



Mental Health and Wellness

Some useful links:

MIND	Provides advice and support to empower anyone experience a mental health problem. They campaign to improve services, raise awareness and promote understanding.	Web: www.mind.org.uk
SANE	A leading UK mental health charity, working to improve the quality of life for anyone affected by mental illness.	Web: www.sane.org.uk
Carers in Herts	“We want to encourage carers of people with mental illness to become more involved in the planning and delivery of services. Join us and together we can help improve your local mental health services.”	Web: www.carersinherts.org.uk page: <i>Have your say on mental health</i>
Carers in Beds	“Caring for someone with mental illness can be challenging. Mental illness is a fluctuating condition, often misunderstood and stigmatised, and this can take its toll on you too.”	Web: www.carersinbeds.org.uk page: <i>Mental Health Carers</i>
CAP Christians against Poverty	‘financial struggles are often a root cause of much distress. Find out where your local CAP advisors are.’	Web: www.capuk.org
CAB Citizens Advice Bureau	Advice under ‘Family’ / ‘Looking after people’.	Web: www.citizensadvice.org.uk
<p>On the subject of Loneliness – a prevalent social concern of our time. A 2014 survey of church leaders showed that loneliness and social isolation was the most common concern within their community.</p>		
Diocese of Oxford	Webpage & publications produced by Alison Webster, Deputy Director of Mission (Social Justice)	Web: www.oxford.anglican.org/mission-ministry/faith-in-action/mental-health/
Campaign to End Loneliness	The Campaign to End Loneliness believe that people of all ages need connections that matter.	Web: www.campaigntoendloneliness.org
Mental Health Foundation	Dedicated to finding and addressing the sources of mental health problems.	Web: www.mentalhealth.org.uk