

Mental Health Websites

Directories

[Department of Health: mental health](#)

A directory of legislation, policy, research, practice, therapies and services. The site contains information on the Mental Health Act 1983; the draft bill to reform the act; the national suicide prevention strategy; the National Institute for Mental Health in England; the national service framework for mental health - to raise standards of care; services for mentally disordered offenders; plus reports, guidance and press releases.

Professional bodies

[The British Psychological Society](#)

The society is the representative body for psychologists in the UK and aims to encourage scientific discipline in the profession by raising standards of training and practice. Its website includes details of research, reports and conferences.

[Mental health special interest group \(MHSIG\)](#)

MHSIG is a subgroup of the British Association of Social Workers. Its website includes news, reports, policy briefings, minutes of committee meetings, and response to proposed reforms of the Mental Health Act.

[Royal College of Psychiatrists \(RCP\)](#)

The RCP is the professional body for psychiatrists in the UK. It produces public information on common mental health problems and treatments and runs the Changing Minds campaign - aimed at reducing the stigma of mental illness. The college's website includes recent research and publications.

Charities

[Depression Alliance](#)

The charity provides support for those affected by depression and their carers. Its website includes information on its local support groups, campaigns and a glossary of illnesses and treatments.

[Manic Depression Fellowship](#)

The charity provides support to people with manic depression and their carers through a network of support groups. Its website includes information on support and its publications.

[Eating Disorders Association](#)

The association's website provides information on eating disorders, specialist treatment and training for health and social care professionals.

[The Mental After Care Association \(MACA\)](#)

The charity provides advocacy, assertive outreach, community support and employment schemes and also offers forensic services, respite care and supported accommodation, as well as campaigning for fairer legislation and practice.

[The Mental Health Foundation](#)

The organisation is the UK's leading charity concerned with both mental health and learning disabilities. The MHF's website includes information on its work, research, publications, conferences and advice on service users' rights.

[Mental Health Media](#)

The charity provides media skills training to mental health workers, health promotion professionals and service users. It also promotes positive media coverage of mental health issues and has an annual award ceremony recognising the best broadcast journalism. Its website includes details of current productions and training courses.

[Mind](#)

Mind is one of the UK's leading mental health charities and provides a national information and legal service. Its website includes policy briefings, details of its campaigns and contact information for more than 200 local Mind groups which offer community support for service users.

[Rethink serious mental illness](#)

Rethink is the new name for the National Schizophrenia Fellowship, and is the largest voluntary sector provider of mental health services in the UK. The charity provides support to, and campaigns on behalf of, people with a severe mental illness, their families and carers. Its website contains consultation papers and policy briefings as well as details on its carer and user support groups.

[Sainsbury Centre for Mental Health](#)

The charity aims to influence national mental health policy and practice through a coordinated programme of research, service development and training. Its main areas of concern are assertive outreach, acute hospital care, crisis resolution and primary care. Its website includes publications, analysis and discussion forums.

[Sane](#)

Leading mental health charity Sane (formerly 'Schizophrenia, A National Emergency') campaigns for improved rights for mental health service users and their carers. Its website includes discussion forums, information on the Sane research centre and Saneline, the national mental health helpline.

[Scottish Association for Mental Health \(SAMH\)](#)

SAMH is the leading mental health charity in Scotland. It campaigns for better hospital and community services, greater understanding of mental distress and runs supported accommodation and employment training.

[Stand \(Stress, anxiety and depression\)](#)

This portal contains three separate sites on stress, anxiety and depression, which each contain a wide range of information, from self-help guides, explanation of symptoms, treatment options to indepth reports and news.

[YoungMinds](#)

The charity campaigns to improve child mental health. It provides a parents'

information service and a range of support services for children and professionals. Its website lists upcoming conferences, training and publications.

Mental health law

[Hyperguide to the mental health act](#)

An overview of current mental health legislation in England and Wales compiled by Nigel Turner, chief executive of Ealing Consortium which provides supported housing and community care to people with mental health problems and learning disabilities. A useful reference source for mental health professionals and service users. The 1983 Mental Health Act governs the admission of people to psychiatric hospital against their will, their rights while detained, discharge from hospital, and aftercare.

[Mental health act commission](#)

This watchdog, consisting of more than 170 doctors, psychiatrists, social workers and lawyers, is a special health authority fully independent of mental health service providers. Its main function is to review the operation of the Mental Health Act 1983 in relation to detained patients. Its website offers best practice guidance and legal advice for patients on consent for treatment, including how to have their detention reviewed

[Mental Health Alliance](#)

The Mental Health Alliance is a coalition of more than 50 service user and provider organisations who share common concerns about the government's draft bill to reform the 1983 Mental Health Act. This site contains briefing papers, reports and press releases as well as details of events and links to articles on the alliances' work and aims.

Research

[National Electronic Library for Mental Health](#)

This website is a virtual branch of the National Electronic Library for Health, which is part of the government's information for health strategy. The NELMH is also a key element of the mental health information strategy to provide up to date information and links to local services.

[National Institute for Mental Health in England](#)

NIMHE works to improve mental health practice and the lives of service users. Its website contains an online forum for mental health service users; policy and guidance; information on training and conferences; plus a gallery of artwork by people with mental health problems.

[Centre for Evidence Based Mental Health](#)

CEBMH, based at the University of Oxford department of psychiatry, promotes and supports the teaching and practice of evidence based mental healthcare. This portal provides information on evidence based mental health information, as well as a range of teaching materials.

[The Institute of Psychiatry at King's College London](#)

The institute is the only postgraduate institution in the UK devoted to the study and practice of psychiatry. It promotes and disseminates good practice in the research, development and teaching of psychiatry. Its website includes databases on research as well as information on its work and courses. There is also information on its joint work with the South London and Maudsley NHS trust.

Scotland

[Scottish executive: mental health law](#)

This site outlines the Scottish executive's plans to reform the Mental Health (Scotland) Act 1984. It includes the Millan committee's review of the act, New Directions, submitted to Scottish ministers in January 2001 and the executive's