help: DistrACT offers easy, quick and discreet access to information and advice created by doctors and relevant experts about self-harm and suicidal thoughts.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Sleepful

Helps with: sleep

How can it help: Sleepful offers courses based on proven cognitive behavioural therapy techniques to help you get a good nights sleep.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



SilverCloud (with Talking Therapies)

Helps with: stress, anxiety, depression, mindfulness, resilience, money worries, alcohol, dealing with challenging times, panic, sleep

How can it help: SilverCloud offers online programmes that help you learn how to manage stress, low mood, anxiety, improve your sleep and more. With SilverCloud for Staff from Wellbeing Matters, you can choose to do SilverCloud supported by a Talking Therapies practitioner, or anonymously through our self-help option.

Getting started: [Access SilverCloud for staff](#) any time, on your laptop, smartphone or any device you use to go online. After you've signed up, download the free SilverCloud mobile app from Apple Store or Google Play, to make your programmes even easier to access on the go.



The Safe Place

Helps with: mental health support for the Black community

How can it help: The Safe Place offers support, exercises, podcasts and general information about mental health for the Black community.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple Store](#)

[Download it from Google Play](#)



Minds of the Culture

Helps with: mental health support for the Black community

How can it help: Minds of the Culture is designed by Dr Chanda Reynolds and offers a mood journal, blogs and videos along with a directory of black therapists to support the Black community.

Getting started: download the app and log in, it's free for everyone.

[Download it from the Apple store](#)